

America's Most Wanted Recipes

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DAIRY QUEEN HEATH BLIZZARD

1 Heath candy bar
1/4 cup milk
2 1/2 cups vanilla ice cream
1 teaspoon fudge topping

1. Freeze the Heath Bar, break the candy into tiny pieces with a knife handle before removing from wrapper.

2. Combine all of the remaining ingredients in a blender and blend for 30 seconds on medium speed. Stop the blender to stir the mixture with a spoon; repeat until well mixed.

Pour into a 16oz glass and place in the freezer for 20 to 30 minutes.

You can also make this treat with: Butterfinger candy bars, Oreo cookies, and Reese's Peanut Butter Cups. Now's your chance to be creative.
Makes 1 serving.

PANCAKES FROM INTERNATIONAL HOUSE OF PANCAKES

Nonstick spray

1 1/4 cups of all-purpose flour

1 egg

1 cup buttermilk

1 heaping teaspoon baking powder

1 teaspoon baking soda

1/4 cup cooking oil

1/4 cup granulated sugar

1. Preheat a skillet over medium heat. Apply a little nonstick spray.
2. In a bowl, combine all of the remaining ingredients with a mixer until smooth.
3. Pour the batter by spoonfuls into the hot pan, forming 5-inch circles.
4. When the edges appear to harden, turn the pancakes over. They should be light brown.

Cook the other side for same amount of time, until light brown.

Makes 8 to 12 pancakes.

LONG JOHN SILVER'S BATTER-DIPPED FISH

3 cups soybean oil
2 pounds fresh cod fillets
1 1/3 cups of self-rising flour
1 cup water
1 egg
2 teaspoon granulated sugar
2 teaspoon salt
2 pounds fresh catfish fillets (can be substituted)

1. Heat the oil till it is hot in a deep pan to about 400 degrees.
2. Cut the fish into approximately 2/7 inch wedges.
3. With a mixer, blend the flour, water, egg, sugar, and salt.
4. Dip each fillet into the batter, coating generously, and quickly drop into the oil.
5. Fry each fillet until dark golden brown, about 5 minutes.

Remove from the oil and place on paper towels or a metal rack to drain.
Makes 4 to 6 fillets.

KEEBLER SOFT BATCH CHOCOLATE CHIP COOKIES

4 sticks butter, softened
2 eggs beaten
2 tablespoons
2 teaspoons vanilla extract
1/3 cup water
1 1/2 cups granulated sugar
1 1/2 cups brown sugar
1 teaspoon baking powder
1 1/2 teaspoons baking soda
1 teaspoon salt
5 cups all-purpose flour
1 1/2 packages semi-sweet chocolate chips

1. Preheat the oven to 375 degrees.
2. Cream the butter, eggs, vanilla,, and water in medium-size bowl.
3. In a large bowl, combine sugars, baking powder, baking soda, salt and flour.
4. Combine the moist mixture with the dry mixture. Add Chocolate chips
5. Shape the dough into 1 inch balls and place 1 inch apart on a ungreased cookie sheet.

Bake for 8 to 10 minutes, or until golden brown.
Makes 4 dozen cookies.

WENDY'S CHILI

2 pounds ground beef
1 29oz can tomato sauce
1 29 oz can kidney beans with liquid
1 cup diced onion
1/2 cup diced green chili
2 cups of water
1/4 cup diced celery
3 medium tomatoes, chopped
2 teaspoons cumin powder
3 tablespoons chili powder
1 teaspoon black pepper
2 teaspoon salt
1 tablespoon cayenne peppers

Brown ground beef in a skillet over medium heat; drain off the fat. Using a fork, crumble the cooked beef. In a large pot, combine the beef plus all the remaining ingredients and simmer over low heat. Cook. Stirring every 15 minutes for 2 to 3 hours. If desired serve with grated cheese and chopped green onion on top. Makes 12 servings.

ORANGE JULIUS

1 cup orange juice
1 cup water
2 egg whites
3/4 teaspoon vanilla extract
1/4 cup granulated sugar
1 heaping cup ice

Combine all of the ingredients in a blender set on high speed for exactly one minute.
Makes 2 drinks.

TWIX CARAMEL BARS

35 unwrapped KRAFT caramels

1/4 cup water

1 box (40) Nabisco Lorna Doone Shortbread cookies

2-12oz bags milk chocolate chips

1. Combine the caramels with the water in a small pan, melt over low heat.
2. Place the shortbread cookies side by side on an ungreased cookie sheet.
3. Spoon a little caramel on each cookie. Place all the cookies in the refrigerator until the caramel firms up.
4. Melt the chocolate chips in the microwave for one minute on high.

