

# Mrs. Mouse's Menu Cookbook

Sample



BY Mrs. C.W. Mouse

Read what they're saying about  
***Mrs. Mouse's Menu Cookbook...***

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**Dinner for Two! Why, this is so simple, even I can do it.  
Great Idea...Thank you!**  
- MaryAnn Filbert

**Mrs. Mouse will show you how to take the guesswork out of timing  
a meal.**

Something always burns or dries out while you are working on another dish? The trickiest part of meal preparation is timing. To have everything cooked to perfection and ready to serve at the same time even eludes some experienced cooks. Mrs. Mouse's Cookbook, with her ingenious menu "recipes" will hold your hand as you get your timing right. If you pay attention the techniques you learn can be used to create other menus or even aid you in learning how to multitask.

Mrs. Mouse's Menu Cookbook is a must for beginners and useful for the experienced cook who wishes to expand his or her know-how. It's full of innovative recipes to expand your repertoire without the stress of worrying about your timing.

Enjoy! Bon Appetite!

- Cookbook author Eva Kende, *Eva's Kitchen Confidence*  
and *Eva's Hungarian Kitchen*,  
<http://www.telusplanet.net/public/ekende/>

**I am a working mother of two. I love that you put whole menus together.** It is pure joy. After working all day, the brain power has been drained to a snail's pace. Thank you for taking the craziness out of dinner time. It has made this mother's life less stressful.

Sincerely, Mary Wendt

Between the bindings of this unique cookbook lie some of the best meals for 2 I've ever eaten. *Mrs. Mouse's Menu Cookbook* provided me with easy step-by-step instructions to make wonderful meals in a short time. It lays out whole menus so that when I got home, mentally weary, I didn't have to think about a thing. I just chose a menu, followed the instructions and "Presto", I had a complete meal. This is a real plus for those of us who have to come home and start our second job.

- Daniel Williamson

Very helpful to one whom has tried EVERY recipe known to woman!!!  
Keep up the good work!

- Author Judy Miller, <http://www.grammas-ales.com>

Good stuff as always:)

- Cyndi Romans

Please tell me you are going to keep these menus for two coming. I prepared the garlic chicken for our dinner; it was absolutely delicious. And so easy. My husband loves pork and beans hot, cold or straight from the can. There were 2 beans left when I fixed that menu. And the potato salad !! I couldn't believe it; it tasted just like my mother used to make. I didn't have her recipe written down; thanks to you, I now do. Love the Apricot Coffee Cake idea; can't wait to try it. This [cookbook] is fantastic. I love your menus.

- Donna Irwin

I sure didn't know what to think of pizza with artichokes on it. But all your other recipes have been good, so I gave it a try. I'm so glad I did. It is the most delicious vegetarian pizza I've ever eaten. Thanks, Mrs. Mouse!

- Laurie Anne

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## Disclaimers:

Please keep in mind as you use this cookbook that these are family tested recipes. They haven't been independently tested for uniformity, allergic sensitivity, or diabetic requirements. These are home-cooking family favorites used by me, presented just as they would be had you stopped by my home and asked for the recipe. I don't claim to be a trained chef, just a mom who has cooked at home for over three-quarters of her life. I can count on the fingers of one hand the number of inedible flops I've created, and I promise, none of those are in this cookbook.

You may have to alter the preparation or cooking instructions to have each luscious recipe come out perfectly for you, due to variations in oven temperatures or altitude between your kitchen and mine. And of course, you should always consult your own dietitian or physician if you are on a restricted diet.

Convenience foods have been used in some menus to speed preparation exactly as I do in my own kitchen. These items are commonly available in the United States at the time of this writing.

I was raised and have done most of my cooking in the U.S.A., so the weights and measurements I've used in the menus are American. There is a metric conversion chart near the end of the book for your convenience if you are more comfortable using a different measuring system.

