75 YEARS OF GOOD EATING
FROM MAZOLA CORN OIL
1911-1986
AZOLA. In June of 1911, Corn Products Refining Company introduced a new cooking and salad oil made from corn. Offered in square yellow tins decorated with an Indian maid, the new product was the first refined corn oil.

It came at a time when Americans were happy and carefree, when debutantes danced to the turkey trot, and the first electric self-starter automobile opened the road to women drivers.

Mazola corn oil has since become a tradition in American cooking with its use growing and changing along with our country. We Americans have inherited a high-quality, healthful corn oil with many uses.

In celebration of the Mazola heritage, we present this collection of recipes based on popular Mazola ads and promotions since 1911. They are timeless and comforting. They represent 75 years of good American eating.
Regardless of price the World affords no finer Salad Oil than Mazola

This simple French Dressing recipe will prove this Statement — Try it

1/2 cup Mazola  1/2 teaspoon salt
3 tablespoons vinegar  1/8 teaspoon white pepper
Beat thoroughly and use with any vegetable, meat or fish salad. If a sweeter dressing is desired add 1 teaspoon Karo Red Label.
Corn Oil and Vinegar Dressing

1 cup Mazola corn oil
1/3 cup cider or red wine vinegar
1/2 teaspoon dry mustard
1/2 teaspoon salt
1/4 teaspoon paprika
1/8 teaspoon ground red pepper

To a 1-pint jar with tight-fitting lid, add corn oil, vinegar, dry mustard, salt, paprika and pepper. Cover; shake well. Refrigerate. Shake thoroughly and serve on tossed salad greens or sliced tomatoes, or use as a marinade for vegetables. Makes about 1 1/3 cups.

Herb Dressing: Add 1/2 clove garlic and 1/2 teaspoon each dried marjoram and oregano leaves.

A recipe for garlic oil appeared in a Mazola recipe booklet in 1949 when total garlic sales in the U.S. were 20 million pounds. Today, sales of garlic are estimated to be at a staggering 250 million pounds.

Garlic Oil

Place 6 cloves peeled and sliced garlic in 2 cups Mazola corn oil. Cover and let stand 1 to 2 weeks. Strain. Use for salad dressings, marinades, sauces or stir-frying. Makes 2 cups.

Zesty Dressing

1 cup Mazola corn oil
1/4 cup cider vinegar
2 tablespoons ketchup
1 tablespoon lemon juice
1 1/2 teaspoons Worcestershire sauce
1 teaspoon salt
1 teaspoon sugar
1/4 teaspoon paprika
1/8 teaspoon pepper
Dash celery salt
1 clove garlic, crushed

To a 1-pint jar with tight-fitting lid, add corn oil, vinegar, ketchup, lemon juice, Worcestershire sauce, salt, sugar, paprika, pepper, celery salt and garlic. Cover; shake well. Refrigerate. Shake thoroughly and serve on mixed green or vegetable salads. Makes about 1 1/2 cups.
Labeled as "the salad oil of character" throughout the thirties, Mazola ads often featured recipes for salads and salad dressings. A 1938 booklet, The Mazola Salad Bowl, offered answers to such questions as "May lettuce be cut with a knife?" "May salad be passed?" and "Should one eat the lettuce or salad greens under the salad?"
**Health Salad**

6 cups coarsely shredded cabbage  
1 1/2 cups coarsely shredded carrots  
1 medium green pepper, finely chopped  
1 small red onion, thinly sliced  
1/3 cup cider vinegar  
1/4 cup Mazola corn oil  
3 tablespoons sugar  
1/2 teaspoon celery seed  
1/2 teaspoon garlic salt

In large bowl, toss together cabbage, carrots, green pepper and onion. Stir together vinegar, corn oil, sugar, celery seed and garlic salt. Pour over vegetables; toss to coat well. Cover; refrigerate overnight. Makes about 7 cups.

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**Three Bean Salad**

1 can (16 oz.) white kidney beans or chick peas, rinsed, well drained  
1 can (16 oz.) red kidney beans, rinsed, well drained  
1 cup cooked cut green beans  
1/4 cup sliced green onions  
1/4 cup coarsely chopped green pepper  
1/4 cup coarsely chopped sweet red pepper or pimiento  
1/2 cup Mazola corn oil  
1/2 cup cider vinegar  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 teaspoon pepper

In large bowl, toss together beans, green onions, green and red pepper. Stir together corn oil, vinegar, sugar, salt and pepper. Pour over bean mixture; toss to coat well. Cover; refrigerate several hours or overnight. Drain before serving. Makes about 4 cups.

