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Home & Country Series

Holiday **CookBook**

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BUFFET FOR
EASTER
SUNDAY**

**A FESTIVE
ST. PATTY'S
MENU**

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FOR EASTER**

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Holiday Cookbook

Home & Country Series

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St. Patty's Day Buffet

Celebrate St. Patrick's Day with an Irish meal! Choose from a traditional, hearty soup, or satisfying stew, accompanied by sturdy, homemade bread. Everyone is Irish on St. Patrick's Day!

A Taste of Ireland

Greener than spring itself, and partly festive, partly religious, St. Patrick's Day is celebrated by people of nearly every heritage — not just the Irish! For most Irish-Americans this day symbolizes the story of their ancestors, who, leaving their country, brought their patron saint with them to the New World. No one knows when the 17th of March, the day commemorating this saint, was first set aside, but this date was also recognized as the beginning of spring, when farmers began plowing their fields to plant potatoes. There is much doubt and uncertainty regarding the events and dates in St. Patrick's life. In fact, much of what we do know comes from an autobiographical account of his missionary labors, which he wrote in his old age. Strangely, there are few names and dates recorded in it, but it does reveal a great deal about his thoughts and feelings. Sainly, yet human, he appears to have been loved by many, and it is no wonder that this example of strength and kindness should inspire a nation long torn by strife.

The custom of wearing a shamrock to represent the doctrine of the Holy Trinity arose during his lifetime and many Irish continued to wear it long after in his memory. Later, people attended special Masses held on the morning of March 17 and then spent the afternoon visiting friends and relatives. As the centuries passed, it became time for Irish everywhere to show their unity as they struggled for independence from England, as well as for freedom of religion.

St. Patrick's Day has been celebrated in America since Colonial times. It is interesting to note that more than half of those who fought the British during the American Revolution were said to be of Irish descent. The first recorded celebration in the U.S. occurred in Boston in 1737. St. Patrick's Day became a time to show the world they were proud of their ancestry. It became a national day for them in large cities across the U.S. The day is celebrated by various organizations and citizens via parades, speeches, banquets, and parties.

Like most holidays, St. Patrick's Day has its own special symbols — shillelagh, top hats, clay pipes, the harp, the shamrock, and the wearing of the green. It also has its own special cuisine. Traditional Irish-American dishes include corned beef and cabbage, Irish stew, mulligatawny soup, colcannon (nothing American about this dish), Irish soda bread, and Irish coffee. The following recipes have been updated and adapted for your convenience.

So here's to a taste of Ireland! CEAD MILE FAILTE!
(A hundred-thousand welcomes!) by Lissy L. Weirich

BOILED DINNER CASSEROLE

4 lb. brisket corned beef
1 (10 3/4 oz.) can condensed onion soup
1 tsp. dry mustard
4 peppercorns
1 med. clove garlic, minced
1 bay leaf
6 med. carrots, cut into 1 1/2 inch pieces
6 med. potatoes, quartered
1/2 cup celery, cut into 1 inch pieces
1 med. head cabbage, cut into wedges
2 tbsps. water
3 tbsps. flour

Rinse corned beef; place in large, heavy pan, Dutch oven, or crockpot. Add soup plus 2 cans water and seasonings; cover. Simmer about 3 1/2 hours. Add carrots, potatoes, and celery pieces. Cook until vegetables are tender, about one hour. Remove meat, vegetables, and bay leaf. Gradually blend water into flour until smooth, slowly stir into gravy. Cook until thickened. Return meat and vegetables to pan; heat through. Serve at once. Yield: 4-6 servings

Note: If you buy corned beef already spiced, omit the spices from the recipe.

IRISH STEW

2 lbs. boned lean lamb
3 tbsps. oil
1/4 cup onion, minced
2-3 garlic cloves, minced
1/4 cup flour
1 tsp. salt
Dash pepper
1 cup white wine
2 cups boiling water
2 tps. celery seeds
8 pared medium carrots
12 halved small onions
2-3 pared potatoes, quartered
2 tps. Worcestershire sauce
2 tps. parsley, snipped

Remove excess fat, skin and gristle from lamb. Cut meat into 2 inch cubes.
In hot oil in Dutch oven or deep pot, saute minced

onion and garlic until golden and tender; remove and set aside.

Combine flour, salt, and pepper. Place cubed lamb in remaining hot oil in pot. Add flour mixture, browned onion and garlic, white wine, boiling water and celery seeds.

Simmer gently, covered, 1 1/2 hours or until lamb is fork-tender. Remove any excess fat on surface.

Add carrots, cut lengthwise into quarters, potatoes and onions; continue to simmer, covered until tender—about 20-30 minutes. Stir in Worcestershire sauce and sprinkle with parsley. Serve piping hot. Yield: 4-6 servings

MULLIGATAWNY SOUP

1/2 cup diced onion
1 diced carrot
2 ribs celery, diced
1/2 cup butter or oil
1 1/2 tbsps. flour
1 1/2 tps. curry powder
4 cups chicken broth
1/2 cup diced apple
1/2 cup boiled rice
1/2 cup diced cooked chicken
1 tsp. salt
1/4 tsp. pepper
1/2 cup hot cream

Cook onion, carrot, and celery in butter or oil until tender. Stir in flour and curry powder and cook about 3 minutes. Pour in chicken broth and simmer 30 minutes. Add apple, rice, chicken, salt and pepper; cook 15 minutes longer. Immediately before serving, stir in cream. Yield: approximately 4 cups

ROOT VEGETABLE SOUP

1/2 cup parsley, chopped
4 white turnips
2 parsnips
2 carrots
2 onions
2 sweet potatoes
1/2 cup barley
2 cups water
2 cups tomato juice
2 bouillon cubes (low-salt)
1 tbsp. dried basil
1 tbsp. fresh dill, chopped

Wash and peel turnips, parsnips, carrots and onions. Put vegetables through grater blade of the food processor.

In large pot place vegetables, herbs, tomato juice, 4 cups water and bouillon cubes. Add barley and stir well, bring to a boil, then simmer 2 hours. Serve piping hot. Season to taste.

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Cover Recipe

SWISS SUGAR PLUM BON BONS

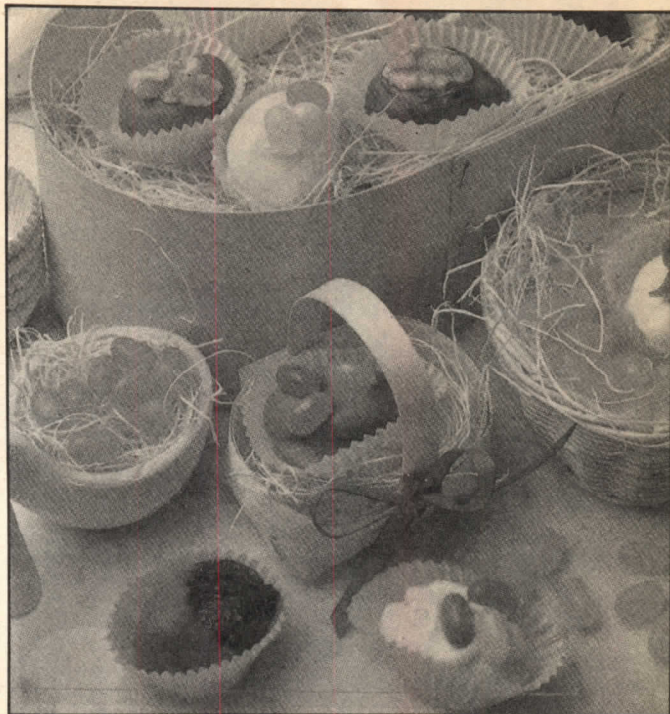
6 ozs. semisweet, milk or white chocolate, coarsely chopped

1 cup (about 6 ozs.) pitted prunes

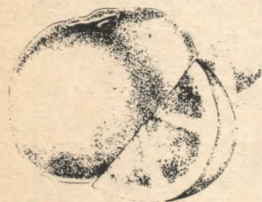
Toppings: Your choice of walnut pieces, slivers of candied orange peel or ginger, candied violets, small jelly beans or silver dragees

Melt chocolate in bowl set in pan of hot (not boiling) water over low heat. Stir occasionally until completely melted and smooth. Remove from heat. (Chocolate should be quite fluid and barely warm.) Line baking sheet with foil. Holding 1 prune at a time on fork, swirl in chocolate, drain excess and remove to foil. Swirl tops with tip of fork, or decorate with toppings. Refrigerate briefly until set. Yield: 12-24 bon bons, depending on sizes of prunes.

Photo and Recipe Courtesy of California Prune Board



Thought for Food

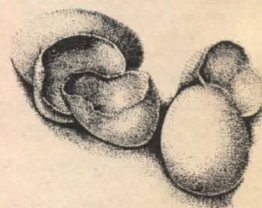
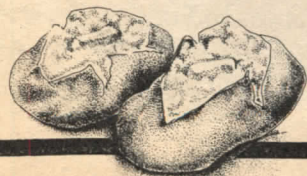
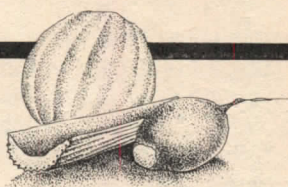


Another editor and I were talking the other day about how much family life has changed in the last two or three decades. As we sat leaning over our desks, deliberating on how we were going to design one of our craft magazine covers, the discussion suddenly turned from layout to homemaking, in particular, cooking.



Remembering our mothers' and grandmothers' generations, we talked about what a comfort it had been to come home after school to a home with a mom in it. Cookies and milk, or a good sweet piece of fruit awaited our arrival, along with a warm greeting and hug. "How did your day go?" she'd ask, escorting us into a conversation that overflowed with the drama of our childhood experience. In those days, dinner was set on the stove or into the oven by late afternoon, warming the kitchen with wonderful aromas that cradled us through homework and play time. Rarely was there an evening when Mom missed getting the meal on the table, and we'd all gather to enjoy it. After all, that was "Mom's job"!

For busy families today, it's quite a different story. Thus, in our search for the good life, we are becoming more appreciative of old traditions that once we'd casually tossed aside. Adapting and innovating to meet new demands, we may find dinner catch-as-catch-can. That's why setting aside certain evenings, or holidays for special meals has so much more meaning now.



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From the Editor's Kitchen



Dear Friends,

We're pleased to introduce *Home & Country Ideas—Holiday Cookbook* to you! We believe that celebrating life is an ongoing event; one that is cultivated by healthful eating habits, pampered by electronic conveniences and encouraged by our indomitable will to do better!

In each issue of *Holiday Cookbook*, you'll find exciting, yet practical menu plans for upcoming holidays throughout the year. Besides dozens of recipes, you'll gain ideas for maximizing nutrition on a minimal budget; serving and entertaining; and cooking with less time and effort, but enjoying it more!

Create magnificent meals with a festive flair anytime. Extra touches make the difference! For example, a delectable sauce adds personality to a basic vegetable or meat dish; the addition of sun-sweet dried fruit and nuts enhances flavor and brings crunchy texture to an otherwise bland recipe. And, although *Holiday Cookbook's* thrust is mainstream, we will include recipes that will challenge the gourmet cook, as well.

Our regular feature, To Your Health, addresses dietary concerns; in this issue we've provided helpful tips on fiber in your diet along with memorable muffin recipes. Let us know about your particular diet requirements, so we might include special recipes in future issues.

Children can have fun cooking, too, with recipes from Kids in the Kitchen. A note to parents: be sure to read our helpful hints before your children embark on their cooking adventure.

The wonderful possibilities of microwave cooking are covered in Microwave Maneuvers with time-saving recipes you'll covet!