And now for the unavoidable lawyer-type speech:

*Mrs. Mouse's Menu Cookbook* is for informational purposes only and in no way should be construed to be medical advice. In no event shall Mrs. C.W. Mouse, or the real person represented by the pen name Mrs. C.W. Mouse, assume liability for any damages whatsoever resulting from any action arising in connection with the use of this information or its publication. All advice should be weighed against your own abilities and circumstances and applied accordingly. It is up to the reader to determine if advice is safe and suitable for his or her own situation.

## **Additional notes about these recipes**

If you are immune-compromised, or under a doctor's care, consult your physician before changing your diet, and cook foods to temperatures recommended in the 'Cook It' Food Safety Chart near the end of this cookbook.

All microwave recipes were prepared and tested with 1100-watt microwave ovens. Cooking time may vary using different ovens.

## **Measurement Hints**

Flour should be measured loosely. Flour in the recipes refers to white All-Purpose Flour. In some cases, an equal combination of white and whole wheat flour could be substituted.

Sugar refers to white granulated sugar unless stated differently. Brown sugar should be measured packed tightly.

Eggs refers to large eggs, but you could substitute a quantity of 1/4 cup per egg for all beaten eggs.

Recipes were tested using real butter or all vegetable shortening. I do not recommend substituting margarine or oil in their places.

All leaf herbs refer to dried crushed herbs unless fresh is specified in the recipe.

## **Got all that? Great! Then let's get cooking!**

*“One of the strongest lessons I learned as a child was the value of beginning every cooking adventure and every meal with a relaxed attitude. If you have fun cooking, it will show in the finished product, aid your digestion, and turn every meal into a memorable occasion. Enjoy!”*

*~Mrs. Mouse*

## The Basics

There are a few kitchen tools that Mrs. Mouse's Menu is going to expect you to have available in order to prepare each menu. They are:

A range with at least two working burners.

A conventional oven.

A microwave large enough to hold a 2-quart casserole dish.

A refrigerator with a freezer compartment.

A 10-inch frying pan, non-stick preferably with tight fitting cover.

Two 2-quart saucepans or equivalent with tight fitting covers.

Two cookie sheets.

An 8-inch square baking pan.

A 2-quart covered microwave-and-oven-safe casserole dish.

3 mixing bowls: one small, one medium and one large.

2 place settings: dinner plate, smaller plate, soup bowl, cup, saucer, glass, butter knife, fork and spoon for each setting.

A small sharp knife (a paring knife is preferred, but yes, a pocket knife can be used in a pinch).

A pancake turner, also known by the name of spatula.

A cooking spoon, nylon preferred, especially if you are using a non-stick pan.

A slotted cooking spoon, same as above.

A can opener.

A carrot or potato peeler.

A set of measuring cups, including 1, 1/2, 1/3 and 1/4 cup measures.

A set of measuring spoons, including 1, 1/2, 1/4 teaspoon and 1 tablespoon measures.

A colander.

A rolling pin.

A roll of microwave safe plastic wrap.

A roll of aluminum foil.

A roll of paper towels.

A bit of basic cooking knowledge and a bit of common sense.

## **The Menu**

(\* Starred Recipes are included in the menu)

## Menu 24: Steamed Trout

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### Steamed Trout\*

### Cauliflower in Cheddar Cheese Sauce\*

### Apple-Cranberry Tart\*

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#### INGREDIENTS: STEAMED TROUT

2 Thin Trout Fillets, skin on  
1/2 Tablespoon Butter  
1/4 Teaspoon Minced Dry Onion  
1/4 Teaspoon Garlic Powder  
Salt and Pepper to taste  
Pinch Cayenne Pepper (optional)

#### INGREDIENTS: CAULIFLOWER IN CHEDDAR CHEESE SAUCE

2 Cups Frozen Cauliflower  
1/2 Teaspoon Salt  
1 Cup Shredded Sharp Cheddar Cheese  
2 Tablespoons Grated Parmesan Cheese