**Corn Relish:** In place of beans, use 2 packages (10 oz. each) frozen whole kernel corn, cooked and drained, or 2 cans (16 oz. each) whole kernel corn, drained. Makes about 4 cups.
A Massachusetts housewife wrote Mazola in 1930 to say that her Italian grocer had recommended Mazola corn oil over imported olive oil.

Vegetable Macaroni Salad

8 ounces twist macaroni, cooked, drained
2 cups broccoli florets, cooked, drained
1 cup match-stick carrot strips
1 cup coarsely chopped red pepper
1/2 cup thinly sliced green onions
1/2 cup Mazola corn oil
1/4 cup cider vinegar
1 tablespoon chopped parsley
1 teaspoon dry mustard
1 teaspoon salt
1/8 teaspoon pepper

In large bowl, toss together macaroni, broccoli, carrots, red pepper and green onions. In small bowl, stir together corn oil, vinegar, parsley, mustard, salt and pepper until well blended. Pour over macaroni mixture; toss to coat well. Cover; refrigerate several hours or overnight. Makes about 7 cups.

Marinated Potato Salad

1/4 cup Mazola corn oil
1/2 cup finely chopped celery
1/4 cup finely chopped onion
3 tablespoons cider or white wine vinegar
2 tablespoons chopped parsley
1 teaspoon salt
1/4 teaspoon pepper
2 pounds potatoes, cooked, peeled, cut in chunks (5 cups)

In large bowl, stir together corn oil, celery, onion, vinegar, parsley, salt and pepper. Add potatoes; gently toss to coat well. Cover. Stirring occasionally, let stand at room temperature about 30 minutes, or refrigerate several hours. Makes about 6 cups.
The Popular, Delicious
RADISH ROSE SALAD

With hands covered with butter, roll Neufchatel cheese (or your own favorite cheese) into small ball shapes. Then cut long radishes into straws, seasoning with Mazola French Dressing. Cut some round radishes into "nuts." Arrange these and the cheese balls irregularly on lettuce nests and scatter the straw radishes over them. A little paprika or chopped parsley adds to the delicacy of this delightful salad.

Then serve with Mazola French Dressing

MAZOLA FRENCH DRESSING

Mix dry ingredients. Add Mazola and lemon juice or vinegar and bear until creamy. The dressing may be made in larger quantities and kept in a tightly capped bottle. A little catsup also gives added piquancy.

Soon summer will merge into autumn—so serve plenty of crisp, refreshing salads while fruits and vegetables are most plentiful and cheap.

Remember, however—the appetizing appeal of any salad depends on the smooth, rich, piquant dressing so easily and quickly prepared with MAZOLA—the Perfect Oil for Salads.

MAZOLA is invariably preferred by thoughtful women everywhere who appreciate purity, quality and economy.
Corn, our gift from the Indians, is immortalized in traditional American foods such as these corn muffins made with either white or yellow cornmeal. Corn muffins never go out of style. They are as popular today as they were when included in early Mazola literature.

**Corn Muffins**

- 1 1/4 cups white or yellow cornmeal
- 1 cup unsifted flour
- 1/4 cup granulated sugar or firmly packed brown sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 1 cup milk
- 2/3 cup Mazola corn oil

Spray 12 (2 1/2 x 1 1/4-inch) muffin cups with Mazola No Stick cooking spray. In medium bowl, stir together cornmeal, flour, sugar, baking powder and salt. In small bowl, lightly beat egg; stir in milk and corn oil. Add to cornmeal mixture; stir just until moistened. Spoon into prepared muffin cups. Bake in 425°F oven 20 minutes or until golden. Immediately remove from muffin cups. Makes 12.