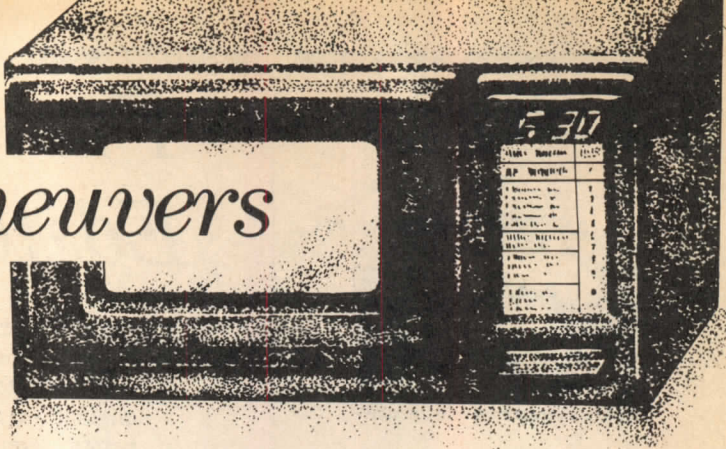
Another column, Entertaining Ideas, will treat you to table decorations to create quickly and easily for a holiday or other occasion. Step-by-step instructions lead you through each enjoyable project.

We welcome your letters, comments and recipes. We invite you to enter our contest for The Clever Cook Award to be eligible for a cash prize! And, just so you don't miss an issue on the newsstand, take a moment to fill out our subscription form in our ad elsewhere in this magazine.

Thanks for joining us.

Marion Buccieri,
Editor

Microwave Maneuvers



APPLE-SAUSAGE CABBAGE ROLLS

- 4 lg. cabbage leaves (or 6 sm.)
- 1/2 lb. bulk pork sausage
- 1/4 cup onion and green pepper, chopped
- 1 clove garlic, minced
- 1 1/2 cups (1-2 med.) Golden Delicious apples, chopped
- 1/2 tsp. salt
- Dash pepper
- 1 (8oz.) can tomato sauce
- 1/8 tsp. dried oregano and marjoram, crushed

Cover whole cabbage with plastic wrap and microwave at **HIGH** (100%) 2 minutes to facilitate removing outer leaves. Remove 4-6 outer leaves. Wrap leaves in plastic wrap and microwave at **HIGH** 1 1/2 minutes. Let stand 1 minute. Meanwhile, combine sausage, onion, green pepper and garlic in 1 1/2 quart microwave-safe dish; microwave at **HIGH** 2 1/2-3 minutes. Break up sausage with fork; drain well. Add apples, salt and pepper. Spoon 1/3 -1/2 cup filling onto each cabbage leaf; fold in sides and roll up. Place seam-side down in baking dish. Combine tomato sauce and herbs; pour over rolls. Cover and microwave at **MEDIUM HIGH** (70%) 4 minutes. Turn and microwave at **MEDIUM HIGH** (70%) 4 minutes; turn and cook 2 minutes longer. Yield: 4-6 cabbage rolls

*Recipe developed for 600-700 watt microwave ovens.

BRAN PARMESAN CHICKEN

- 1 egg
- 1/4 cup milk
- 1/4 cup all-purpose flour
- 1/8 tsp. ground sage
- 3 tbsps. grated Parmesan cheese
- 4 chicken pieces (1 to 1 1/2 lbs.), washed and patted dry
- 1 1/2 cups Kellogg's® Bran Flakes cereal, crushed to 3/4 cup

In shallow dish, beat egg and milk slightly. Add flour, salt, pepper, sage and cheese, stirring until smooth.

Dip chicken pieces in egg mixture. Coat with crushed Kellogg's Bran Flakes cereal. Place in single layer, skin

side up in shallow glass baking dish. Cover with waxed paper or plastic wrap. Poke holes in plastic wrap to allow steam to escape.

Microwave on full power for 10 minutes or until chicken is tender. Yield: 4 servings

SPICY FILLED ARTICHOKEs

- 2 California artichokes
- 4 lemon slices
- 2 tps. vegetable oil
- 3/4 lb. lean ground beef
- 1/3 cup dry bread crumbs
- 1/4 cup each onion and green pepper, chopped
- 1 egg
- 2 tbsps. chili sauce
- 1/2 tsp. oregano, crushed
- Salt and pepper to taste
- Spicy Sauce
- Grated cheddar cheese (optional)

Pull off lower, outer petals of artichokes; snip off tips of remaining petals. Cut off top third of artichokes. Cut stem to one inch or less. Place artichokes upside down in 2 1/2 quart microwave-safe covered dish with 1/2 cup water, 4 lemon slices and 2 teaspoons vegetable oil. Microwave, covered, at **HIGH** (100%) 12-14 minutes, turning dish a quarter turn after 7 minutes. Turn artichokes right side up in liquid, cover and let stand 5 minutes. Drain; cut in half vertically. Remove fuzzy centers from artichokes; set aside. Mix ground beef, bread crumbs, onion, green pepper, egg, chili sauce and seasonings. Divide meat mixture into quarters and stuff into center of artichokes. Place in round microwave-safe baking dish. Drizzle each artichoke with 1/4 of Spicy Sauce. Cover with waxed paper. Microwave at **HIGH** (100%) 10 minutes or until filling is cooked to desired degree doneness. Sprinkle with cheese. Yield: 4 servings

SPICY SAUCE: Combine 2 tablespoons chili sauce with 1 tablespoon packed brown sugar and 2 teaspoons Dijon mustard. Yield: 3 tablespoons

*Recipe developed for 600-700 watt microwave ovens.

ASPARAGUS HAM ROLL-UPS

1 lb. asparagus spears, cooked
8 thin slices of boiled ham
2 tbsps. butter or margarine
2 tbsps. flour
1/4 tsp. salt
Pepper to taste
1 cup milk
1/2 cup milk
1/2 cup grated cheddar cheese

Place 3-4 asparagus spears on each ham slice. Roll up as for jelly roll and secure with toothpick. Melt butter in heavy saucepan. Stir in flour and seasonings; cook and stir until thick and pasty. Add milk and stir until thickened. Add cheese and heat until cheese melts. Place ham rolls in heat proof baking dish. Pour cheese sauce over top. Bake at 350° about 20 minutes or microwave at 80% power about 7 minutes, turning dish twice. Yield: 4 servings

BUSY DAY MEATLOAF

1 cup Kellogg's® Croutettes herb seasoned croutons
1/2 cup milk
1 egg
2 tps. Worcestershire sauce
1/4 cup onion, finely chopped
1/2 tsp. salt
1 lb. ground beef
Catsup or chili sauce

Combine Kellogg's Croutettes Stuffing Mix and milk in large mixing bowl. Let stand 5 minutes or until croutons are softened. Add egg, Worcestershire sauce,

onion and salt. Beat well. Add ground beef. Mix until combined.

Press meat mixture evenly in ungreased 9 x 5 x 3 inch glass loaf dish. Score loaf by making several diagonal grooves across top. Fill with catsup.

Microwave on full power for 6 minutes. Rotate and microwave on full power 5 minutes longer. Cover and let stand 5 minutes before serving. Yield: 6 servings

SCALLOPS SAUTEED in BUTTER SAUCE

2 lbs. scallops, cut in 1/4 inch pieces
1 cup dry bread crumbs
2 tbsps. parsley, chopped
1/4 tsp. white pepper
Paprika

Wash scallops in cold water and dry with a paper towel. Season with white pepper. Combine bread crumbs and parsley. Dip scallops in bread crumb mixture. Place in 12 x 7 1/2 x 2 inch baking dish.

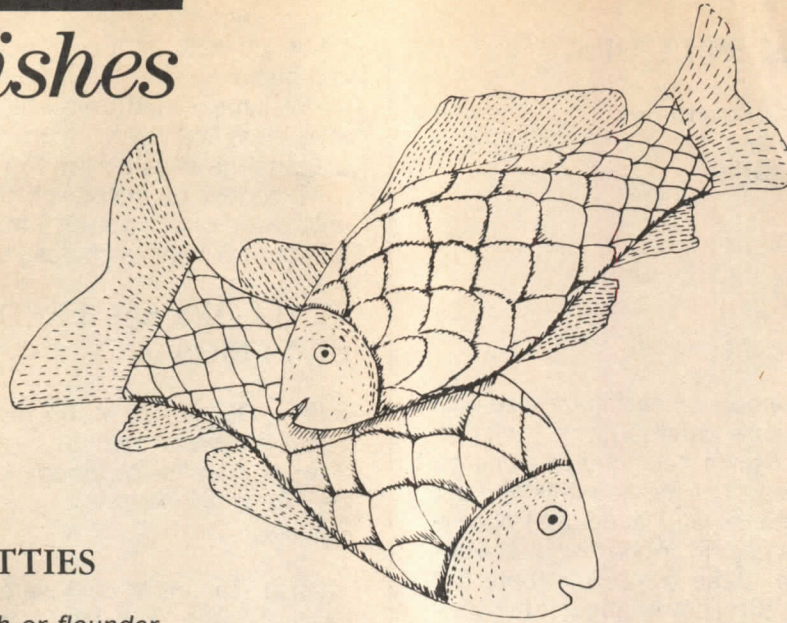
GARLIC BUTTER SAUCE

8 tbsps. butter
2 tps. garlic, finely chopped

In 1-2 cup measuring utensil, melt butter with garlic for about 50 seconds on **HIGH** or until bubbly. Cover with waxed paper to prevent splattering. Pour butter over breaded scallops; sprinkle with paprika. Cook on **HIGH**, covered with paper towel, for 6-8 minutes, or until cooked thoroughly. Stir once during cooking. Garnish with parsley and lemon slices, if desired. Serve immediately. Yield: 4-6 servings



Fish Dishes



SESAME FISH PATTIES

1½ lbs. fillets, monkfish or flounder,
cut into 3" sq. pieces
½ cup flour
½ cup sesame seeds
1 tsp. salt
1 tsp. paprika
1 tsp. fresh parsley, snipped
Pepper to taste
1 egg
½ cup milk
Oil for frying
Lemon wedges for garnish

Pat the fish dry. Combine flour, sesame seeds, salt, paprika, parsley and pepper in bowl. Coat fish pieces with mixture.

Beat milk and egg together. Dip coated fish in this mixture and then again in sesame seed mixture.

In heated oil, fry fish until golden brown, turning once. Drain on paper toweling. Serve with lemon. Yield: 4-6 servings

FLAKED FISH AND POTATO SALAD

2 lbs. cooked, chilled fish filets (striped bass, bluefish, sea bass, or flounder)
12 small whole new potatoes, cooked and quartered
Salt and pepper to taste
¼ cup minced scallions
¼ cup chopped green pepper
3 tbsps. fresh dill, minced
¼ cup white wine vinegar
½ cup olive oil
1 tsp. dry mustard
½ cucumber, chopped, peeled and seeded
1 tbsps. red onion, minced
1 cup sour cream

Flake fish when chilled. Season fish with salt and pepper. In large bowl mix fish with scallions, pepper and dill. Blend vinegar, oil and mustard. Pour half

dressing over fish and refrigerate. Mix potatoes with rest of dressing, cucumber and red onion.

Just before serving combine potatoes and fish and fold in sour cream. Yield: 6 servings

TERIYAKI SALMON STEAKS

4 (1 lb.) salmon steaks
1 tbsps. cooking oil
3 tbsps. soy sauce
3 tbsps. rice wine
2 tbsps. sugar

Put salmon steaks on foil-lined broiling pan, brush with oil and broil about 5 minutes under a hot broiler.