#### INGREDIENTS: APPLE-CRANBERRY TART

1 Cup Flour  
3 Tablespoons Sugar  
Pinch Salt  
1/2 Cup Butter (No substitutions!)  
1 1/2 Tablespoon Cold Milk  
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2 Tablespoons Flour  
Pinch Salt  
1 1/2 Tablespoons Brown Sugar  
1/4 Teaspoon Ground Cinnamon  
3 Tablespoons Sugar  
3 Tablespoons Butter, softened  
3 Cooking Apples (Macintosh, Granny Smith)  
3/4 Cup Cranberries, fresh or frozen



## **MENU 24 - INSTRUCTIONS:**

Preheat oven to 375° F.

In Medium mixing bowl combine Flour, Sugar and Salt. Cut in Butter using a pastry cutter or fork until it forms pea-sized pieces. Add Cold Milk, stirring until it pulls away from the sides of the bowl. Roll dough into a 10-inch circle on a lightly floured 12-inch sheet of aluminum foil. Lift foil with dough onto a cookie sheet. Place in freezer while you prepare filling. In the same bowl combine Flour, Salt, Brown Sugar, Cinnamon, Sugar and Butter. Peel and core Apples, slicing 1/4-inch thick. Stir Apples and Cranberries into Flour mixture. Spoon into center of prepared dough. Fold edges of dough inward leaving a 4-inch or larger opening in the center. Bake for 25 minutes.

Place one Fish Fillet in the center of a 12-inch sheet of aluminum foil, skin side down. Dot with Butter. Sprinkle with Minced Dry Onion, Garlic Powder, Salt, Pepper and Cayenne Pepper, if desired. Top with second Fish Fillet, skin side up. Bring foil ends up and roll down to seal. Repeat for side edges.

When Apple-Cranberry Tart has baked for 25 minutes, place aluminum foil packet containing Trout in the oven on the same cookie sheet as the Tart. Cover Tart with a sheet of aluminum foil and bake Tart and aluminum foil packets for 25 more minutes.

In Microwave safe dish, combine 1/4 Cup Water and Salt. Add Frozen Cauliflower. Top with Cheeses. Cover with plastic wrap, turning back one corner to vent steam and microwave at Full Power for 3-5 minutes, until Cauliflower is cooked through and Cheese is well melted. Stir.

Serve Steamed Trout with Cauliflower in Cheddar Cheese Sauce and Apple-Cranberry Tart.

Serves 2.

Enjoy!

## Menu 36: Salisbury Steaks

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**Salisbury Steaks\***

**Steamed Broccoli Spears\***

**Peach Crisp\***

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### INGREDIENTS: **SALISBURY STEAKS**

1 Tablespoon Butter  
1/4 Small Onion  
1/4 Green Pepper  
1 Rib Celery  
1/2 Pound Sliced Fresh Mushrooms  
3 Teaspoons Granulated Beef Bouillon, divided  
1/2 Pound Very Lean Ground Beef  
2 Tablespoons Bread Crumbs  
1/4 Teaspoon Garlic Powder  
1/4 Teaspoon Dry Mustard  
Pinch Pepper  
1 Tablespoon Cornstarch

### INGREDIENTS: **STEAMED BROCCOLI SPEARS**

4 Ounce Package Frozen Broccoli Spears  
1/2 Teaspoon Salt

### INGREDIENTS: **PEACH CRISP**

15 Ounce Can Sliced Peaches  
1/3 Cup Quick Rolled Oatmeal  
1 Tablespoon Packed Brown Sugar  
1 Tablespoon Butter, softened

## **MENU 36 - INSTRUCTIONS:**

Preheat oven to 350° F. Lightly grease an 8-inch baking pan.

In Medium mixing bowl combine Oatmeal, Brown Sugar and Butter with a fork or pastry cutter. Drain Peaches and place in bottom of prepared baking pan. Sprinkle Oat mixture over Peaches. Bake for 35 minutes or lightly browned.