**Corn Muffin Appetizers:**

Stir 1/4 cup finely chopped jalapeño peppers into batter. Spoon into 36 prepared 1 3/4 x 1-inch muffin cups. Bake 15 to 18 minutes. Makes 36.
Carrot Loaf

1 1/2 cups unsifted flour
1/2 cup firmly packed brown sugar
1/2 cup granulated sugar
1 1/2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon salt
2 eggs
1 1/2 cups coarsely shredded carrots
1/2 cup Mazola corn oil
1/2 teaspoon vanilla
1/2 cup coarsely chopped walnuts

Grease and flour 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. In large bowl, stir together flour, sugars, baking powder, cinnamon and salt. In small bowl, stir together eggs, carrots, corn oil and vanilla until well mixed. Make well in center of flour mixture; add carrot mixture. Mix until well blended. Stir in walnuts. Turn into prepared pan. Bake in 350°F oven 60 to 70 minutes or until cake tester inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan; cool completely on wire rack.
To introduce Mazola salad oil to grocers in 1911, salesmen traveled with portable camp stoves and cooked up French fries right in the stores. Gradually the sales of the new oil made from corn sizzled. French fried potatoes appeared in Mazola ads throughout the twenties and thirties. One of the first ads to be produced photographically was in 1928 featuring a basket of French fried shoestring potatoes.

**French Fried Potatoes**

6 medium baking potatoes  
1 quart (about) Mazola corn oil

Peel potatoes. Cut lengthwise into 1/4 to 1/2-inch thick strips. Soak in cold salted water 30 minutes. (Use 1 teaspoon salt to each quart of water.) Pour corn oil into heavy 3-quart saucepan or deep fryer, filling no more than 1/3 full. Heat to 375°F. Meanwhile, drain potatoes and dry thoroughly with paper towels. Place potatoes in frying basket. (Do not overcrowd basket.) Fry 2 to 3 minutes or until tender but not brown. (Can be done several hours in advance.) Drain on paper towels. At serving time, reheat corn oil to 375°F. Place partially cooked potatoes in frying basket. Fry 2 to 3 minutes or until golden brown. Drain on paper towels. Sprinkle with salt and serve immediately. Serves 6.

**Shoestring Potatoes:** Cut potatoes lengthwise into 3 x 1/8 x 1/8-inch strips. Proceed as in French Fried Potatoes. Fry potatoes, about 1 cup at a time, 3 minutes or until tender and golden brown. Drain on paper towels. Sprinkle with salt and serve immediately. Serves 6.

**Two-step method for Shoestring Potatoes:** Fry potatoes 1 to 2 minutes or until tender but not brown. (Can be done several hours in advance.) Drain on paper towels. At serving time, reheat corn oil to 375°F. Place partially cooked potatoes in frying basket. Fry about 2 minutes or until golden brown.
To Heat Frozen French Fried Potatoes

Dry 1 package (9 oz.) frozen French fried potatoes with paper towels to remove any frost. In large skillet, heat 1/4 cup Mazola corn oil over medium-high heat. Carefully add potatoes. Fry on all sides, turning as needed, about 10 minutes or until evenly browned. Drain on paper towels. Sprinkle with salt and serve immediately. Serves 2 to 4.

Fried Zucchini Sticks

3/4 cup milk
1/2 cup unsifted flour
1/4 teaspoon salt
1/2 cup fine dry seasoned bread crumbs
1/2 cup grated Parmesan cheese
1 quart (about) Mazola corn oil
3/4 pound small zucchini, cut in
2 x 1/2 x 1/4-inch sticks

Pour milk into a shallow dish. In another dish, stir together flour and salt. In a third dish, stir together bread crumbs and cheese. Pour corn oil into heavy 3-quart saucepan or deep fryer, filling no more than 1/3 full. Heat to 375°F. Dip zucchini sticks in milk, then in flour mixture; shake off excess. Dip again in milk, then in bread crumb mixture. Carefully add to corn oil, a few at a time. Fry 1 to 2 minutes or until crisp and lightly browned. Drain on paper towels. Serve immediately. Serves 4.
**Corn Fritters**

1/2 cup unsifted flour  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1 egg, separated  
3 tablespoons milk  
1 quart (about) Mazola corn oil, divided  
1 cup whole kernel corn (canned, fresh, or frozen, thawed)

In medium bowl, stir together flour, baking powder and salt. Beat egg yolk slightly; stir in milk and 1 teaspoon of the corn oil. Add to flour mixture; stir until just mixed. Stir in corn. In small bowl with mixer at high speed, beat egg white until stiff peaks form. Fold into corn mixture. Pour remaining corn oil into deep skillet, filling no more than 1/3 full. Heat over medium heat to 375°F. Carefully add batter by tablespoonfuls, a few at a time. Fry, turning once, 3 to 4 minutes or until golden brown. Drain on paper towels. Makes about 12.

**Apple Fritters:** In place of corn, use 1 cup chopped peeled apple. If desired, sprinkle with confectioners sugar before serving.

