Delicious Vintage 1970s Recipes

Cheese Balls

The 70s was an era of cheese balls. If there was a holiday party or a dinner party, they made sure to serve their guests these perfectly textured and flavored cheese balls as an appetizer.

Serves 12 | Prep. time 10 minutes | Chill time -8 hours

Ingredients

- 6 ounces blue cheese, softened
- 2 (4-ounce) bottles Kraft Old English Sharp Cheese Spread
- ¼ cup onions, finely chopped
- 1 teaspoon Worcestershire sauce
- 1 cup pecans, finely chopped
- 1 cup Italian parsley
- 1 pound cream cheese, softened

Directions

1. In a mixing bowl, mix the blue cheese and cheese spread.
2. Mix in the onion and Worcestershire sauce.
3. Divide into two parts, shape into balls, and wrap in plastic wrap. Refrigerate until firm.
4. In a mixing bowl, mix the pecans and parsley.
5. Unwrap the balls and roll them in the pecan mixture to coat evenly.
6. Wrap again and refrigerate overnight. Serve chilled.

Country Captain (Chicken)

The popularity of this delicious chicken meal peaked in the 70s when it made appearances in many newspaper food columns and cookbooks. This recipe is from the 1972 edition of *Cecily Brownstone's Associated Press Cookbook* published by The Plimpton Press.

Serves 4 | Prep. time 10 minutes | Cooking time 20–30 minutes

Ingredients

- 1 (2½-pound) frying chicken
- ¼ cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 4–5 tablespoons butter
- 1 clove garlic, crushed
- ⅓ cup onion, finely diced
- ⅓ cup green pepper, finely diced
- 1½ teaspoons curry powder
- ½ teaspoon dried thyme, crushed
- 1 (16-ounce) can stewed tomatoes
- 3 tablespoons dried currants
- Blanched toasted almonds

Directions

1. Cut the chicken to make 2 pieces each of legs, second joints, wings, breasts, and bony back. Wash and drain. Mix together the flour, salt, and pepper in a mixing bowl.
2. Add the chicken pieces and mix to coat well.
3. Heat the butter in a 10–12-inch skillet over medium heat.
4. Add the chicken pieces and stir-cook for 3 minutes until evenly brown. Set aside the chicken pieces; reserve the drippings in the skillet.
5. Add the garlic, onion, green pepper, curry powder, and thyme. Stir-cook for a few minutes until softened.
6. Add the tomatoes with liquid and the chicken pieces.
7. Cover and simmer for 20–30 minutes until tender, stirring occasionally.
8. Mix in the currants and serve warm with toasted almonds.

Hawaiian Pizza

Travel to Hawaii became very fashionable in the 1970s and so did Hawaiian cuisine. One of the favorites was the Hawaiian pizza made of ham, cheese, and pineapple.

Serves 6-8 | Prep. time 10 minutes | Cooking time 20-25 minutes

Ingredients

- 1 ready-made pizza crust
- ½ cup pizza sauce
- 2- 2 ½ cups shredded mozzarella cheese
- 1 cup ham, chopped
- 1 cup pineapple tidbits, drained

Directions

1. Preheat oven to 400ºF (200ºC).
2. Spread sauce, beginning from the center of the crust going outward in a circular motion, leaving 1/2-inch space around the edge.
3. Arrange ham and pineapple evenly over the sauce.
4. Top with mozzarella.
5. Bake until cheese is melted, and crust is golden brown, about 20-25 minutes.
6. Let the pizza rest for 5 minutes before slicing and serving.

Hamburger Helper

Introduced in 1971, hamburger helper gained nationwide fame thanks to its creamy and soft mushroom sauce. Its popularity was also aided by the fact that ground beef was a convenient and economical food in the 70s.

Serves 4 | Prep. time 10 minutes | Cooking time 10–15 minutes

Ingredients

- 1 pack wide dried noodles
- 1 pound ground beef
- 1 onion, diced
- 2 tablespoons butter
- 1 cup unsalted beef stock
- 1 tablespoon flour
- 1 tablespoon ketchup
- 2 teaspoons seasoned salt
- ½ pound mushrooms, sauteed
- 1–1½ cups sour cream

Directions

1. Cook the noodles as directed on the pack; drain and set aside.
2. Spray a medium saucepan or skillet with some cooking spray and heat it over medium heat.
3. Add the beef and stir-cook until evenly brown.
4. Add the onions and stir-cook until tender.
5. Add the butter and melt it. Add the stock, ketchup, flour, and salt.
6. Stir-cook until the mixture thickens slightly.
7. Add the mushrooms and stir cook for 3–5 minutes over low heat.
8. Mix in the sour cream.
9. Pour the sauce over the noodles and serve warm.

Salmon Cakes

The *New York Times Heritage* cookbook is the one that gets all the credit for publishing this amazing salmon recipe in the early 1970s. These cakes were scrumptious and crunchy at the same time and paired wonderfully with tartar sauce and lemon wedges.

