

Congo Squares rule after all these years

By Jodie Chase

FOOD EDITOR

YOU know that expression, "Be careful what you wish for?"

Well, Molly Choate of Livermore got her wish and then some when her request for a Congo Squares recipe in my last column resulted in dozens of submissions from helpful readers.

Most recipes were virtually identical, calling for chocolate chips, a full pound of brown sugar and exactly $2\frac{1}{2}$ cups of flour. Some called for coconut and others didn't.

Either way, all these recipes have one thing in common — they've certainly stood the test of time.

Alameda resident Lydia Baldwin remembers, "My mom used to make these Congo Squares when we were kids (late '50s and '60s) and we loved them." Judith Lightning-Wright of Oakland sent her mother's recipe from the 1950s. Barbara Grey of Hayward says she acquired her Congo Square recipe in the early '60s. Pleasanton's Mindy Kane got hers around 1970 when her college roommate made them.

Sorry we can't mention everyone else who took the time to write or call, but many thanks to you all.

Requesting new requests

Been looking everywhere for a recipe? Drop me a line or give me a call, and I'll see what I can do.

Congo Squares

Recipe from Barbara Grey of Hayward.

$2\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon salt
 $2\frac{1}{2}$ teaspoons baking powder



$\frac{3}{4}$ cup butter
1 (1-pound) box brown sugar
3 eggs
1 cup chopped walnuts
1 (12-ounce) package chocolate chips
 $\frac{1}{2}$ cup coconut

► Preheat oven to 350 degrees.

Sift together the flour, salt and baking powder. Set aside.

Melt butter and add to brown sugar and cream together. Allow to cool slightly. Add eggs, one at a time, beating well after each addition. Mix in the dry ingredients, then the nuts, chocolate chips and coconut.

Pour mixture into a well-greased 9- by 13-inch pan. Bake in preheated oven for 25 to 30 minutes. Cool and cut into squares. Makes three dozen.

Per Serving: 188 Calories; 9g Fat; 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 109mg Sodium.

Second Helpings runs the first and third Wednesdays of every month. Send your requests for recipes and cooking advice to Second Helpings, 4770 Willow Road, Pleasanton, CA 94588, call (925) 416-4840, or e-mail jchase@angnewspapers.com. Please include your name, daytime phone number and city of residence. If you are submitting a recipe, please include the source. Recipes are not tested.