Mrs. Ida Bailey Allen, a noted cook of the day, wrote many cookbooks including one in 1927 for Corn Products Refining Company. The inspiration for the fritters and pan-fried fish comes from that publication, The Modern Method of Preparing Delightful Foods.

**Pan-Fried Fish**

1/3 cup cornmeal  
1/3 cup unsifted flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 pound fish (fillets or small whole fish)  
1/3 cup milk  
1/4 cup Mazola corn oil

Stir together cornmeal, flour, salt and pepper. Dip fish into milk; coat with cornmeal mixture. In large skillet, heat corn oil over medium-high heat. Add fish. Fry, turning once, 5 to 10 minutes depending on size of fish, or until fish flakes easily. Serves 4.
According to market research, more American households fry chicken than any other food. Since 1920, when the first major Mazola recipe booklet was published, there have been many booklets featuring fried chicken.

**Homestyle Fried Chicken**

1/2 cup unsifted flour  
2 teaspoons salt  
1 teaspoon paprika  
1/4 teaspoon pepper  
3 pounds broiler-fryer chicken parts  
1 quart (about) Mazola corn oil  

In a plastic bag, combine flour, salt, paprika and pepper; shake to mix well. Add chicken, one piece at a time; shake to coat well. Pour corn oil into large electric or deep skillet, filling no more than 1/3 full. Heat to 375 °F Carefully add chicken. Fry, turning once, 20 to 30 minutes or until chicken is fork-tender and golden brown. Drain on paper towels. Serves 4.

**Lemon Fried Chicken**

3 pounds broiler-fryer chicken parts  
1 1/4 cups Mazola corn oil, divided  
1/4 cup lemon juice  
2 cloves garlic, minced or pressed  
1 teaspoon dried oregano leaves  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup unsifted flour  
1/2 teaspoon paprika  

Place chicken in large shallow dish. Stir together 1/4 cup of the corn oil, lemon juice, garlic, oregano, salt and pepper. Pour over chicken. Cover; refrigerate several hours or overnight, turning occasionally. Drain chicken on paper towels. In a plastic bag, combine flour and paprika; shake to mix well. Add chicken, one piece at a time; shake to coat well. In large skillet, heat remaining 1 cup corn oil over medium heat. Carefully add chicken. Fry, turning once, 20 to 30 minutes or until chicken is fork-tender and golden brown. Drain on paper towels. Serves 4.

**Oven-Fried Chicken:** Coat chicken as above. Pour 1/2 cup Mazola corn oil into 13 x 9 x 2-inch baking pan. Heat in 400°F oven 10 minutes. Arrange chicken, skin side down, in pan. Bake 30 minutes. Turn chicken; bake 30 minutes longer or until fork-tender. Serves 4.

**Chicken Nugget Appetizers:**

Use 1 pound boneless skinless chicken breasts, cut in 1-inch pieces. Coat chicken and heat corn oil as above. Add chicken 1/4 at a time. Fry, turning once, 2 to 3 minutes or until fork-tender and golden brown. Makes about 20 nuggets.
Classic Barbecue Sauce

1/2 cup cider vinegar
1/3 cup Mazola corn oil
1 tablespoon ketchup
1 tablespoon minced onion
2 teaspoons Worcestershire sauce
1 teaspoon salt
1 teaspoon paprika
1/2 teaspoon hot pepper sauce
1/4 teaspoon dry mustard
1 clove garlic, minced or pressed

In small bowl, stir together vinegar, corn oil, ketchup, onion, Worcestershire sauce, salt, paprika, hot pepper sauce, dry mustard and garlic until well blended. Let stand at least 3 hours. Makes 1 cup.

Barbecued Chicken: Brush 3 pounds broiler-fryer chicken parts with Classic Barbecue Sauce. Broil or grill about 6 inches from heat, turning and brushing frequently with sauce, 45 minutes or until chicken is fork-tender. Serves 4.

Barbecued Ribs: Place 2 sides (4 lbs.) spareribs in large saucepot; add water to cover. Bring to boil over high heat. Reduce heat; cover and simmer 45 minutes or until tender. Drain ribs well. Brush with Classic Barbecue Sauce. Broil or grill about 6 inches from heat, turning and brushing frequently with sauce, 15 to 20 minutes or until ribs are browned. Cut into serving-size pieces. Serves 4.
Savory Marinade

1/2 cup Mazola corn oil
1/3 cup soy sauce
1/4 cup lemon juice
2 tablespoons prepared mustard
2 cloves garlic, minced or pressed
1/2 teaspoon ground ginger
1/4 teaspoon pepper

Stir together corn oil, soy sauce, lemon juice, mustard, garlic, ginger and pepper. Makes about 1 cup.

