

Delicious 1980s Vintage Recipes

Bacon-Wrapped Smokies

Serves 16 | Prep time 15 minutes | Cooking time 40 minutes

Ingredients

- 1 pound bacon slices, cut into thirds
- 1 (14-ounce) package beef cocktail wieners
- $\frac{3}{4}$ cup brown sugar

Directions

1. Preheat the oven to 325°F (163°C).
2. Wrap each cocktail wiener with a piece of bacon and then secure it with a toothpick.
3. Arrange the wrapped wieners onto a large baking sheet and sprinkle with brown sugar.
4. Bake for about 40 minutes. Serve warm.

Nutrition (per serving)

Calories 214, fat 14.5 g, carbs 8.8 g, sugar 7.7 g,
Protein 11.4 g, sodium 805 mg

Beef Stroganoff

Serves 6 | Prep time 15 minutes | Cooking time 20 minutes

Ingredients

- 4 $\frac{1}{2}$ cups uncooked noodles
- 1 pound lean ground beef
- $\frac{1}{2}$ pound fresh mushrooms, sliced
- 1 large onion, halved and sliced
- 3 garlic cloves, minced
- 1 tablespoon butter
- 2 tablespoons all-purpose flour
- 1 (14 $\frac{1}{2}$ -ounces) can low-sodium beef broth
- 2 tablespoons tomato paste
- 1 cup sour cream
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper

Directions

1. In a pan of lightly salted boiling water, cook the noodles for about 8–10 minutes or according to the package's instructions.
2. Through a strainer, drain the noodles and then rinse with cold water.
3. Again, drain the noodles completely and set them aside.
4. Meanwhile, heat a large saucepan over medium heat and cook the beef, mushrooms, and onion for about 8–10 minutes. Add garlic and cook for about 1 minute.
5. Remove from the heat and drain the grease completely.
6. Transfer the beef mixture into a bowl and cover with a piece of foil to keep warm.
7. In the same pan, melt butter over medium heat. Add in the flour and stir until smooth.
8. Slowly, add in the broth and tomato paste and bring to a boil.
9. Cook for about 2 minutes, stirring occasionally.
10. Stir in the cooked beef mixture, sour cream, salt, and black pepper and cook for about 3–4 minutes, stirring continuously. Divide the noodles onto the serving plate.
11. Top with beef mixture and serve.

Nutrition (per serving)

Calories 380, fat 16.4 g, carbs 27.8 g, sugar 2.8 g,
Protein 30 g, sodium 262 mg

Turkey and Almond Casserole

Serves 8 | Prep time 15 minutes | Cooking time 40 minutes

Ingredients

For the casserole

- Olive oil cooking spray
- 2 (10¾-ounce) cans condensed cream of mushroom soup, undiluted
- ½ cup sour cream
- ½ cup mayonnaise
- 2 tablespoons fresh lemon juice
- 2 tablespoons onion, chopped
- 1 teaspoon salt
- ½ teaspoon ground white pepper
- 5 cups cooked turkey meat, cubed
- 3 cups cooked rice
- 1 (8-ounce) can sliced water chestnuts, drained
- 4 celery ribs, chopped
- 1 cup almonds, sliced

For the topping

- 1½ cups Ritz crackers, crushed
- ⅓ cup butter, melted
- ¼ cup almonds, sliced

Directions

1. Preheat oven to 350°F (177°C).
2. Grease a 13 x 9-inch baking dish with cooking spray.
3. For the casserole, in a bowl, add the soup, sour cream, mayonnaise, lemon juice, onion, salt, and black pepper and mix until well combined.
4. Add the turkey meat, rice, water chestnuts, celery, and almonds and gently stir to combine.
5. Place the turkey mixture evenly into the prepared baking dish.
6. Bake for about 25 minutes.
7. For the topping, in a bowl, add all ingredients and mix until a crumbly mixture forms.
8. After 25 minutes of baking, remove the baking dish from the oven and evenly sprinkle the top with topping mixture.
9. Bake for about 10–15 minutes or until the top becomes golden brown.