Serves 4 | Prep. time 10 minutes | Chill time 30 minutes
Cooking time 5–10 minutes

Ingredients

- 1 pound canned salmon or cooked fresh salmon, flaked
- 1 tablespoon butter
- ¼ cup onion, finely chopped
- 2 teaspoons green pepper, finely minced
- ½ cup celery, finely minced
- ¾ cup breadcrumbs
- ¼ cup parsley, finely chopped
- 2 eggs, lightly beaten
- Salt and pepper to taste
- Olive oil

Directions

1. Melt the butter in a medium saucepan or skillet over medium heat.
2. Add the onion, green pepper, and celery and stir-cook until the onion is translucent and tender.
3. Transfer to a bowl and add the salmon.
4. Add the remaining ingredients and mix well.
5. Prepare 4 patties from the mixture. Refrigerate for 30 minutes.
6. Heat some olive oil in a medium saucepan or skillet over medium heat.
7. Add the patties and stir-cook until evenly brown.
8. Serve with tartar sauce and lemon wedges (optional).

Watergate Salad

Vintage Watergate salad was an undefeated champion in the 70s. Popularly referred to as "the Green Stuff", this healthy salad packs a powerful punch of delectable flavors. Originally this salad had another name, but some newspaper thought to publish the recipe with a catchy title; it was the era of the Watergate scandal, and the name has stuck ever since.

Serves 10 | Prep. time 10 minutes | Chill time 1 hour

Ingredients

- 1 (20-ounce) can crushed pineapple, undrained
- 1 (3½-ounce) pack pistachio instant pudding
- 1 cup mini marshmallows
- ½ cup pecans, chopped
- 1½ cups whipped topping

Directions

1. In a large salad bowl, combine the pineapple with its juice, pudding, and marshmallows.
2. Add the pecans and whipped topping; mix again.
3. Refrigerate for 1 hour and serve chilled.

Profiteroles

If one has to name truly delicious desserts from the 1970s, profiteroles never miss the list. Rich with chocolate sauce and cream, this dessert has passed the test of time by being popular for many decades among dessert lovers.

Serves 8 | Prep. time 20 minutes | Cooking time 25 minutes

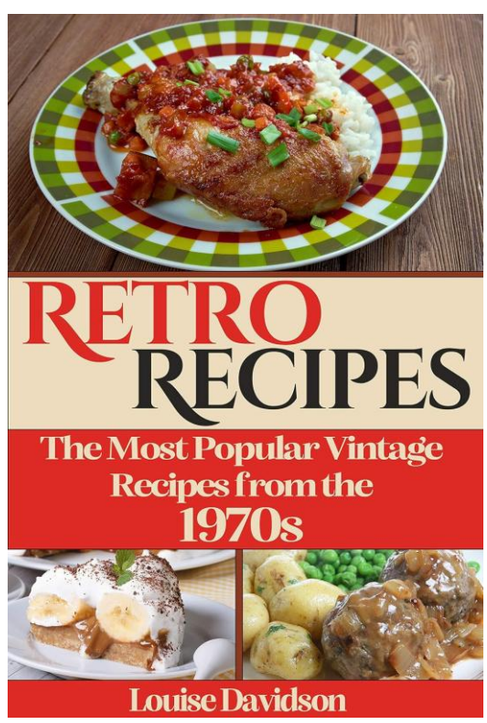
Ingredients

- ¼ cup butter, cubed
- ⅝ cup all-purpose flour
- 2 large eggs, beaten
- 1 tub premium ice cream of your choice

Sauce

- 7 ounces dark chocolate
- 2 tablespoons heavy cream or whole milk
- 1 tablespoon brewed coffee or espresso

Directions

1. Preheat the oven to 425°F (204°C).
2. Heat the butter and ½ cup of water in a medium saucepan or skillet over medium heat.
3. Bring to a boil and remove from heat.
4. Mix in the flour until you get a smooth dough.
5. Add the eggs one at a time and keep stirring in each addition until you get a glossy and thick mixture.
6. Grease a baking dish with some cooking spray or cooking oil. Drop spoonfuls of the mixture over it, keeping some space between them.
7. Bake for about 15 minutes until golden brown and puffed.
8. Reduce heat to 320°F (160°C) and bake for 5 minutes more.
9. Remove from heat and let cool completely.
10. Slice each profiterole and fill it with ice cream. Place in the freezer until ready to serve.
11. To make the sauce, melt the chocolate with the cream and coffee in the microwave by increment of 30 seconds, until smooth. Stir until smooth and shiny. Alternatively, you can melt the chocolate, cream and coffee in a double boiler over low heat.
12. Sprinkle over the profiteroles and serve.

*****These recipes and more are found in Louise Davidson's *Retro Recipes The Most Popular Vintage Recipes from the 1970s*. To get your own copy, click on the cover below or click here.**