Savory Flank Steak: Pour Savory Marinade over 1 (1 1/2 to 2 lbs.) flank steak. Cover; refrigerate several hours or overnight. Remove steak from marinade. Broil or grill 4 to 5 inches from heat, turning once and brushing with marinade, 8 to 10 minutes or until desired doneness. Slice steak diagonally. Serves 6.

Savory Chicken: Pour Savory Marinade over 3 pounds broiler-fryer chicken parts. Cover; refrigerate several hours or overnight. Remove chicken from marinade. Broil or grill about 6 inches from heat, turning and brushing frequently with marinade, 45 minutes or until chicken is fork-tender. Serves 4.

Savory Pork Chops: Pour Savory Marinade over 4 pork chops, about 3/4-inch thick. Cover; refrigerate several hours or overnight. Remove pork chops from marinade. Broil or grill about 6 inches from heat, turning and brushing frequently with marinade, about 25 minutes or until chops are fork-tender. Serves 4.
Of all leading national brands...
only Mazola gives you all the benefits of 100% corn oil

1. Fries light...golden...delicious.
2. Most effective of leading oils in cutting down saturated fats.
4. Has no greasy, heavy taste — so easy to digest.

Mazola
PURE
CORN OIL
**Fresh Tomato Sauce**

3 tablespoons Mazola corn oil  
1/2 cup chopped onion  
1/4 cup minced carrot  
2 cloves garlic, minced or pressed  
1/4 cup chopped parsley  
2 tablespoons chopped fresh basil or  
2 teaspoons dried basil leaves  
4 pounds tomatoes, peeled, coarsely chopped (about 5 cups)  
1 teaspoon salt  
1/4 teaspoon pepper

In large skillet or dutch oven, heat corn oil over medium heat. Add onion, carrot and garlic. Stirring frequently, cook 2 minutes. Stir in parsley and basil. Add tomatoes, salt and pepper. Stirring occasionally, simmer 25 to 30 minutes. Makes about 5 cups.

**Spaghetti with Fresh Tomato Sauce:** Following package directions, cook and drain 1/2 pound thin spaghetti. Spoon hot tomato sauce over spaghetti; toss and serve immediately. If desired, serve with grated Parmesan cheese. Serves 4.

**Spaghetti with Fresh Tomato Clam Sauce:** Following package directions, cook and drain 1/2 pound linguine or thin spaghetti. During last 3 minutes of cooking sauce, stir in 1 cup minced fresh clams or 2 cans (6 1/2 oz. each) minced clams, drained. Spoon hot sauce over linguine; toss and serve immediately. If desired, serve with grated Parmesan cheese. Serves 4.

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**Spaghetti with Meat Sauce**

2 tablespoons Mazola corn oil  
1 cup coarsely chopped onions  
1/2 cup chopped parsley  
2 cloves garlic, minced or pressed  
1 pound lean ground beef  
2 cans (28 oz. each) crushed tomatoes in puree  
1 can (6 oz.) tomato paste  
2 teaspoons dried basil leaves  
2 teaspoons sugar  
1 1/2 teaspoons salt  
1 teaspoon dried oregano leaves  
1/4 teaspoon pepper  
1 pound spaghetti, cooked, drained

In 5-quart dutch oven or saucepot, heat corn oil over medium heat. Add onions, parsley and garlic. Stirring frequently, cook 1 minute. Add beef. Stirring frequently, cook about 10 minutes or until browned. Remove from heat. Pour off excess fat. Stir in tomatoes, tomato paste, basil, sugar, salt, oregano and pepper. Stirring occasionally, simmer 45 minutes. Spoon over spaghetti; toss and serve immediately. If desired, serve with grated Parmesan cheese. Serves 8.
Nouvelle cuisine arrived from France in the seventies. The trend, although short-lived, left behind some pleasant light touches. It was a time when very thin strips of vegetables such as carrots and celery ubiquitously topped poached chicken or fish. This fish dish, developed during that period, has become a classic Mazola recipe.