Turn salmon. Combine soy sauce, rice wine and sugar and brush tops of steaks. Broil until cooked through, 8 minutes more. Brush on sauce a few more times while cooking. Yield: 4 servings

RED CAVIAR MOUSSE SPREAD

1 env. Knox Unflavored Gelatine
½ cup bottled clam juice
½ pt. (8 ozs.) sour cream
¼ cup shallots or onion, chopped
1 tbsps. lemon juice
1 tsp. Dijon-style prepared mustard
½ tsp. paprika
⅛ tsp. pepper
1 cup (½ pt.) whipping or heavy cream
1 (2 oz.) jar red caviar
Toast points
Hard-cooked egg, chopped

In small saucepan, sprinkle unflavored gelatine over clam juice; let stand 1 minute. Stir over low heat until

gelatine is completely dissolved, about 3 minutes.

In blender or food processor, process sour cream, shallots, lemon juice, mustard, paprika and pepper. While processing, through feed cap, gradually add gelatine mixture, then whipping cream and process 15 seconds. Pour into 4-cup mold or bowl; gently stir in caviar. Chill until firm, about 3 hours. Unmold and serve with toast points and egg. Garnish, if desired, with lemon slices. Yield: about 3½ cups spread

MEDITERRANEAN TUNA

1 (2 lb.) tuna steak
3 tbsps. fresh lemon juice
3 tbsps. olive oil
2 cloves garlic, minced
1 onion, sliced
2 tomatoes, peeled, seeded and quartered
3 green or red peppers, sliced
1 cup dry white wine
Bouquet garni*
Salt and pepper to taste
Ripe Greek olives, for garnish
Parsley, for garnish

Place tuna in boiling water with lemon juice; simmer 5 minutes. Drain and rinse steaks under cold water. Heat oil in skillet; add tuna and rest of ingredients, except garnish. Bring to boil. Reduce heat and simmer 10 to 15 minutes until fork-tender. Remove tuna and vegetables to heated platter.

Reduce liquid to ¾ cup by boiling down. Remove bouquet garni and season. to taste. Pour sauce over tuna and garnish with olives and parsley. Yield: 4 servings

***Bouquet garni:** 1 sprig parsley, ½ tsp. thyme, 1 bay leaf, 7 black peppercorns, tied in cheesecloth.

TUNA AU GRATIN

1 (7 oz.) can tuna
¼ cup American cheese, grated
¼ cup onion, chopped
1 tbsp. green pepper, chopped
3 tbsps. flour
Salt and pepper to taste
1½ cups milk
½ tsp. mustard
1 tbsp. lemon juice
3 tbsps. bread crumbs
1 tbsp. butter

Saute onion and green pepper in butter. Stir in flour and salt and pepper. Add milk gradually, stirring until

thickened. Flake fish. Add to mixture with mustard and lemon juice. Place in baking dish. Top with cheese mixed with bread crumbs. Dot with butter. Bake in preheated 350° oven 15 minutes or until golden. Yield: 4 servings

HERB-STUFFED OYSTERS

1 doz. fresh oysters in the shell
1 (10 oz.) pkg. frozen chopped spinach
½ stick unsalted butter
2 tbsps. finely minced onion
2 tbsps. chopped fresh tarragon
¼ cup chopped fresh Italian or curly parsley
2 tbsps. fresh lemon juice
Hot red pepper sauce to taste
Salt and pepper to taste
¼ cup freshly grated Parmesan cheese

Preheat oven to 450°. Place bottom shell of oysters in a single layer in a 9 x 13 inch baking dish. Place an oyster in each shell. Squeeze the moisture out of the spinach.

Melt butter in a skillet over medium-high heat. Add onion and saute until soft. Add spinach, parsley, and tarragon. Cook, stirring 2 to 3 minutes. Top each oyster with generous tablespoon of spinach mixture and sprinkle each with ½ teaspoon of cheese. Bake in preheated oven until cheese is golden brown, about 10 minutes. Yield: 12 servings

MUSHROOM-STUFFED SOLE WITH SWISS CHEESE SAUCE

1 cup mushrooms, chopped
2 tbsps. onion, chopped
3 tbsps. butter
Salt to taste
¼ cup chopped fresh parsley
½ cup walnuts chopped
6 (1-2 lb.) fillets of sole
Pepper to taste
Swiss Cheese Sauce*

Saute mushrooms and onion in butter; add salt, parsley and walnuts. Season sole with salt and pepper. Spoon ⅓ of mushroom mixture onto each fillet and roll up. Place rolls in buttered baking dish and brush with melted butter. Bake in preheated 350° oven 15 minutes. Serve with Swiss Cheese Sauce*. Yield: 6 servings

* **Swiss Cheese Sauce:** Combine 2 tablespoons of butter, 2 tablespoons of flour and 1½ cups of milk in saucepan and stir until thickened. Add cheese and stir until cheese is melted.

SHRIMP ROYALE

¼ cup chopped green pepper
2 tbsps. minced parsley
½ cup mushrooms, chopped
2 tbsps. margarine
1 lb. shrimp, cooked, shelled and deveined
1 (10¾ oz.) can cheddar cheese soup
2 med. avocados, peeled and halved
Lemon juice
¼ cup almonds, diced
4 to 6 cups cooked rice

Saute onion, parsley and mushrooms in butter until tender. Stir in shrimp and soup. Cook over low heat 10 minutes.

Sprinkle lemon juice on avocado halves. Fill avocado halves with shrimp mixture and sprinkle with almonds. Serve with hot cooked rice. Yield: 4-6 servings

SCALLOPS PROVENCALE

1 lb. bay or sea scallops, quartered
Salt and pepper to taste
¼ cup milk
3 tbsps. flour
4 tbsps. butter
1 tbsp. olive oil
1 tbsp. minced garlic
¼ cup fresh tomato, chopped in blender
1 tbsp. minced fresh parsley

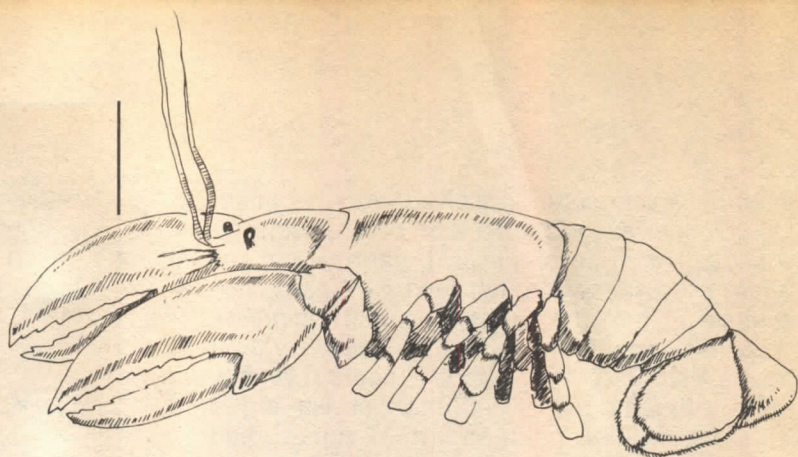
Toss seasoned scallops in milk, drain, dry on paper toweling and dust with flour.

Heat butter and oil in skillet. When foam subsides saute scallops until golden brown. Add tomato and garlic, lower heat and cook, stirring for 10 minutes. Stir in parsley and serve in scallop shells or on toast tips. Yield: 4 servings

HALIBUT WITH CREAM CELERY SAUCE

1 1/2-2 lbs. North American halibut, poached*
1 cup finely chopped celery
Half-and-half
2 tbsps. butter or margarine
2 tbsps. flour
1/2 tsp. salt
Dash white pepper
Dash cayenne
1/4 tsp. dried marjoram, crushed
Lemon wedges and parsley for garnish

Place celery in small saucepan with just enough water to cover. Simmer 5 minutes. Drain, reserving



liquid. Add half-and-half to liquid to equal 1 1/2 cups. Melt butter and blend in flour. Gradually add liquid; cook and stir until thickened and smooth. Add salt, pepper, cayenne and marjoram. Stir in celery. Spoon over warm halibut steaks. Garnish with lemon wedges and parsley. Yield: 4 servings

***To Poach Halibut:** In large shallow saucepan or skillet, cover halibut steaks with boiling salted water. Add 2 slices each lemon and onion, a sprig of parsley, a few celery tops and 5-6 peppercorns. Cover and simmer allowing 10 minutes per inch of thickness of fish or until halibut flakes when tested with a fork. Drain and keep warm.

SHRIMP CURRY

2 tbsps. butter
1/2 cup sliced onion
1 cup diced celery
1/2 cup diced apple
1 lg. clove garlic, minced
1 tsp. grated gingerroot
3 tps. curry powder
3 tbsps. flour
2 cups chicken broth
1/4 cup snipped dried California figs
2 tps. grated lemon peel
Salt and pepper to taste
1 lb. med. shrimp, cooked, shelled, deveined
Hot cooked rice
Snipped dried California figs
Toasted slivered almonds

In medium saucepan, melt butter. Add onion, celery and apple, saute until just tender, about 5 minutes. Add garlic, ginger and curry powder, cook and stir a few moments. Blend in flour. Gradually stir in broth, cook and stir until thickened. Add figs, lemon peel, salt and pepper to taste. Cover and simmer 10-15 minutes. Stir in shrimp and heat through. Serve over hot, cooked rice. Sprinkle with dried California figs and almonds. Yield: 4 servings

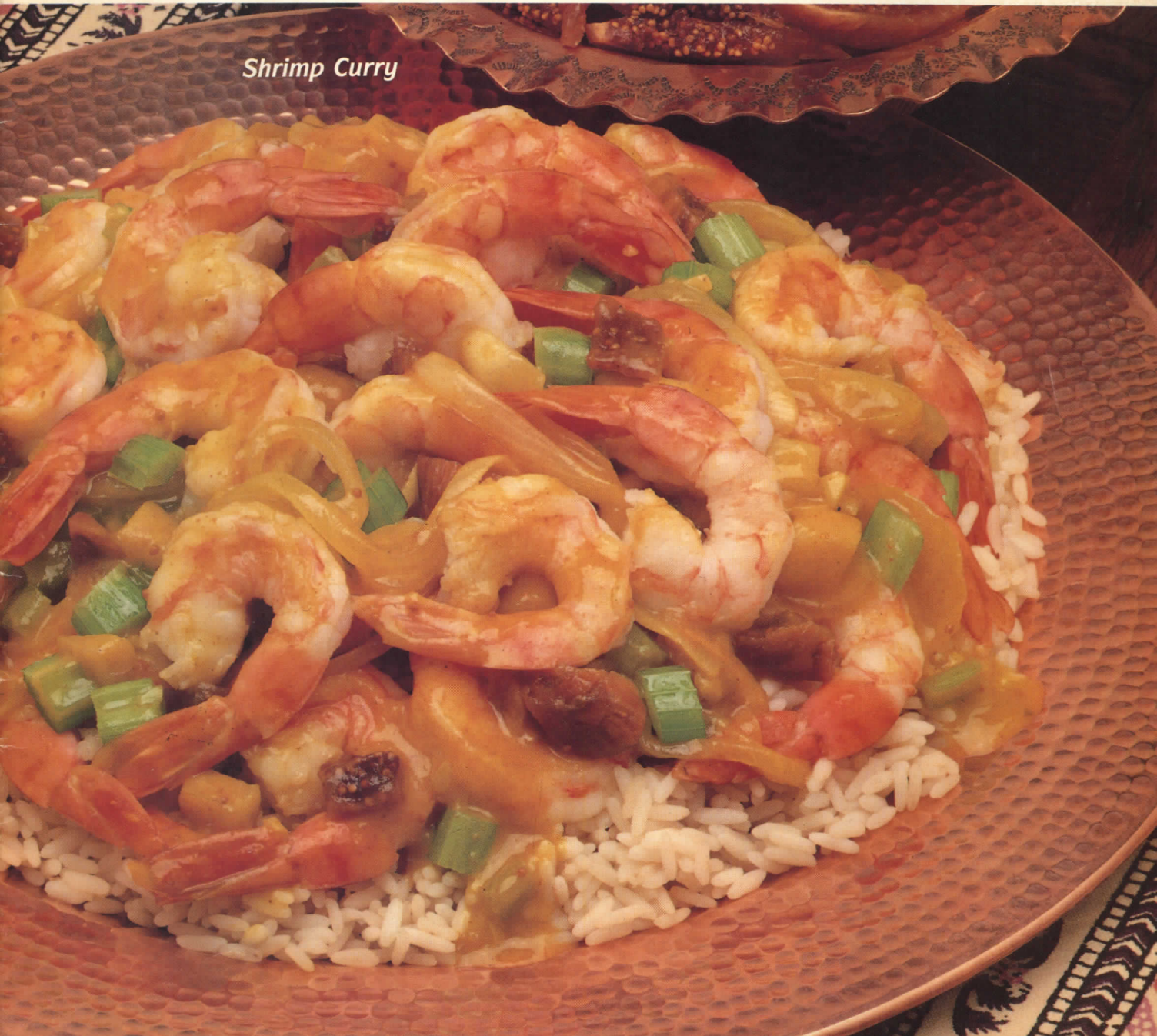
*Halibut with
Cream Celery
Sauce*

Cream Celery Sauce adds both color and flavor to this delectable poached North American halibut.