Cut Onion, Green Pepper and Celery into 1/4-inch pieces. In a 10-inch frying pan over Medium heat, melt Butter. Add vegetables to pan. Cook, stirring frequently, for 5 minutes. Add Sliced Fresh Mushrooms. Cook 4 more minutes.

In Large mixing bowl combine Ground Beef, Bread Crumbs, Garlic Powder, Dry Mustard, 1 Teaspoon Granulated Beef Bouillon and Pepper. Mix well. Form 4 Patties and set aside. Add 2 Teaspoons Granulated Beef Bouillon to frying pan with 1 Cup of Water. Stir. Add Patties to frying pan. Cover and continue to cook over Medium heat for 7 minutes. Flip Patties over. Cover again and cook for 5 minutes more. Remove Salisbury Steaks to a serving plate and keep warm.

While Salisbury Steaks are cooking, place Broccoli in a microwave safe dish with 2 Tablespoons Water and salt if desired. Cover with plastic wrap, turning back one corner to vent. Microwave at Full Power for 5 minutes. Stir. Cover again. Microwave for another 4 minutes or until tender.

In Small mixing bowl mix 1/4 Cup Cold Water with 1 Tablespoon Cornstarch, stirring well. Add all at once to vegetable broth in frying pan. Stir constantly over Medium heat until thickened, 2-3 minutes. Serve over Salisbury Steaks.

Serve Salisbury Steaks with Broccoli and Peach Crisp.

Serves 2.

Enjoy!

## **Menu 40: EZ-BBQ Chicken**

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**EZ-BBQ Chicken\***

**Corn on the Cob\***

**Spinach Salad\***

**Sunset in a Cup\***

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### **INGREDIENTS: EZ-BBQ CHICKEN**

- 1/4 Cup Barbeque Sauce
- 2 Boneless Skinless Chicken Breasts

### **INGREDIENTS: CORN ON THE COB**

- 2 Ears Frozen Corn on the Cob
- 1/2 Tablespoon Salt
- 1 Tablespoon Sugar
- 2 Tablespoons Butter (optional)

### **INGREDIENTS: SPINACH SALAD**

- 1 Bunch Fresh Spinach, well washed
- 1 Large Tomato
- 2 Tablespoons Cooking Oil
- 2 Teaspoons Vinegar
- 1/4 Teaspoon Sugar
- Pinch Red Pepper Flakes
- 2 Teaspoons Grated Parmesan Cheese

### **INGREDIENTS: SUNSET IN A CUP**

- 3 Ounce Package Cream Cheese
- 2 Tablespoons Sugar
- 1/2 Cup Frozen Whipped Topping, thawed
- 1/4 Cup Raspberry or Strawberry Jam

## **MENU 40 - INSTRUCTIONS:**

Place Frozen Corn on the Cob in a 2-quart saucepan. Add Cold Water to cover, Salt and Sugar. Bring to a boil over Medium heat. Cook for 8 minutes once water comes to a boil. Serve with Butter if desired.

Wash Spinach well. Remove stems and tear into bite sized pieces. Put in Small mixing bowl with ice and water for 10 minutes to chill.

In a 10-inch frying pan combine Barbeque Sauce and 1 Tablespoon Water. Cut Chicken into bite sized pieces and add to pan. Bring to a boil over Medium-High heat. Reduce heat to Low. Cover and simmer for 20 minutes.

Drain Spinach well. Place Spinach in serving dish. Cut Tomato into quarters. Place on top. In Small mixing bowl combine Oil, Vinegar, Sugar, 2 Teaspoons Water and Red Pepper Flakes. Stir vigorously. Pour over Spinach and Tomato wedges and toss to coat. Refrigerate until ready to serve. Sprinkle with Parmesan Cheese before serving.

In Medium mixing bowl combine Cream Cheese and Sugar. Gently stir in Whipped Topping. Place Jam on top. Using a butter knife, swirl Jam into Cheese mixture for a marbled effect. Divide into serving dishes. Refrigerate until ready to serve.