**Fish Nouvelle**

3 tablespoons Mazola corn oil, divided
1 cup chopped onions
1 clove garlic, minced or pressed
1/4 cup dry white wine
1/2 teaspoon salt
4 small flounder fillets
3 medium carrots, cut in match-stick strips
3 ribs celery, cut in match-stick strips

In medium skillet, heat 1 tablespoon of the corn oil over medium heat. Add onions and garlic. Stirring frequently, cook 5 minutes. Place onion mixture, wine and salt in blender container; cover. Blend on high speed 15 seconds or until smooth. Beginning with thick end, roll each flounder fillet lengthwise. Place in 1 1/2-quart oblong baking dish. Pour onion mixture over fish. Bake, uncovered, in 375°F oven 15 minutes. Meanwhile, heat remaining 2 tablespoons corn oil in skillet over medium heat. Add carrots and celery. Stirring frequently, cook 5 minutes. Spoon over fish. Bake 5 minutes longer or until fish flakes easily. Serves 4.
Croquettes in early Mazola ads were shaped into cones, the fashion of the day, and deep fried. The croquettes here, shaped into patties, are pan fried.

Salmon Croquettes

1 can (15 1/2 oz.) salmon, drained, flaked
2 eggs, slightly beaten
1 cup fine dry bread crumbs, divided
1/2 cup finely chopped onion
2 tablespoons lemon juice
3 tablespoons finely chopped parsley
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup Mazola corn oil
Lemon Sauce (recipe follows), optional

In medium bowl, toss together salmon, eggs, 2/3 cup of the bread crumbs, onion, lemon juice, parsley, salt and pepper until well blended. Shape into 4 (about 3/4-inch thick) patties. Coat with remaining 1/3 cup bread crumbs. Place on waxed paper-lined plate. Refrigerate 1 hour. In large skillet, heat corn oil over medium heat. Add patties. Cook, turning once, 10 minutes or until browned. Drain on paper towels. Serve plain or with Lemon Sauce. Makes 4.

Lemon Sauce: In 1-quart saucepan, gradually stir 1 cup milk into 1 tablespoon Argo or Kingsford's corn starch until smooth. Add 2 tablespoons Mazola margarine, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stirring constantly, bring to boil over medium heat and boil 1 minute. Remove from heat. Stir in 2 tablespoons lemon juice and 1 tablespoon chopped parsley. Makes 1 1/3 cups.

Tuna Croquettes: In place of salmon, use 2 cans (7 oz. each) tuna, drained and flaked.
The Chinese technique of stir-frying — rapid cooking of meat and/or vegetables in a large skillet or wok — became prevalent in the seventies. No longer restricted to Oriental cuisines, stir-frying is well suited to Americans' busy lifestyles. It’s quick, easy and nutritious.

**Stir-Fried Broccoli and Mushrooms**

2 tablespoons Mazola corn oil  
1 small onion, cut in thin wedges  
1 clove garlic, minced or pressed  
2 cups broccoli florets  
2 cups sliced mushrooms  
1/2 teaspoon salt  
1/8 teaspoon pepper

In large skillet, heat corn oil over medium-high heat.  
Add onion and garlic; stir fry 30 seconds.  
Add broccoli, mushrooms, salt and pepper; stir fry 5 minutes or until tender-crisp. Serves 4.

**Stir-Fried Cauliflower Medley:**

In place of broccoli and mushrooms, use 2 cups small cauliflower florets, 2 cups sliced carrots and 1 cup snow pea pods. Serves 4.
ELEVEN NATURALS FOR GOOD EATING.

Crispy carrots chock full of nutrition, a super-rich source of Vitamin A.

Beefy tomatoes, are loaded with Vitamin C.

Crunchy cauliflower has Vitamins B, B₉, and C.

Elegant asparagus, rich in Vitamins A, B, and C.

Zesty radishes, a root source of Vitamin C.

Escarole, the lettuce that adds taste to a salad as well as Vitamins A and C.

Snappin' fresh snow peas for B Vitamins, iron and other good things.

Mazola® 100% Pure Corn Oil, the only leading brand made from corn. Mazola is cholesterol-free, and low in saturated fats. And no leading oil tastes lighter.

Zippy onions—don't cry. They've got Vitamin C.

Cool cucumbers make salads crisp 'n crunchy—they have Vitamin C, and fiber too.

Meaty mushrooms add flavor and heft to any salad.