The sweetness of California figs compliments the spices in this Shrimp Curry dish. This quick stir-fry will have your mouth watering even before it reaches the table.



Shrimp Curry

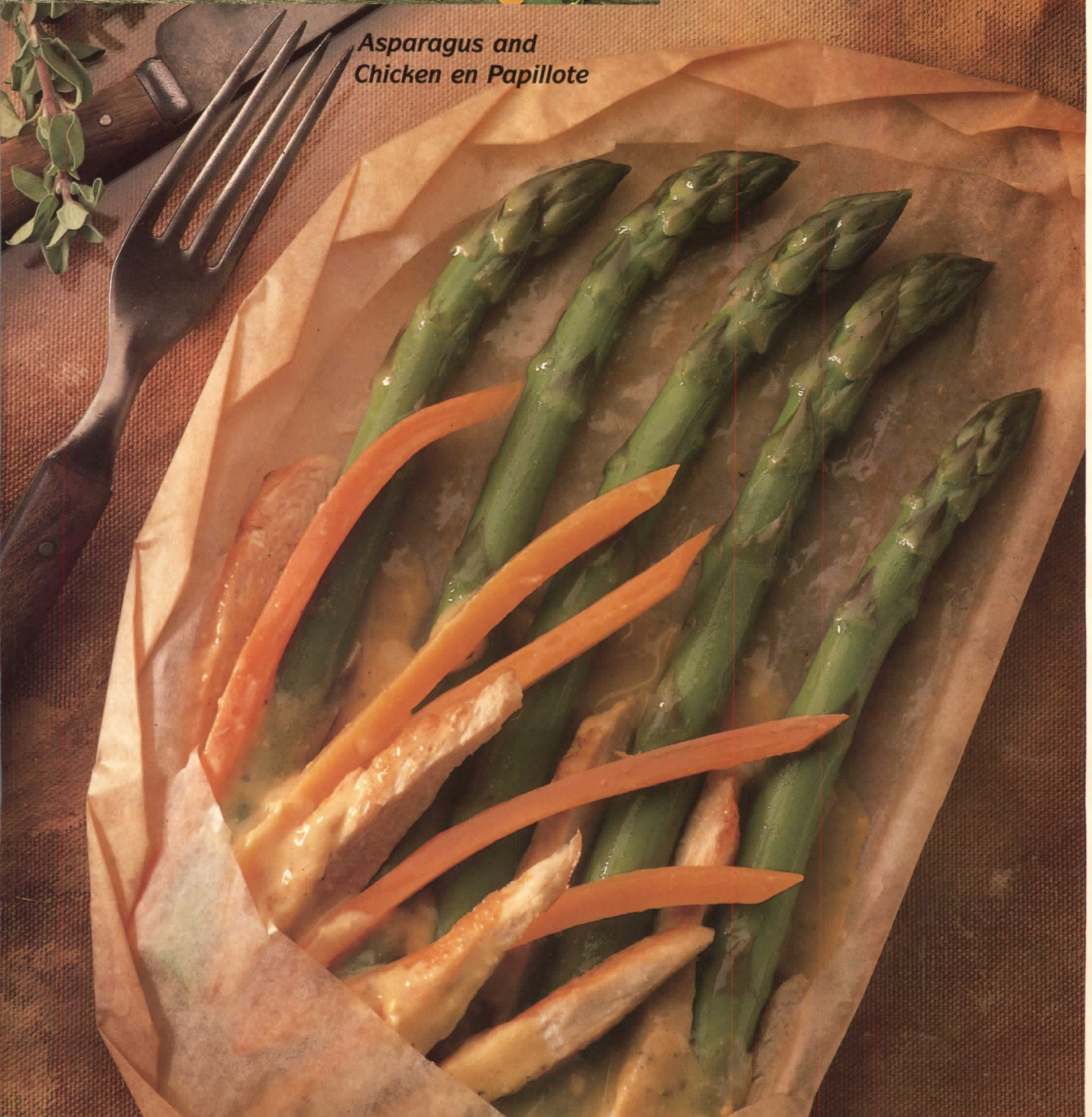




*Hazelnut
Vegetable Pie*

◀ Hazelnuts from Oregon give this rendition of a vegetable pie, made with broccoli, cauliflower and spinach, a unique new flair.

Baked in sheets of parchment paper, these tasty bundles combine chicken, carrots, and asparagus in a delightful sauce to create a perfect blend of colors and flavors. ▼




*Asparagus and
Chicken en Papillote*

Apples and spice and everthing ▶
nice are what make these Apple-
Sausage Cabbage Rolls a
microwave must!

California artichokes filled with
a spicy ground beef mixture and
topped with cheddar cheese take
only a total of 25 minutes to
prepare in the microwave. ▼

See Index pgs. 58-59 for recipes.



*Apple-Sausage
Cabbage Rolls*



*Spicy Filled
Artichokes*



Corn and Artichoke Flan



Breakfast Potato Casserole

▲ Corn and Artichoke Flan made with marinated artichoke hearts, diced green chilies and Gouda or cheddar cheese, provides a warm, hearty side dish for lighter, grilled entrees.

◀ Breakfast Potato Casserole made with Canadian bacon and cheddar cheese can be enjoyed at any meal. For your cooking convenience, assemble ahead of time and refrigerate until it's time to bake.

Casseroles

CORN AND ARTICHOKE FLAN

1 (6 oz.) jar *Cara Mia* marinated artichoke hearts
1/2 cup onions, minced
1 cup whole kernel corn
2 tbsps. canned green chilies, diced
4 eggs
2 cups whipping cream, scalded
1/2 cup Gouda or cheddar cheese, shredded
1/4 tsp. cilantro, chopped

Drain artichokes reserving marinade; cut artichokes into large dice. In medium saucepan, heat 2 tablespoons of the marinade, add onion and saute until tender, about 5 minutes. Stir in corn and saute until liquid has evaporated. Add chile and artichokes. Turn into greased 7 x 11 inch baking dish. In mixing bowl, beat eggs lightly. Beat in a little of the hot cream, then return to saucepan, whisking until blended. Stir in cheese and salt. Pour over contents of baking dish. Sprinkle with cilantro. Set pan in 9 x 13 inch pan and add 1 inch boiling water. Bake at 300° 50 minutes or until knife inserted in center comes out clean. Serve hot, cut in squares. Yield: 6 servings

FRONTIER OREGON HAZELNUT VEGETABLE PIE

1 cup fresh broccoli, chopped
1 cup fresh cauliflower, sliced
2 cups fresh spinach, chopped
1/2 chopped onion
1/4 cup chopped green pepper
1 cup cheddar cheese, grated
1 cup coarsely chopped Oregon hazelnuts
1 1/2 cups milk
1 cup baking mix
4 eggs
1 tsp. garlic salt
1/4 tsp. pepper

Pre-cook broccoli and cauliflower until almost tender (about 5 minutes). Drain well. Combine broccoli, cauliflower, spinach, onion, green pepper and cheese; divide into two well-greased 8 inch pie pans. Top with Oregon hazelnuts. Beat together milk, baking mix, eggs, garlic salt and pepper; pour over vegetable mixture. Bake at 400° for 35-40 minutes, until golden brown. Allow to stand for 5 minutes before cutting. Yield: 8 servings

Note: 10 oz. packages of frozen chopped broccoli, cauliflower and spinach may be substituted for fresh. Thaw and drain well. Do not pre-cook.

BREAKFAST POTATO CASSEROLE

2 lbs. Washington Russet potatoes
1 (6 oz.) pkg. fully-cooked Canadian bacon, sliced
1/3 cup green onions, chopped
3/4-1 cup shredded sharp cheddar cheese
5 eggs
1 cup milk
3/4 tsp. salt
1/2 tsp. dried marjoram, crushed
1/8 tsp. pepper
Parsley

Cook potatoes in jackets until tender; peel and slice 1/2 inch thick. Cut bacon slices in half. In buttered 11 3/4 x 7 1/2 x 1 3/4 inch baking dish alternate slices of potato and bacon. Sprinkle onions, then cheese over top. Combine remaining ingredients; pour over all. Bake at 375° 30-40 minutes or until knife inserted near center comes out clean. Garnish with parsley. Yield: 6 servings

Tip: Breakfast Potato Casserole may be assembled ahead of time and refrigerated until time to bake.

COLORFUL CAULIFLOWER BAKE

1 cup Kellogg's® All-Bran® cereal
2 tbsps. margarine, melted
1/4 tsp. garlic salt
1/4 cup flour
1/2 tsp. salt
1/8 tsp. white pepper
1 1/3 cups skim milk
1 chicken bouillon cube
2 tbsps. drained, chopped pimentos
1/2 cup sliced green onions
1 (16 oz.) pkg. frozen, cut cauliflower, thawed, well-drained

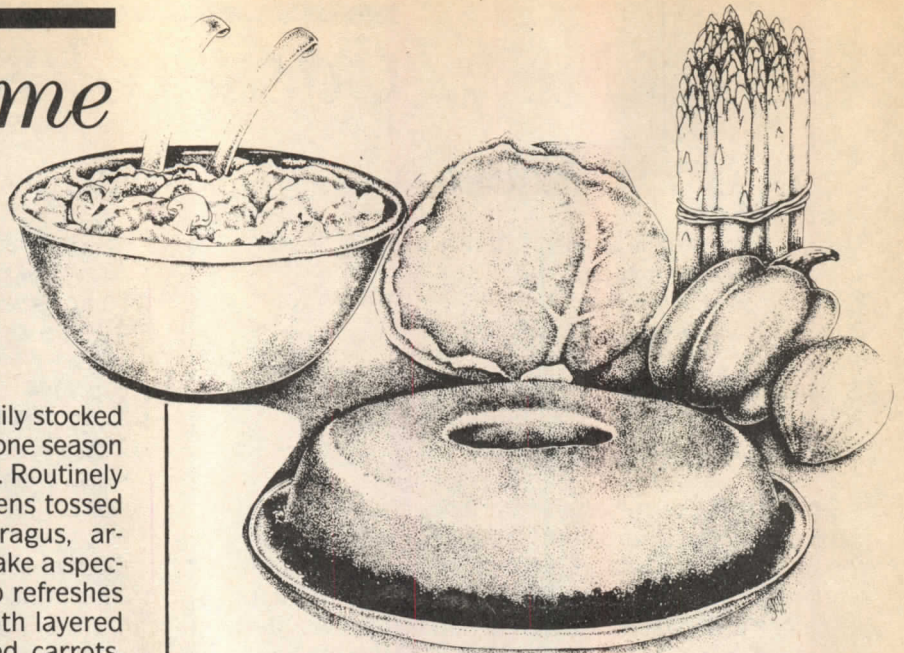
Combine Kellogg's® All-Bran® cereal, margarine and garlic salt. Set aside.