Nutrition (per serving)

Calories 641, fat 34.4 g, carbs 47.9 g, sugar 4.4 g,
Protein 34.6 g, sodium 980 mg

Blackened Salmon Fillets

Serves 4 | Prep time 10 minutes | Cooking time 10 minutes

Ingredients

- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon dried thyme
- 2 tablespoons paprika
- 1 tablespoon cayenne pepper
- 1 tablespoon onion powder
- 2 teaspoons salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground white pepper
- 4 skinless, boneless salmon fillets
- ½ cup unsalted butter, melted

Directions

1. In a small bowl, mix together the dried, spices, salt, black pepper, and white pepper.
2. Coat the salmon fillets with ¼ cup of the melted butter evenly and sprinkle with spice mixture.
3. Drizzle one side of each salmon fillet with half of the remaining butter.
4. Heat a large, heavy-bottomed skillet over high heat.
5. Place the salmon fillets, buttered side down and cook for about 3-5 minutes.
6. Flip the fillets and drizzle the top with the remaining butter.
7. Cook for about 3–5 minutes or until blackened.
8. Serve hot.

Nutrition (per serving)

Calories 400, fat 31.6 g, carbs 3 g, sugar 0.5 g,
Protein 28.3 g, sodium 950 mg

Lemon Cake

Serves 12 | Prep time 20 minutes | Cooking time 35 minutes

Ingredients

For the cakes

- 3¼ cups all-purpose flour
- 1 tablespoon baking powder
- ⅛ teaspoon salt
- 1 cup plus 2 tablespoons butter, softened
- 2¼ cups white sugar
- 6 eggs, whites, and yolks separated
- 1 cup plus 2 tablespoons milk
- 1¾ teaspoons fresh lemon juice
- ¾ teaspoon lemon peel, grated

For the filling

- 2¼ cups white sugar
- 5½ tablespoons all-purpose flour
- 1 egg, beaten
- ½ cup fresh lemon juice
- 2 tablespoons lemon peel, grated
- 2 tablespoons butter

Directions

1. Preheat the oven to 350°F (177°C).
2. Grease 3 (9-inch) cake pans with cooking spray and then dust each with a little flour.
3. For the cake, in a bowl, add flour, baking powder, and salt and mix well.
4. In another bowl, add butter, and with an electric mixer, beat until smooth and creamy.
5. Add the sugar and beat until fluffy.
6. Add the egg yolks, one at a time, beating well after each addition.
7. Add in the flour mixture, alternating with milk until well combined.
8. Add in the lemon juice and peel and mix until just combined.
9. In a clean glass bowl, add the egg whites, and with a clean electric mixer, beat until stiff peaks form.
10. Gently fold ⅓ of the whipped egg whites into the flour mixture.
11. Add the remaining whipped egg white and gently stir to combine.
12. Divide the mixture into the prepared cake pans evenly.
13. Bake for about 25–30 minutes or until a toothpick inserted in the center comes out clean.
14. Remove the cake pans from the oven and place them onto the wire racks to cool for about 10 minutes.
15. Then invert the cakes onto the wire racks to cool completely.
16. Meanwhile, for the filling, in a saucepan, add the sugar, flour, egg, lemon juice, peel, and beat until well combined.
17. Place the saucepan over low heat and cook until the mixture almost comes to a boil, stirring continuously.
18. Cook for about 1 minute, stirring continuously.
19. Add the butter and beat until melted completely.
20. Remove from the heat and set aside to cool.
21. Arrange the cakes onto a smooth surface.
22. With a serrated knife, slice each cake in half horizontally and evenly.
23. Repeat with the remaining cake layers and filling, ending with a layer of lemon filling on the top of the cake.
24. Cut into desired-sized slices and serve.

Nutrition (per serving)

Calories 624, fat 22.7 g, carbs 100.8 g, sugar 68.3 g,
Protein 8.6 g, sodium 210 mg

These recipes and more are found in Louise Davidson's *Retro Cookbook - The Most Popular Vintage Recipes from the 1980s*. To get your copy, click on the cover below or click [here](#).