MAZOLA 100% PURE CORN OIL.
LETS THE NATURAL FLAVORS OF FRESH FOODS COME THROUGH.
Desserts

1921
Mazola recipe booklet printed in 1949 tells readers that they’ll find many interesting new ways to use “this pure golden all-vegetable oil.” One of the featured ways was for the popular new chiffon cake. Made with cooking oil rather than solid shortening, chiffon cake was the first entirely new type of cake in 100 years. With the Anniversary Cookbook, Mazola offers readers an up-to-date version of this American classic, and for those who are watching their cholesterol, a variation made with egg whites.

**Chiffon Cake**

2 1/4 cups sifted cake flour  
1 1/2 cups sugar, divided  
1 tablespoon baking powder  
1/4 teaspoon salt  
6 egg yolks  
3/4 cup water  
1/2 cup Mazola corn oil  
2 teaspoons vanilla  
6 egg whites, at room temperature  
1/2 teaspoon cream of tartar  
Lemon Glaze (recipe follows), optional

Stir together flour, 3/4 cup of the sugar, baking powder and salt. Sift into large mixer bowl. Make well in center; add egg yolks, water, corn oil and vanilla. With mixer at medium speed, beat until smooth. In large bowl with mixer at high speed, beat egg whites and cream of tartar until soft peaks form. Gradually add remaining 3/4 cup sugar, beating until *very stiff* peaks form. Gently fold flour mixture into egg whites until well blended. Pour into ungreased 10 x 4-inch tube pan. Bake in 325°F oven 65 to 75 minutes or until cake springs back when lightly touched. Immediately invert pan over funnel or bottle. Cool completely. Loosen edges of cake with spatula. Remove from pan. Serve plain or pour Lemon Glaze over top, letting glaze run down sides of cake. Makes 14 to 16 servings.

**Lemon Glaze:** Stir together 1 cup sifted confectioners sugar, 1/2 teaspoon grated lemon rind and 1 to 2 tablespoons lemon juice until sugar dissolves and mixture is smooth. Makes about 1/2 cup.

**Mocha Chiffon Cake:** Reduce sifted cake flour to 1 3/4 cups. Sift 1/2 cup unsweetened cocoa and 2 tablespoons instant coffee powder with dry ingredients. Decrease vanilla to 1 teaspoon.

**Egg White Chiffon Cake:** Omit egg yolks. Use 8 egg whites. Serve plain or with Lemon Glaze.
Perhaps the oldest Mazola cookbook is this 24-page booklet which dates back to World War I days.

**Chocolate Pudding Cake**

1 cup unsifted flour  
1 1/3 cups sugar, divided  
1/2 cup coarsely chopped nuts  
6 tablespoons unsweetened cocoa, divided  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup milk  
1/4 cup Mazola corn oil  
1 teaspoon vanilla  
1 cup boiling water

Grease 9 x 9 x 2-inch baking pan. Stir together flour, 2/3 cup of the sugar, nuts, 4 tablespoons of the cocoa, baking powder and salt. Stir in milk, corn oil and vanilla until well blended. Spread in prepared pan. Stir together remaining 2/3 cup sugar and 2 tablespoons cocoa. Sprinkle over batter. Pour water evenly over mixture in pan. Bake in 350°F oven 45 minutes. Serve warm or cold. Makes 9 servings.

**Apple Cobbler**

6 cooking apples, peeled and sliced  
(about 6 cups)  
1/3 cup firmly packed brown sugar  
1 tablespoon lemon juice  
1/2 teaspoon ground cinnamon  
2 tablespoons Mazola margarine  
Biscuit Topping (recipe follows)

In large bowl, toss together apples, brown sugar, lemon juice and cinnamon. Turn into 1 1/2-quart oblong baking dish. Dot with margarine. Drop Biscuit Topping by heaping teaspoonfuls onto apple mixture. Bake in 400°F oven 30 to 35 minutes or until apples are tender and topping is golden. Serve warm. Serves 6.

**Biscuit Topping:** In small bowl, stir together 1 cup unsifted flour, 1 tablespoon sugar and 1 1/2 teaspoons baking powder. Stir in 1/2 cup milk and 3 tablespoons Mazola corn oil just until moistened.