In 3 quart saucepan, combine flour, salt and pepper. Gradually add milk, mixing until smooth, using a wire whisk if necessary. Add bouillon cube. Cook, stirring constantly, over medium heat until bubbly and thickened. Remove from heat.

Add pimentos, onions and cauliflower, mixing until combined. Spread evenly in 1 1/2 quart serving dish. Sprinkle with cereal mixture.

Bake at 350° about 20 minutes or until thoroughly heated and sauce is bubbling. Yield: 6 servings

Salads Sublime



With imports from all over the world steadily stocked in our supermarkets, no longer is there any one season for salad greens and their accompaniments. Routinely we can enjoy imaginative, fresh, crisp, greens tossed together or served with seasonal asparagus, artichokes, or avocados. Strawberries also make a spectacular appearance in salads, and rhubarb refreshes like spring itself. Create colorful appeal with layered salads or two flavors of gelatin. Shredded carrots, radishes or cucumber add natural color and crunch.

Exactly 150 years ago the Rev. Sydney Smith said in the "Lady's Annual Register," "Oh, green and glorious! Oh, herbaceous treat!" 'Tould tempt the dying anchorite to eat. Back to the world he'd turn his fleeting soul, And plunge his finger in the salad bowl!"

Although we will probably restrain ourselves, professional salad-makers do advise using one's hands to toss green salads so the lettuces do not bruise; or toss gently with tongs.

The first recipe for a spring salad is so special that it could be served at an intimate luncheon. Avocado blends well with juicy fruits and in this case the dressing is a beautiful, natural shade of green.

by Beatrice H. Comas

AVOCADO-FRUIT SALAD

Lettuce

- 2 med. avocados, peeled and sliced
- 4 bananas, peeled and sliced
- 1 pt. strawberries, washed, hulled and halved
- 4 cups fresh pineapple chunks or canned pineapple chunks, drained
- 2 cups cottage cheese
- Avocado Cream Dressing (recipe follows)
- 1/2 cup chopped nuts

Line 4 individual serving plates with lettuce leaves. Arrange avocados, bananas, strawberries and pineapple, equally divided, on lettuce. Add about 1/2 cup cottage cheese to each plate. Sprinkle with nuts. Pass Avocado Dressing.

AVOCADO CREAM DRESSING

- 2/3 cup sour cream
- 3 tbsps. lime juice
- 1 1/2 tbsps. honey
- 1/2 tsp. salt

Dash liquid hot pepper sauce (optional)
1 med. avocado, peeled and cubed

Measure sour cream, lime juice, honey, salt and pepper sauce into container of electric blender. Blend to mix. Add avocado cubes. Blend until smooth, scraping sides of container. Yield: about 1 3/4 cups

THREE-LETTUCE SALAD

- 2 heads bibb lettuce
- 1 head Boston lettuce
- 1 head radicchio
- 2 tps. Dijon-style mustard
- Salt and freshly ground pepper to taste
- 3 tbsps. red wine vinegar
- 4 tbsps. olive oil or vegetable oil
- 4 tbsps. Italian parsley, finely chopped

Trim and core lettuce. Pull leaves apart and rinse well. Pat dry. Put mustard in salad bowl with salt and pepper. Add vinegar and beat with wire whisk. Add oil, beating briskly with whisk. Add lettuce and parsley. Toss well. Yield: 4-6 servings

RHUBARB SALAD RING

- 1 pkg. raspberry or lemon gelatin
- 1 cup boiling hot rhubarb sauce
- 1 cup cold water or pineapple juice
- 1 cup apples, chopped
- 1 cup walnuts or pecans, chopped

Dissolve gelatin in hot sauce. Add cold water or pineapple juice and let cool. Add apples and nuts and pour into ring mold. Chill until firm and unmold onto lettuce. Yield: 6-8 servings

CRUNCHY CARROT SALAD

1 lb. carrots, shredded
6 green onions, white and green portions, sliced
Salt and freshly ground black pepper
2 tbsps. lemon juice
1 tbsp. honey
1 tsp. Dijon-style mustard
6 tbsps. vegetable oil
1 tbsp. fresh ginger, grated

Place carrots and onions in large bowl and toss to combine. Season with salt and pepper.

In small bowl, whisk together lemon juice, honey, and mustard. Whisk in oil and add ginger. Pour over carrot mixture and stir to combine. Cover bowl and refrigerate for 4-6 hours before serving. Yield: 4 servings

FENNEL FRUIT SALAD

2 fennel bulbs, 1 lb. total
3 lg. apples
1/2 cup coarsely chopped pecans
1/2 cup mayonnaise
1/4 cup orange juice
Salt and pepper to taste

Cut fennel bulbs in half lengthwise, trimming leaves to be used for garnish. Slice fennel very finely and put in bowl.

Thinly slice apples that have been cored and quartered. Combine fennel slices, apples and pecans.

Blend orange juice with mayonnaise until smooth. Season to taste.

Toss dressing with salad. Use fennel leaves for garnish. Yield 4-6 servings

FROZEN STRAWBERRY SALAD

1 cup miniature marshmallows
1 tbsp. strawberry juice
1 cup ripe fresh strawberries
1/2 cup crushed pineapple, drained
1 (3 oz.) pkg. cream cheese, softened
1 cup mayonnaise
1 cup heavy cream, whipped
Lettuce

Heat marshmallows and strawberry juice in top of double boiler until marshmallows are half melted. Remove from heat and stir until marshmallows are very small. Fold in strawberries and pineapple. Beat cream cheese until smooth and fold in mayonnaise. Add to marshmallow mixture. Fold in cream which has been chilled and whipped stiff. Turn into lightly buttered refrigerator tray and freeze. Remove from freezer long enough before serving so salad can be eaten easily. Serve on bed of crisp lettuce. Yield: 4 servings

HOLIDAY RIBBON RING (EASTER OR ST. PATRICK'S DAY)

2 (4 serving) pkgs. lime flavor gelatin
5 cups boiling water
2/3 cup sour cream or vanilla yogurt
2 (4 serving) pkgs. orange or lemon flavor gelatin

Dissolve lime flavor gelatin in 2 1/2 cups boiling water. Pour 1 1/2 cups into 6 cup ring mold. Chill until set but not firm, about 15 minutes. Chill remaining gelatin in bowl. Gradually blend in 1/3 cup of sour cream and spoon over gelatin in mold. Chill until set but firm, about 15 minutes. Repeat with orange or lemon flavor gelatin, remaining 2 1/2 cups water and 1/3 cup sour cream, chilling dissolved gelatin before measuring and pouring into mold. Chill at least 2 hours. Unmold on salad greens. Yield: 12 servings

ASPARAGUS VINAIGRETTE

1 lb. fresh asparagus
Salt and pepper to taste
1 cube instant chicken broth
1 tbsp. wine vinegar
1 tbsp. salad oil
1 scallion, peeled and finely minced

Break asparagus near bottom of stems. (They will snap at the tender point.) Peel stem ends, if desired and serve raw or add to soup. Wash asparagus thoroughly. Tie in bundle and stand upright in tall pot or coffee pot. Add 2 inches of water, salt, pepper; cover and bring to boil. Steam just until tender and still bright green, about 8 minutes. Remove asparagus to serving plate. Discard tie. To 1/4 cup of cooking liquid add instant chicken broth, wine vinegar (or lemon juice), oil, scallion, salt and pepper. Pour over asparagus warm or cool.

CHICORY SALAD BOWL

Lettuce hearts
Small crust French bread rubbed with garlic
1 head chicory
2 tbsps. chopped chervil
2 tbsps. minced tarragon
Olive or salad oil
1/2 tsp. salt
1/8 tsp. pepper
Tarragon vinegar

Line salad bowl with lettuce and add crust of bread. Break chicory into pieces and add with chervil and tarragon. Toss with just enough oil to coat salad greens. Chill for 15 minutes. Add salt and pepper to vinegar using 1/4 as much vinegar as oil. Pour over salad and toss again. Yield: 4 servings

SPICED CORN SALAD

- 2 (17 oz.) cans corn
- 1/4 cup vegetable oil
- 1 tbsp. wine vinegar
- 1 tbsp. Worcestershire sauce
- 1 tbsp. ketchup
- 1 tbsp. brown sugar
- 1/4 cup onion, grated
- 1/2 cup raisins
- 1 red pepper, finely chopped

Drain corn and set aside. Pour oil in bowl. Beat in vinegar, Worcestershire sauce, ketchup, sugar and onion. Mix in raisins and pepper. Stir into drained corn.

Serve immediately or cover and refrigerate up to 2 days. Yield: 4 servings

ARTICHOKES STUFFED WITH PASTA SALAD

- 4 med. artichokes, cooked
- 1 1/3 cups light mayonnaise
- 1/4 cup cider vinegar
- 1 tsp. sugar
- 2 tbsps. milk
- 1 tbsp. grated onion
- 1 tbsp. Dijon-style mustard
- 1/2 tsp. ground celery seed
- 1/8 tsp. pepper
- 2 cups cooked pasta
- 1 cup carrots, grated
- 1 cup cooked ham, diced
- 4 tps. fresh parsley, finely chopped

Cook and chill artichokes. In large bowl, blend well mayonnaise, vinegar, sugar, milk, onion, salt, mustard, celery seed and pepper. Remove 1 cup mayonnaise mixture. Chill. To remaining mixture add pasta, carrots and ham. Toss lightly and chill.

To serve, cut off top, pointed third of artichokes, remove center, making sure to excise all hairy "choke", and fill with pasta salad mixture. Garnish with chopped parsley. Serve remaining mayonnaise mixture as sauce for dipping leaves. Yield: 4 servings

GRAPE-BROWN RICE SALAD

- Lemon Dressing*
- 3 cups hot cooked brown rice
- 1/2 cup parboiled chopped spinach, squeezed dry
- 3 hard-cooked eggs, divided
- 1 1/2 cups California grapes**
(red, green or black grapes may be used)
- 1/4 cup plain yogurt
- 1 tsp. Dijon-style mustard
- Butter lettuce
- Grape clusters for garnish

Pour Lemon Dressing over hot rice; stir in spinach. Let stand at room temperature 30 minutes. Chop 2 eggs; gently stir into rice mixture with grapes.