Serve EZ-BBQ Chicken with Corn on the Cob, Spinach Salad and Sunset in a Cup.

Serves 2.

Enjoy!

## **SHOPPING LIST MENU 24**

### **PRODUCE**

3 Cooking Apples (Macintosh, Granny Smith)  
3/4 Cup Cranberries, fresh or frozen

### **DAIRY**

3/4 Cup Butter (No substitutions!)  
1 1/2 Tablespoons Milk  
1 Cup Shredded Sharp Cheddar Cheese  
2 Tablespoons Grated Parmesan Cheese

### **SEAFOOD**

2 Thin Trout Fillets, skin on

### **DRY GOODS**

1 1/2 Cup Flour  
6 Tablespoons Sugar  
1 1/2 Tablespoons Brown Sugar

### **HERBS & SPICES**

1/4 Teaspoon Minced Dry Onion  
1/4 Teaspoon Garlic Powder  
Salt and Pepper  
Pinch Cayenne Pepper (optional)  
1/4 Teaspoon Ground Cinnamon

### **FREEZER**

2 Cups Frozen Cauliflower

## **SHOPPING LIST MENU 36**

### PRODUCE

1/4 Small Onion  
1/4 Green Pepper  
1 Rib Celery  
1/2 Pound Sliced Fresh Mushrooms

### DAIRY

2 Tablespoons Butter

### CANNED GOODS

15 Ounce Can Sliced Peaches

### MEAT

1/2 Pound Very Lean Ground Beef

### DRY GOODS

1 Tablespoon Cornstarch  
1/3 Cup Quick Rolled Oatmeal  
1 Tablespoon Packed Brown Sugar

### HERBS & SPICES

3 Teaspoons Granulated Beef Bouillon  
1/4 Teaspoon Garlic Powder  
1/4 Teaspoon Dry Mustard  
Salt and Pepper

### FREEZER

4 Ounce Package Frozen Broccoli Spears

### OTHER

2 Tablespoons Bread Crumbs

## **SHOPPING LIST MENU 40**

### PRODUCE

- 1 Bunch Fresh Spinach
- 1 Large Tomato

### DAIRY

- 2 Tablespoons Butter (optional)
- 2 Teaspoons Grated Parmesan Cheese
- 3 Ounce Package Cream Cheese

### MEAT

- 2 Boneless Skinless Chicken Breasts

### DRY GOODS

- 1/4 Cup Sugar

### HERBS & SPICES

- Salt
- Pinch Red Pepper Flakes

### FREEZER

- 2 Ears Frozen Corn on the Cob
- 1/2 Cup Frozen Whipped Topping

### OTHER

- 1/4 Cup Barbeque Sauce
- 2 Tablespoons Cooking Oil
- 2 Teaspoons Vinegar
- 1/4 Cup Raspberry or Strawberry Jam



**We don't eat recipes.  
We eat whole meals.**

**Welcome  
to a Different Kind  
of Cookbook**



**Mrs. Mouse's Menu Cookbook is based on a very simple idea.**

**People cook dinner as complete menus. Why not combine instructions to allow them to follow ONE recipe for the entire meal? No more flipping from one recipe or cookbook to another to prepare your menu. Using "Mrs. Mouse's Menu Cookbook", you'll only need one recipe per meal.**

**Mrs. Mouse's Menu Cookbook is designed for the person just starting out, a busy couple with little time and energy to cook, even those who are cooking for one and don't want days of leftovers. The instructions are simple and easy to follow so beginner cooks have no trouble following them. There are 53 complete dinner menus included in this book, enough to make a new menu once a week for an entire year, plus one.**

**Mrs. Mouse's Menu Cookbook was developed over generations, from recipes time tested by my family, but never written down. Until now. Now they are yours. Enjoy!**

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This ends the Sample for  
Mrs. Mouse's Menu Cookbook

To order your copy visit  
<http://mrsmousehouse.com/M3.htm>

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