

Never Misses a Beat

Times may change, but fine cooking stays same

By JEAN WILSON
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COLUMBUS — For Adeline Turek of Columbus, life keeps changing its faces, but she meets it head on with a laugh and a smile.



Turek and her mother kept her and her seven siblings fed with farm-fresh produce and baked goods.

Turek has four daughters and when the girls were young, Turek baked often because her family appreciated the special treats. Nowadays, she still bakes, but not as frequently because only she and her husband, Ernest, sit at the dinner table.

"I like to bake if somebody eats it up," she said.

The sociable grandmother said she comes from a family of cooks. Her maternal grandfather was a baker in Europe

Over 25 years ago, that was never a problem when the family lived on a farm in Butler County. The children were young and Turek was busy raising them and a garden and chickens.

SHE SAID they had over 300 chickens whose eggs were collected and sold in Lincoln for 75 cents a dozen. The family milked 25 cows and sold milk and cream in a nearby town.

"We were married to those cows," she said.

Once her daughters were enrolled in school, Turek said, she traveled to Columbus each day to work at one of the factories. She said she quit her factory job eight different times when summer came so she could be with her children. She was hired back each fall when school started anew.

SHE REMINISCES about the days of her own youth when she helped her family pick corn by hand with a wagon and team of horses. During the dry 1930s, she said, one year they spent a full day looking for corn to fill the wagon, but never did. What corn they did find sold for 10 cents a bushel.

"You were busy and contented," Turek said.

She remembers winters when she and her siblings opened and emptied poppy pods into 10 25-pound cloth flour sacks until the containers were filled with poppy seeds for her mother to sell.

OTHER CHILDHOOD activities in winter were stripping feathers to make down pillows.

She said the family would sit around a kerosene lantern stripping the feathers and listening to her father tell silly stories. Sometimes Turek's father and mother would tell the children how lucky they were not to have it as hard as their parents did when they were young.

AFTER HER mother finished cooking dinner on a cob stove, winter evenings were spent reading the paper, playing cards, embroidering and listening to the radio.

"Hit Parade," "Fibber McGee" and "Amos and Andy" are radio show names that still bring back a lot of memories for Turek.

"The world has changed a lot," Turek said.

Turek shares some of her favorites. The recipes for Supreme Angel Food Cake and Coconut Pie were passed down from Turek's mother.

KOLACHES

1 can evaporated milk
1 cup water
¾ cup sugar
1 teaspoon salt
½ cup margarine or butter
2 egg yolks
3 packages of fresh yeast
5-6 cups flour

Beat egg yolks, add sugar and margarine and then add milk, water, salt and yeast.

Beat with electric mixture. Add flour until the dough is



easy to handle. Put in plastic bowl with sealed cover.

Let rise about 45 minutes to 1 hour or double in bulk.

Then knead dough down and make into buns. Let rise about 20-30 minutes or until when dough is pushed slightly, it comes back.

Press in middle of bun to make a dent and fill dent with favorite filling.

Let kolaches rest for about 6-10 minutes. Bake in oven at 375 degrees until dough is nice and brown.

Take out of oven, brush on melted margarine or butter. Cover with a tea towel for about five minutes. Remove

from pan onto a plate and let cool.

These can be frozen. When ready to use, first thaw and then microwave for about 12 seconds. If desired, kolaches may be topped with a powdered sugar icing.

SUPREME ANGEL FOOD CAKE

12 egg whites
2 teaspoons cream of tartar
1 teaspoon vanilla
¼ teaspoon salt
½ cup powdered sugar
¾ cup sugar
1 cup cake flour and ½ cup sugar sifted together 3 times

Beat together egg whites, cream of tartar, vanilla and salt until stiff. Slowly add powdered sugar and beat. Add sugar slowly and beat vigorously until it looks like meringue. Fold in sifted cake flour and sugar very slowly. Do not fold in too much at one time. Bake in angel food pan at 375 degrees for 35 minutes.

COCONUT PIE

FILLING
2½ cups milk
1 cup sugar

¼ teaspoon salt
4 tablespoons flour
1 tablespoon butter
1 cup coconut
3 egg whites
1 teaspoon vanilla

Mix milk, sugar, salt, flour, butter, coconut and boil until thick. Beat the 3 egg whites until stiff and fold into the coconut pudding along with vanilla. Pour into baked pie shell and top with meringue.

MERINGUE

3 egg whites
1 teaspoon vanilla
3 tablespoon sugar

Beat 3 egg whites with vanilla and sugar until stiff. Put on top of filling and sprinkle some coconut on top. Brown in oven at 350 degrees.

PIE CRUST

2 cups flour
½ cup lard
½ cup water
⅛ teaspoon salt

Mix ingredients together then roll out. Put in pie plate and poke holes in shell with fork. Bake at 375 degrees until golden brown.



Telegram photo by Jean Wilson

KOLACHES, HOT COFFEE AND MEMORIES — Cook of the Week Adeline Turek shares some memories and recipes on this week's taste page. Her famous kolaches are pictured here.