Combine yogurt and mustard; stir into rice mixture. Spoon onto lettuce-lined platter. Cut remaining egg into wedges. Garnish with grape clusters and egg. Yield: 6 servings

***Lemon Dressing:** Combine 3 tablespoons vegetable oil, 2 tablespoons lemon juice, 1/4 teaspoon salt and 1/8 teaspoon each pepper and dry mustard; mix well. Yield: about 1/4 cup

** Seed grapes if necessary.

SPINACH SALAD WITH LEMON DRESSING

- 2 (10 oz.) bags spinach
- 1 med. head Boston lettuce
- 2 sm. Belgian endives
- 1/2 lb. fresh mushrooms
- 1 lg. lemon
- 2/3 cup olive or salad oil
- 2 tps. sugar
- 1 1/2 tps. salt
- 1 tsp. dry mustard
- 1 tsp. chopped chives
- 1/4 tsp. cracked pepper

Into chilled large salad bowl, tear spinach and Boston lettuce into bite-size pieces. Cut endives crosswise in half. Separate top leaves. Cut bottom into wedges. Thinly slice mushrooms. Add endives and mushrooms to spinach mixture. From lemon, grate 2 teaspoons of peel. Squeeze 1/4 cup juice. In small bowl, with fork or wire whisk, mix lemon peel, lemon juice, olive oil, and remaining ingredients. Pour dressing over salad. Toss gently to mix well. Yield: 10 accompaniment servings

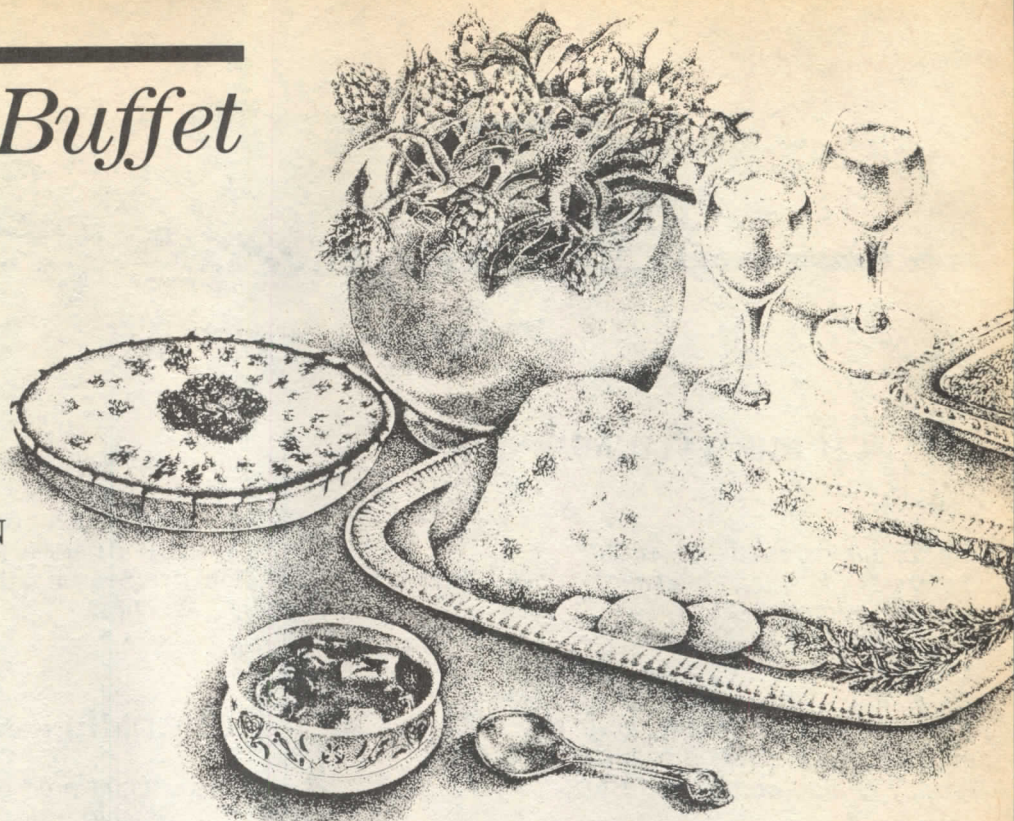
PEAR TUNA SALAD

- 2 Anjou pears, divided
- Lemon juice
- 1 cup shredded cabbage
- 1/4 cup chopped red or green pepper
- 2 tablespoons minced green onions
- 1 (6 1/2 oz.) can tuna, drained and flaked
- Lemon-Mustard Dressing*
- Lettuce

Halve and core pears. Dip in lemon juice, if desired. Chop 1 pear; combine with cabbage, pepper and green onions. Toss with tuna and Lemon-Mustard Dressing. Arrange on lettuce-lined plate. Slice remaining pear and garnish salad with slices. Yield: 3-4 servings

***Lemon-Mustard Dressing:** Combine 2 tablespoons each vinegar and vegetable oil with 1 teaspoon each sugar and grated lemon peel and 3/4 teaspoon dry mustard; mix well. Yield: about 1/4 cup

Easter Buffet



LEG OF LAMB ITALIAN

1/3 cup lemon juice
1/4 cup cooking oil
1 tbsp. dried oregano, crushed
2 tsps. chopped anchovies
1 tsp. dry mustard
1 tsp. salt
1/2 tsp. garlic powder
1 (5-6 lb.) leg of lamb

Combine lemon juice, oil, oregano, anchovies, mustard, salt, and garlic powder. Place lamb in plastic bag. Set in deep bowl. Pour marinade in bag and close. Marinate at room temperature 2 hours or in refrigerator overnight, pressing bag against meat occasionally. Drain meat, reserving marinade. Place

meat, fat side up, on rack in shallow roasting pan. Roast in 325° oven 3-3 1/2 hours or until meat thermometer registers 175°-180°, basting occasionally with reserved marinade. Remove roast to serving platter. Yield: 8-10 servings

Seven Tips for an Easy One!

by Beatrice H. Comas

An experienced host knows all the advantages of the buffet as a sensible, practical way to show hospitality. Much of the preparation can be done ahead with no loss of food quality. A variety of dishes can be offered that will appeal to every palate. With so much of the work accomplished at the cook's convenience, a smiling, relaxed host will have time for last-minute chores before greeting her guests.

1. Plan ahead, make a list of what will be needed for your menu and decor. An attractive table with a seasonal or Easter motif sets the mood.
2. Order special foods and flowers a week ahead. Do other food shopping at least two days before the party.
3. Ask a friend to help you by setting up the buffet or by making an important item on the menu, such as a vegetable dish, special bread or dessert.

4. Arrange for convenient traffic flow with room for eaters to get around the buffet table.

5. If a beverage or alcoholic drink is to be served, choose a specific drink such as wine, champagne, bloody Mary's or Mimosas and serve from a tray to your seated guests. You may want to pass a bowl of tidbits, something light that will not spoil the appetite.

6. Keep buffet foods hot. Use heated serving dishes

- or warming trays. Arrange dishes so they are within easy reach of guests.

7. Include plenty of appropriately sized utensils with the dishes. For a large buffet, place duplicate dishes on both sides of the table.

As lamb is symbolic of Easter and spring, it is the perfect choice for your main course. Save time and start marinating it the day before the lamb is to be eaten.



SPINACH PIE WITH MUENSTER CRUST

3/4 lb. muenster cheese, sliced
3 (10 oz.) pkgs. frozen spinach, cooked and well-drained
1 cup cottage cheese
3 eggs, beaten
1 sm. onion, chopped
1/3 cup Parmesan cheese, grated
Chopped fresh dillweed to taste
Freshly ground pepper to taste

Line 10 inch pie plate with overlapping slices of muenster cheese. Cover bottom of pan $\frac{3}{4}$ of the way up sides. Combine cooked, drained spinach with cottage cheese, eggs, onion, parmesan, dill and pepper. Place in pie plate. Bake in 350° oven 1 hour. Let stand 5 minutes before slicing. (Serve pie cold or hot.)

RICE WITH PINE NUTS

1/2 cup butter or margarine
2 cups long-grain rice
4 cups rich chicken stock (preferably homemade)
3/4 cup pine nuts
2 bunches green onions, chopped
1 cup fresh parsley, minced
Salt and freshly ground pepper

Melt $\frac{1}{4}$ cup butter in heavy, medium saucepan over medium heat. Add rice and stir until milky, about 3 minutes. Mix in stock. Cover and bring to boil. Reduce heat and simmer until all liquid is absorbed, 20-25

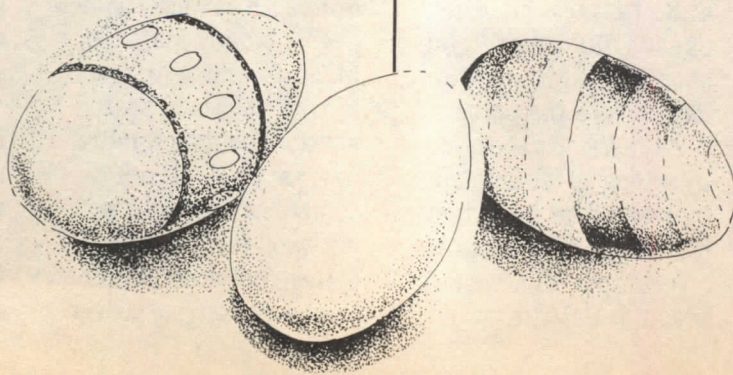
minutes. Melt remaining $\frac{1}{4}$ cup butter in heavy medium skillet over medium heat. Add pine nuts and stir until golden brown, about 4 minutes. Add green onions and parsley and stir until heated through. Mix into rice. Season with salt and pepper and serve. Yield: 12 servings

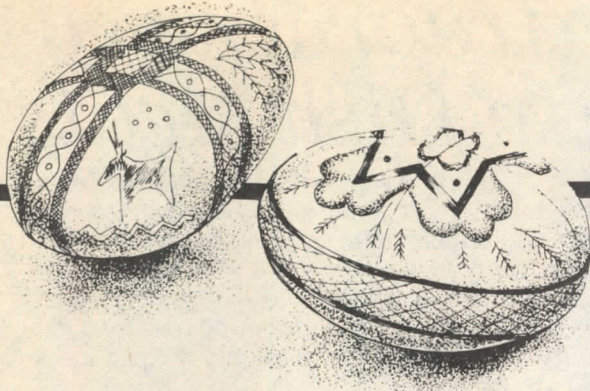
CUCUMBER MOUSSE

1 env. unflavored gelatin
1/4 cup cold water
1 beef bouillon cube
1/4 cup boiling water
1/2 cup mayonnaise
1 tbsp. onion, grated
1 tbsp. vinegar
1 tsp. Worcestershire sauce
1 tsp. salt
White pepper
3 med. cucumbers, seeded and diced
1 cup whipping cream, whipped
Lettuce, cucumber slices, lemon slices (garnish)

Lightly oil 6 cup mold. Soften gelatin in cold water. Dissolve bouillon cube in boiling water and add gelatin, stirring until gelatin dissolves. Cool slightly. Add mayonnaise, onion, vinegar, Worcestershire, salt and white pepper to taste. Blend carefully and chill until thick, about 5-10 minutes.

Remove from refrigerator and beat well. Fold in cucumber and whipped cream. Turn into prepared mold and chill until firm. Unmold onto bed of lettuce and serve garnished with cucumber and lemon slices. Yield: 12 servings





EASTER EGG COOKIES

1/2 cup butter, softened
 1 cup sugar
 2 eggs
 2 tbsps. cream or milk
 1 tsp. vanilla
 2 1/2 cups sifted all purpose flour
 1/2 tsp. salt
 1/4 tsp. soda

Cream together shortening and sugar, then add eggs and mix well. Stir in cream. Sift together dry ingredients and add to butter mixture. (If desired, dough can be tinted by adding a few drops of pure food coloring.) Chill dough several hours or overnight.