**Peach Cobbler:** In place of apples, use 6 cups sliced peeled peaches.

**Pear Cobbler:** In place of apples, use 6 cups sliced peeled pears.
As early as 1956, Mazola ads and literature talked about cholesterol, then an unfamiliar and often unpronounceable word. This marked the beginning of the Mazola nutrition and health information efforts to educate the public that corn oil has no cholesterol and, as part of a balanced diet, helps lower blood cholesterol. Thirty years later, the advice is still good. Since then Mazola has produced 22 consumer education booklets on diet and preventive health. The literature includes exercise programs, menu plans and great tasting recipes modified for fat and cholesterol.

**No-Cholesterol Orange Cake**

1 1/2 cups sifted flour
1 cup sugar
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup Mazola corn oil
2 teaspoons grated orange rind
1/2 cup orange juice
4 egg whites, at room temperature

Grease and flour bottom of 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan. In large mixer bowl, stir together flour, sugar, baking powder and salt. Add corn oil and orange rind and juice. With mixer at medium speed, beat until smooth. In small bowl with mixer at high speed, beat egg whites until stiff peaks form. Fold egg whites into flour mixture.

Turn into prepared pan. Bake in 350°F oven 50 minutes or until cake springs back when lightly touched. Cool 10 minutes in pan. Remove from pan; cool completely on wire rack.

Makes 8 servings.
Corn oil can be used in any cookie recipe which calls for liquid or melted shortening. The oatmeal cookie here was created for the Mazola Corn Oil-YMCA Shape-Up Run held annually since 1977 in New York City's Central Park.

**Oatmeal Cookies**

1 1/2 cups unsifted flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon ground cinnamon  
1/2 teaspoon salt  
2 eggs  
1 cup firmly packed light brown sugar  
3/4 cup Mazola corn oil  
1 teaspoon vanilla  
1 cup quick oats  
1 cup raisins  
1/2 cup coarsely chopped nuts

Stir together flour, baking powder, cinnamon and salt. In large bowl with mixer at medium speed, beat eggs, sugar, corn oil and vanilla until batter is thick and smooth. With mixer at low speed, gradually add flour mixture; beat until well blended. Stir in oats, raisins and nuts. Drop by level tablespoonfuls 2 inches apart on greased cookie sheets. Bake in 350°F oven 10 to 12 minutes or until lightly browned. Cool slightly. Remove from cookie sheets; cool completely on wire rack. Store in tightly covered container. Makes about 3 1/2 dozen.

**Chocolate Chip Oatmeal Cookies:** In place of raisins, use 1 (6 oz.) package (1 cup) semisweet chocolate pieces.

**Date Nut Bars**

1 cup sugar  
3/4 cup unsifted flour  
1/2 teaspoon baking powder  
1/8 teaspoon salt  
2 eggs  
1/2 cup Mazola corn oil  
1/2 teaspoon vanilla  
1 cup coarsely chopped dates  
1 cup coarsely chopped pecans or walnuts

Grease 9 x 9 x 2-inch baking pan. In medium bowl, stir together sugar, flour, baking powder and salt. Make well in center. Add eggs, corn oil and vanilla; stir until smooth. Stir in dates and nuts until well mixed. Spread evenly in prepared pan. Bake in 350°F oven 30 to 35 minutes or until lightly browned and cake tester inserted in center comes out clean. While still warm, cut into 24 bars.
We found this recipe for Ginger Cookies in a 1920's recipe booklet, Proven Recipes Showing the Uses of the Three Great Products From Corn. These cookies are so light and soft when fresh from the oven that you may want to keep the batter in the refrigerator and bake only a dozen at a time.

**Ginger Cookies**

2 1/2 cups unsifted flour  
1/2 cup firmly packed brown sugar  
1 teaspoon baking powder  
1 teaspoon ground ginger  
1/2 teaspoon salt  
1/2 teaspoon baking soda  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1 egg  
1/2 cup Mazola corn oil  
1/2 cup boiling water  
1/4 cup Karo dark corn syrup  
1/4 cup molasses

In large mixer bowl, stir together flour, brown sugar, baking powder, ginger, salt, baking soda, cinnamon and cloves. Add egg, corn oil, water, corn syrup and molasses. With mixer at low speed, beat until well blended and smooth. Drop by level tablespoonsfuls 2 inches apart on greased cookie sheets. Bake in 350°F oven 10 to 12 minutes or until edges are lightly browned. Immediately remove from cookie sheets; cool completely on wire rack. Store in container with loose-fitting lid, such as a cookie jar. Makes 4 dozen.
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Mazola corn oil proudly continues its American tradition of excellence by officially sponsoring the 1988 U.S. Olympic Team.