Remove the cookies from the refrigerator, dip each one into the chocolate with a fork, and knock off any excess chocolate. Place each one on a sheet of waxed paper. Cool at room temperature, place in the refrigerator for 30 minutes.
Makes 40 bars.

BORDEN CRACKER JACK

4 quarts popped popcorn (or 2 bags microwave popcorn)
1 cup Spanish peanuts
4 tablespoons butter
1 cup brown sugar
1/2 cup light corn syrup
2 tablespoons molasses
1/4 teaspoon salt

Preheat the oven to 250 degrees. Combine the popcorn and peanuts in a metal bowl, and place in the preheated oven. Mix all the remaining ingredients in a saucepan stirring over medium heat. Bring the mixture to a boil and cook for 20 to 25 minutes or until you notice the mixture turning a slightly darker brown.

Remove the popcorn and peanuts from the oven, and working quickly pour the caramel mixture in a fine stream over them. Then place back in the oven for 15 minutes. Mix well every 5 minutes, so that all of the popcorn is coated. Cool and store in a covered container to preserve freshness.

Makes 4 quarts.

BURGER KING WHOPPER

1 sesame seed hamburger bun
1 100% pure ground beef patty
Dash of salt
3 dill pickle slices
1 teaspoon catsup
1 onion sliced into rings
2 tomato slices
1/4 cup chopped lettuce
1 tablespoon mayonnaise

1. Make sure your barbecue grill is hot before cooking.
2. Toast both halves of the bun face down in a hot skillet. Set aside.
3. Lightly salt the hamburger patty and cook on the barbecue grill for 2 to 3 minutes per side

Build the burger in the following stacking order from the bottom up: bottom bun, hamburger patty, pickles, catsup, onion slices, tomatoes, lettuce, mayonnaise and top bun. Makes 1 whopper.

MCDONALD'S BIG MAC

1 sesame seed hamburger bun
Half of an additional hamburger bun
2 100% ground beef patties
Dash of salt
1 teaspoon finely diced onion
1/2 cup chopped lettuce
2 slices American cheese
2 to 3 dill pickle slices
1 tablespoon Kraft Thousand Island dressing.

1. With a serrated knife, cut the top off the extra bun half, leaving about a 3/4 inch slice. This will be the middle bun in your sandwich.
2. Place the three bun halves on a hot pan or griddle face down and toast them to a light brown. Set aside, but keep the pan hot.
3. Cook the patties in the hot pan over medium heat for 2 to 3 minutes on each side. Salt lightly.

Build the burger in the following stacking order from the bottom up: bottom bun, half of dressing, half of onion, half of lettuce, American cheese, beef patty, middle bun, remainder of dressing, onion, lettuce, pickle slices, American cheese, beef patty and top bun. Makes 1 hamburger.

TACO BELL ENCHIRITO

1 pound ground beef
1/4 teaspoon salt
1 teaspoon chili powder
1/2 tablespoon dried minced onion
1-30oz can refried beans
1 pack 10 inch flour tortillas
1/4 onion, diced
1 – 10oz can La Victoria enchilada sauce
2 1/2 cups shredded cheddar cheese
1-2oz can sliced black olives

1. Slowly brown the ground beef in a skillet with a spatula separate the beef into peas size pieces. Add salt, chili powder, and minced onion.
2. Beat the refried beans until smooth with a mixer. Heat the refried beans in a saucepan.
3. Warm the tortillas individually in a skillet over low heat 2 – 3 minutes each side.
4. Spoon 3 tablespoons of beef into the center of each tortilla. Sprinkle on 1/2 teaspoon diced onion. Add 1/3 cup refried beans.
5. Fold the sides of each tortilla over the beans and meat. Flip the tortilla over onto a plate. Spoon 3 tablespoons of enchilada sauce over the tortilla.

Sprinkle on 1/4 cup shredded cheese. Top with 3 olive slices.
Makes 10.

REESE'S PEANUT-BUTTER CUPS

Muffin tin with shallow cups

12 paper baking cups

1 cup peanut butter

1/4 teaspoon salt

1/2 cup powdered sugar

1-12 oz package Hershey's milk chocolate chips

1. In a small bowl, mix the peanut butter, salt and powdered sugar until firm.
2. Slowly melt the chocolate chips in a microwave over set on high for 2 minutes, stirring halfway through heating time. Add Salt.
3. Cut each baking cup in half horizontally to make it shallower, and paint your first layer of chocolate onto the inside of each cup with a spoon. Put the cups into a muffin tin so that they hold their shape, put the tin into the refrigerator to set.
4. Spread about a teaspoon of peanut butter onto the chocolate in each cup, leaving room for the final chocolate layer.
5. Pour some chocolate onto the top of each candy and spread it to the edges. Let set in the refrigerator covered. Turn out of the pan when firm.

Makes 12 pieces.