Heat oven to 400°. Roll out dough a little at a time on floured board (keeping remainder chilled) to 1/8 inch thickness. Cut out egg shaped cookies, dipping cutter in flour as needed to keep dough from sticking. Bake 6-8 minutes on ungreased cookie sheet, or until cookies are lightly browned. Let cool a few minutes before removing from cookie sheet. Yield: 3-4 dozen cookies

SPRING CELEBRATION CAKE

1 (1 lb. 3 oz.) pkg. yellow cake mix
 1 (3 3/4 oz.) pkg. lemon instant pudding
 1 cup water
 4 eggs
 Tinted coconut (yellow, green or pink)
 Silver dragees (optional)

Combine cake mix, pudding mix, water, and eggs in large mixing bowl. Blend at low speed of electric mixer just to moisten. Then beat 8 minutes at medium speed. Line three 9 inch layer pans with foil. Pour batter into pans. Bake in 350° oven 25-30 minutes, or until cake tester inserted in center comes out clean. Cool in pans 15 minutes, then remove from pans. Cool thoroughly on rack. Fill and frost with *Beat 'n' Eat Frosting*. Decorate cake with tinted coconut and silver dragees. Store uncovered in refrigerator.

HOT CROSS BUNNIES

1 cake or 1 tbsps. yeast
 1/2-1 cup warm milk (1/2 cup milk enough for 2 pkgs. yeast)
 2 cups wheat flour (or half white, half wheat)
 1/2 cup sugar
 1 tsp. cinnamon
 1 cup currants or raisins
 1/4 tsp. salt
 1/2 cup warm (not hot) melted margarine

Dissolve yeast in warm milk. Let stand 10-15 minutes. Mix flour, sugar, cinnamon and currants. Add yeast to dry ingredients. Let mixture rise for approximately 30 minutes. Add salt and warm melted margarine to dough. Let dough rise for another 30 minutes. Preheat oven to 350°. Shape dough into buns or bunnies. For bunnies, make 2 circle rounds of dough, smaller one for head and larger one for body. Shape triangular ears. Add bit of dough for a tail on the side and currants for eyes. Let buns rise again, then bake until lightly brown. Frost when cool. Yield: 10 bunnies (depending on size)

TINTED COCONUT

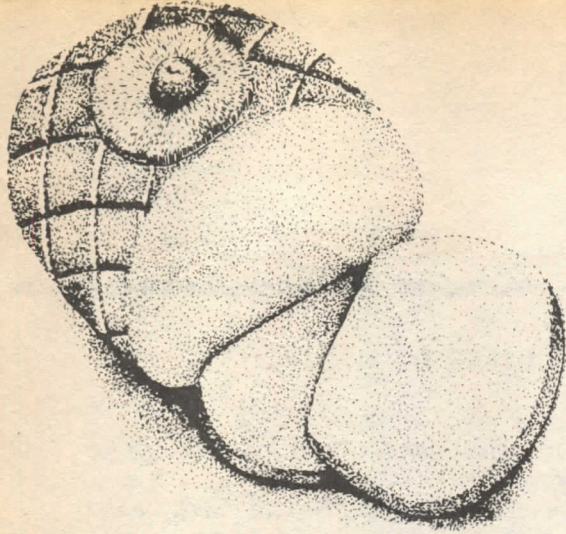
2 tbsps. lime, strawberry or lemon
 gelatin from pkg.
 1 1/3 cups flaked coconut

Measure 2 tablespoons of gelatin from package. Combine with 1 1/3 cups flaked coconut in quart jar. Cover and shake vigorously until coconut is evenly tinted.

BEAT 'N' EAT FROSTING

2 egg whites
 1 1/2 cups sugar
 1/2 tsp. cream of tartar
 2 tpsps. vanilla
 1/2 cup boiling water

Combine egg whites, sugar, cream of tartar and vanilla in large mixing bowl. Mix well. Add boiling water and beat at high speed of electric mixer or with rotary beater until mixture will stand in stiff peaks, 10-12 minutes.



Extraordinary Main Dish Meats

Dried fruits, nuts and wonderful sauces make these main dish meats more than just a satisfying meal. Nutritious and appealing to the eye, the ingredients can turn an everyday dinner into a special occasion. Although there are no special techniques needed to prepare these lovely creations, there's no reason to tell anyone! Try any of these extraordinary recipes for a culinary extravaganza!

BAKED HOLIDAY HAM

1 fresh ham half (about 4 lbs.)
1 (16 oz.) can peach halves
2 tbsps. wine vinegar
1 tbsp. lemon juice
Whole cloves
1/3 cup packed brown sugar
1 tbsp. dry mustard
1/4 tsp. grated nutmeg
2-3 tps. cornstarch, if desired
Water, if desired

Preheat oven to 325°. Place ham in roasting pan. Drain peaches; pour juice around ham. Add vinegar, lemon juice and about 8 cloves. Cover roasting pan lightly with foil or lid. Bake in oven 1 1/2 hours.

Remove ham from oven. Increase oven heat to 400°. Carefully remove any skin from ham; score fat in diamond pattern. Baste ham with pan juices. In small bowl, combine sugar mixture; pour over scored fat. If desired, stud ham with cloves. Bake 30 minutes longer. Ham should reach an internal temperature of 160°.

Stud each peach half with cloves and arrange around ham. Bake an additional 10 minutes.

Serve surrounded with peach halves. Pan juices can be thickened with a mixture of 2-3 teaspoons cornstarch blended with a little cold water, if desired. Yield: 6-8 servings

GERMANTOWN BEEF STEW

1 1/2 cups sliced onions
2 tbsps. vegetable oil
1 1/2 lbs. lean beef chuck, cut in 1 1/2 inch cubes
2 3/4 cups water
1 cup apple juice
1 tsp. salt
1/4 tsp. pepper
1 bay leaf
2 lg. carrots, sliced
1 1/2 cups (about 9 ozs.) halved pitted prunes
1/4 cup cider vinegar
1 1/2 tbsps. flour

1/2 tsp. ginger
3 tbsps. parsley, chopped

In Dutch oven saute onions in oil over medium heat 5 minutes. Increase heat to high; add beef and toss until browned, about 10 minutes. Add water, juice, salt, pepper and bay leaf. Bring to boil; reduce heat and simmer about 1 1/2 hours, stirring occasionally, until beef is nearly tender. Add carrots; simmer 15 minutes. Add prunes; simmer 10 minutes more. In small bowl combine vinegar, flour and ginger; mix until smooth. Gradually stir into beef mixture; simmer 10 minutes. Stir in parsley just before serving. Yield: 4-6 servings

BEEF PATTIES WITH SPICY PEAR SAUCE

1 (16 oz.) can Bartlett pear halves
1 (4 oz.) can diced green chilies
1 tsp. cornstarch
Dash salt
1 tbsp. lime juice
1 tsp. grated lime peel
1/3 cup chopped onion
2 tbsps. chopped parsley
2 tbsps. chopped celery

Beef Patties:

1 lb. ground beef
1/4 cup chopped onion
1 egg
1 tsp. salt
Dash pepper
Reserved green pepper and pears

Drain and slice pears; reserve 1/2 cup syrup. Reserve 2 tablespoons chilies and 1/4 cup diced pears for meat patties. In medium saucepan, combine cornstarch, salt, reserved pear syrup, lime juice and peel. Cook and stir until thickened and clear. Add remaining ingredients except reserved diced pears and chilies; simmer until thoroughly heated. Yield: about 1 3/4 cups

Lightly mix ground beef, chopped onion, egg, salt, pepper and reserved green chilies and pears. Form into 4 patties and cook to desired degree of doneness.

STUFFED VEAL ROAST

1 (4 lb.) veal-shoulder roast, boneless
Salt
Freshly ground pepper

Stuffing:

3 tbsps. butter
2 celery stalks, chopped
1 sm. onion, chopped
1/2 cup mushrooms, chopped
1 sm. apple, peeled, cored, finely chopped
1 cup breadcrumbs
1 tbsp. fresh parsley, chopped
1 tsp. dried thyme
2 tbsps. grated lemon rind
1 egg yolk

Sauce:

1 cup white wine or chicken stock
Juice of 1 sm. lemon
1 tbsp. cornstarch
Water

Preheat oven to 350°. Unroll roast; flatten if necessary. Sprinkle pepper.

To make stuffing, melt 2 tablespoons butter in large skillet over medium heat. Add onion; saute until soft. Add mushrooms; cook 2-3 minutes.

Remove skillet from heat; add apple, breadcrumbs, parsley, thyme and half the lemon peel. Season mixture with salt and pepper; stir in egg yolk.

Spread stuffing over flattened roast; roll roast carefully to enclose stuffing. Tie roast with string.

Rub roast with butter. Place in roasting pan. Roast in preheated oven 1 hour. Baste with pan drippings; roast 1-1 1/2 hours longer or until roast is tender. Remove roast to warm serving platter.

Add wine or stock to roasting pan, stirring to loosen any residue from pan. Add lemon juice and remaining lemon peel; season with salt and pepper. In small bowl, combine cornstarch with a little cold water; stir into pan juices. Boil sauce 2 minutes; season with salt and pepper. Pour sauce into gravy boat.

You may use mushrooms, parsley and lemon wedges to garnish. Yield 6-8 servings

QUAIL WITH PEANUT DRESSING

1 cup chopped peanuts
3 tbsps. peanut oil
8 dressed quail
1 tsp. salt

1 tsp. pepper
1 tsp. paprika
2 tbsps. poultry seasoning
1 qt. chicken stock
1 med. onion, diced
3/4 cup celery, diced
2 cups baked cornbread, crumbled
5 toasted bread slices, crumbled
2 eggs
1 brown-in-bag
5 tbsps. margarine

Saute onion and celery in 3 tablespoons peanut oil. Heat quart of stock and add 4 tablespoons margarine. Combine onions, celery, crumbled bread, stock, salt, pepper, poultry seasoning, 1/2 cup peanuts and 2 beaten eggs. Mix well. Season birds with paprika and salt and pepper. Rub inside and out with 1 tablespoon margarine. Stuff 8 birds with approximately 2 cups of dressing. Place stuffed birds in brown-in-bag. Place bag and birds in 9 x 13 inch baking pan and bake in preheated oven 350° for 1 hour. Pour remaining dressing into greased baking pan. Sprinkle top with remaining crushed peanuts and dot with butter. Bake at same time as birds in 350° oven for 1 hour. Remove birds and turn oven to broil. Brown top of dressing for 1-2 minutes. Cut dressing into squares and arrange around birds on serving platter. Yield: 8 servings

Note: You may substitute 8 large chicken breasts for the quail.

HERBED LAMB SHANKS

2 tbsps. oil
4 lamb shanks
2 lg. onions, chopped
1 green pepper, chopped
4 envs. chicken broth
Salt and pepper
1 bay leaf
1 tsp. dried dillweed
1/2 tsp. dried fennel seed
4 tomatoes, chopped
3-4 cups water

Heat oil in large heavy pan. Put lamb in pan and brown slowly on all sides. Remove meat from pan and pour off all fat, removing any excess with paper toweling.

Return lamb to pan and add rest of ingredients. Add water to just barely cover meat. Cover pan and cook slowly for 2-2 1/2 hours or until the meat is ready to fall from the bones.

Immediately before serving, thicken sauce with a rounded tablespoon of cornstarch mixed with 1/2 cup water. Yield: 4 servings

ASPARAGUS AND CHICKEN en PAPILOTE

3 tbsps. butter
4 pieces of parchment paper or foil (12 x 15 inches)
1/4 cup white wine
3 tbsps. Dijon-style mustard
2 tbsps. lemon juice
1 tbsp. fresh marjoram, chopped
1/4 tsp. ground black pepper
4 skinless, boneless chicken breast halves
1 lb. fresh Michigan asparagus spears
1/3 lb. carrots, peeled and cut into julienne strips

Preheat oven to 400°. Melt 1 tablespoon butter. Brush one side of parchment with butter; set aside.