KFC ORIGINAL RECIPE FRIED CHICKEN

6 cups CRISCO cooking oil
1 egg beaten
2 cups milk
2 cups all-purpose flour
2 teaspoons black pepper
1 teaspoon MSG or Accent Flavor Enhancer
2 frying chickens with skin. Each cut into 6 pieces
4 tablespoons salt

1. Pour the oil into the pressure cooker and heat over medium heat to about 400 degrees.
2. In a small bowl, combine the egg and milk.
3. In a separate bowl, combine the remaining four dry ingredients.
4. Dip each piece of chicken into the milk until fully moistened.
5. Roll the moistened chicken in the flour mixture until completely coated.
6. In groups of four or five, drop the covered chicken pieces into the oil and lock the lid in place.
7. When steam begins shooting through the pressure release, set the timer for 10 minutes.

After 10 minutes, release the pressure according to manufacturer's instructions, and remove the chicken to paper towels or metal rack to drain. Repeat with the remaining chicken. Makes 12 pieces.

SARA LEE ORIGINAL CREAM CHEESECAKE

1-9inch graham cracker crust

FILLING:

16 oz cream cheese

1 cup sour cream

2 tablespoons cornstarch

1 cup granulated sugar

2 tablespoons butter, softened

1 teaspoon vanilla extract

TOPPING:

3/4 cup sour cream

1/4 cup powdered sugar

1. For the filing: mix the cream cheese, sour cream, cornstarch, and sugar in the bowl of a mixer. Mix until sugar has dissolved. Add the butter and vanilla, blend until smooth. Do not over mix or the filing will become too fluffy and will crack when cooling.
2. Pour the filling over the crust. Bake for 30 to 35 minutes, or until a knife inserted 1 inch from the edge comes out clean. Cool for 1 hour.
3. For the topping: mix the sour cream and powdered sugar. Spread the mixture over the top of the cool cheesecake. Chill or freeze until ready to eat..

SNICKERS CANDY BARS

1 tablespoon plus 1/4 cup water
1/4 cup light corn syrup
2 tablespoons butter
1 teaspoon vanilla extract
2 tablespoons peanut butter
Dash of salt
3 cups powdered sugar
35 unwrapped Kraft caramels
1 cup dry roasted unsalted peanuts
2-12oz bags milk chocolate chips

1. Combine one tablespoon of water, corn syrup, butter, vanilla, peanut butter, and salt with a mixer on high speed until creamy. Slowly add the powdered sugar.
2. When the mixture has the consistency of dough, remove it from the bowl with your hands.
3. Melt the caramels in a small pan with 1/4 cup water over low heat.
4. When the caramel is soft, mix in the peanuts. Pour the mixture over the refrigerated nougat in the pan. Let this cool in the refrigerator.
5. When the refrigerated mixture is firm, melt the chocolate over low heat in a double boiler. Stir halfway through cooking time.
6. When mixture in the pan has hardened, cut it into 2x1 inch sections. Set each chunk onto a fork and dip into the melted chocolate. Tap fork against the side of the pan to knock off any excess chocolate.

Place the chunks on waxed paper to cool, and then place the bars in the refrigerator for 30 minutes. Makes 2 dozen bars.

HOSTESS TWINKIE CAKES

Materials needed:

Spice Bottle (size of a Twinkie)
12 – 12x14 inch pieces of aluminum foil
Cake decorator or pastry bag
Toothpick

FILLING:

2 tablespoons butter
1/3 cup vegetable shortening
1 1/3 cups powdered sugar
1/3 cup evaporated milk

CAKE

Non-stick spray
4 egg whites
1-16oz box golden pound cake mix
2/3 cup water
1 tablespoon granulated sugar
1 teaspoon vanilla extract
2 drops lemon extract

1. Preheat oven to 325 degrees. Fold each piece of aluminum foil in half twice. Wrap the folded foil around the spice bottle to create a mold. Leave the top of the mold open pouring in the batter. Make twelve of these molds and arrange them on a cookie sheet or in a shallow pan. Grease the inside of each mold with a light coating of non-stick spray.
2. Disregard the directions on the box of cake mix. Instead, beat the egg whites until stiff. Mix them with cake mix and water, and beat until thoroughly blended for 2 minutes.
3. 3. Pour the batter into the molds, filling each one about 3/4 inch. Bake for 30 minutes or until cake is golden brown.
4. For the filling, cream the butter and shortening. Slowly add the sugar while beating. Add evaporated milk, vanilla, and lemon extract. Mix on medium speed until completely smooth and fluffy.

When cakes are done and cool, use a toothpick to make 3 small holes in the bottom of each one. Move the toothpick around the inside of each cake to create space for the filling. Using a cake decorator or pastry bag, inject each cake with filling through all three holes. Makes 12.