Combine white wine, mustard, lemon juice, marjoram, and pepper; set aside.

Melt remaining butter in skillet over MEDIUM heat. Brown both sides of chicken, 2-4 minutes. Remove to cutting board and cut each piece into 5-6 lengthwise slices. Stir wine-mustard mixture into pan juices. Spoon one-half of sauce onto center of parchment pieces. Arrange chicken, asparagus and carrots on top and spoon remaining sauce over vegetables. Close packages using knife-folds, tucking ends under.

Place on baking sheet and bake 12 minutes. Yield: 4 servings

ITALIAN PORK LOAF

2 lbs. lean ground pork
2 tbsps. minced onions
2 tbsps. parsley flakes
Salt to taste
1 1/2 cups seasoned breadcrumbs
1/2 cup coarsely chopped, roasted, salted pistachio nuts
2 eggs, beaten
1/2 tsp. dried sage, crumbled
1 jar Italian cooking sauce

Thoroughly mix first 8 ingredients with 1 cup Italian cooking sauce. Shape into loaf in shallow baking pan. Bake for 1 1/2 hours in a preheated 325° oven. Pour off fat. Pour remaining sauce over top and bake 30 minutes more. Let stand 10 minutes before slicing. Yield: 8 servings

HONEY-GLAZED GAME HENS AND PAPAYA

2 tbsps. butter
4 green onions, chopped
1 clove garlic, minced

2 stalks celery, chopped
1/3 cup slivered almonds
1 (6 oz.) pkg. (3 cups) dressing mix
2 tbsps. minced parsley
2 slices bacon, fully cooked
2 (1 1/4-1 1/2 lb.) game hens, halved lengthwise
Salt and pepper
Melted butter
1/4 cup honey
1 tbsp. lemon juice
1 Hawaiian papaya, peeled, seeded and cut lengthwise into eighths

In medium skillet, melt butter over medium heat, add green onions, garlic, celery and almonds. Cook and stir often until vegetables are tender and almonds golden. Add stuffing mix, parsley and bacon. Add chicken broth; toss to moisten. Lightly oil a large baking pan. Mound stuffing in 4 portions. Rinse hens and pat dry. Sprinkle with salt and pepper. Arrange hen halves, cut side down, over stuffing. Brush with melted butter. Roast, covered at 400° 20 minutes.

Meanwhile, in small bowl, stir together honey and lemon juice. Uncover hens and roast 15-25 minutes longer; add papaya to pan or place in separate shallow pan. Baste hens and papaya with honey glaze and bake about 10 minutes longer until hens are tender and glazed. Yield: 4 servings

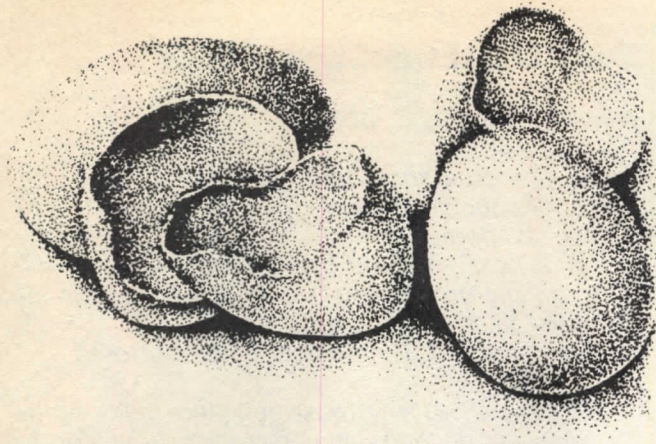
CHICKEN AND SUN DRIED TOMATOES

4 skinless, boneless chicken breast halves (about 1 1/4 lbs.)
3 tbsps. butter
1/2 tsp. salt
1/4 tsp. pepper
1 lg. shallot, minced
2/3 cup heavy cream
1/2 cup white wine
1/8 tsp. marjoram
1/2 cup dried tomato halves

Soften dried tomato halves by placing in boiling water for 2 minutes. Drain and cut into narrow strips.

Cut each chicken breast crosswise (on the diagonal) into 6 equal pieces. Melt butter in heavy skillet. Add chicken slices and sprinkle with salt and pepper. Saute over moderate heat, turning until chicken is opaque, 4-5 minutes. Using slotted spoon, remove chicken to platter.

Add shallot to skillet; saute 1 minute. Add cream, wine, marjoram, and dried tomato halves to the skillet. Bring to a simmer over moderate heat and cook uncovered, stirring occasionally, until sauce thickens slightly, about 5 minutes. Return chicken to skillet and simmer, coating with the sauce until heated through, 2-3 minutes. Yield: 4 servings



EGGS YORKSHIRE

2 eggs, beaten
1 cup milk
1 cup sifted cake flour
1 tsp. baking powder
1/2 tsp. salt
1/3 cup butter or margarine, melted
4 hard-cooked eggs

Heat greased casserole in oven. Beat eggs and milk thoroughly. Sift flour, baking powder and salt together. Add milk and butter and beat mixture until smooth. Cover bottom of hot casserole with layer of eggs (whole, halved, quartered, or sliced). Fill casserole about 2/3 full with batter and place in 450° oven until mixture begins to expand and brown slightly. Then reduce temperature to 350° and bake 25 minutes longer. Serve at once from baking dish. Yield: 4 servings

SCRAMBLED EGGS WITH CORN, CHILIES AND CHEESE

12 lg. eggs
1/2 tsp. salt
1/4 tsp. pepper
2 tbsps. butter or margarine
1 cup corn niblets, drained
1 (4 oz.) can chopped mild green chilies, drained
1/3 cup green onions, sliced thin
6 ozs. Monterey Jack cheese with jalapeno peppers, cut into 1/2 inch cubes
1/2 cup tomato salsa

Lightly whisk eggs, salt and pepper in large bowl. Melt butter in large skillet over medium heat. Add corn chilies and onions. Cook 3 to 4 minutes, until onions are tender, stirring constantly. Add egg mixture. Cook and stir gently with wooden spoon 8 to 10 minutes until eggs form soft curds. Remove from heat. Stir in cheese. Mound on serving platter. Surround with 1/2 cup tomato salsa. Serve extra salsa on the side. Yield: 6 servings

The Exalted Egg

A fitting springtime symbol, the egg bears a universal and timeless significance. Representing the origin of life and the coming of spring, this fundamental ovoid carries religious meaning synonymous with Easter. In fact, the word "Easter" comes from the name of the Anglo-Saxon goddess of Spring, Eostre, who was commonly depicted as holding an egg in an outstretched hand.

Aside from its symbolism, let us consider the egg for its food value. It is high in protein. Ounce for ounce eggs are the best buy available with no waste. Whether an egg is large or small it contains the same nutrients. For ages, eggs have been included in the diets of the young, the healthy, oldsters and in many therapeutic menus. They contain vitamin A, vitamin B, thiamin, riboflavin, niacin and vitamin D. . . all necessary for good health and good growth. Eggs also contain minerals, iron and phosphorous, necessary for maintaining pep and vitality.

During the Lenten period they are a nice change from heavier winter fare, and with hundreds of egg recipes from which to choose, it is easy to select some really elegant egg dishes.

To quote from *Hood's Practical Cook's Book* (1897): "But an egg is the compactest, most convenient and readily cooked little parcel of nutrition that the world has ever known."

Egg and Crab Bake would be most appropriate for a spring brunch or lunch.

by Beatrice H. Comas

EGG AND CRAB BAKE

6 eggs
2 (8 oz.) pkgs. frozen Alaska King Crab Meat, diced in 1/4 inch cubes
1 cup celery, diced in 1/4 inch cubes
1 cup sharp cheddar cheese, grated
1 cup mayonnaise
1/4 tsp. salt
1/8 tsp. pepper
1 tbsp. Worcestershire sauce
2 tbsps. sherry (optional)
1 cup soft bread crumbs
2 tbsps. melted butter

Beat the eggs until they are light and fluffy. Add diced crab meat, celery, cheese, mayonnaise, salt, pepper, Worcestershire and sherry. Mix all well and pour into a 1 1/2 quart buttered casserole.

Mix bread crumbs and butter thoroughly and sprinkle over top of casserole. Bake in 325° oven 50 minutes or until a table knife comes out clean when inserted in middle of the dish. Serve piping hot. Yield: 6 servings

FRITTATA (ITALIAN OMELET)

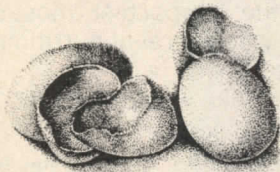
- 1 sweet red pepper
- 1 sweet green pepper
- 1 red onion
- 1/2 lb. cooked ham, cut into 1/2 inch cubes
- 1/4 lb. Gruyere or Swiss cheese, cut into 1/4 inch cubes
- 10 eggs
- Salt and freshly ground pepper to taste
- 2 tbsps. olive oil

Cut peppers in half. Remove inner veins and cut into 1/2 inch cubes. Set aside. Peel onion and cut it into 1/4 inch cubes. Set aside. Cut cheese into 1/4 inch cubes. Set aside.

Break eggs into mixing bowl. Add salt and pepper. Heat 1 tablespoon of oil in large non-stick skillet and add peppers. Cook, stirring often, about 3 minutes and add onion, salt and pepper. Cook about 2 minutes and cover. Continue cooking about 1 minute. Uncover and cook until liquid from vegetables evaporates. Sprinkle with cheese and ham.

Add remaining tablespoon of oil. Beat eggs thoroughly and add to skillet. Cook, stirring from bottom, until the eggs start to set, about 1 minute. Cover closely and cook about 2 minutes.

Place large round dish over skillet and quickly invert both skillet and dish, letting omelet fall into dish. It should be golden brown on top. Yield: 4 servings



BRUNCH EGGS MEDITERRANEAN

- 3 tbsps. olive oil
- 2 cloves garlic, crushed
- 1 sm. onion, sliced
- 2 sm. zucchini, cut julienne
- 1/2 green pepper, cut julienne
- 2 med. tomatoes, quartered
- 1/2 lb. eggplant, peeled and cut julienne
- 1 tbsp. lemon juice
- 1 tsp. fresh oregano, crushed
- 1 tsp. fresh marjoram leaves
- 1/4 tsp. fresh thyme, crushed
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 6 poached eggs

Heat oil in skillet. Saute garlic and onion until tender. Stir in zucchini, green pepper, tomatoes, eggplant and lemon juice. Add herbs, salt and pepper. Saute vegetables 10 to 25 minutes or until tender but not overcooked. Place in individual serving dishes and top each with hot poached egg. Yield: 6 servings

DEVEILED EGG LUNCHEON

- 4 hard-cooked eggs, peeled
- 1/4 tsp. salt
- 1 tsp. prepared horseradish, pressed dry
- 1 tbsp. Roguefort cheese
- 1 tbsp. evaporated milk
- 1 (10 oz.) can cream of mushroom soup
- 1 (4 oz.) can mushrooms, stems and pieces, drained
- 1/2 cup (additional) evaporated milk
- 4 slices enriched white toast, lightly buttered

Cut eggs in half lengthwise and place yolks in bowl. Set whites aside. Add salt, horseradish, Roguefort and 1 tablespoon evaporated milk to yolks. Mash with fork until thoroughly mixed. Spoon yolk mixture back into each of egg halves. Mix mushroom soup, mushroom stems and pieces and evaporated milk in top of double-boiler. Cook over rapidly boiling water, stirring frequently, until heated through.

Cut pieces of toast in half diagonally and place one half of stuffed egg on each triangle of toast. Yield: 4 servings, allowing two toast triangles and two egg halves per person.

EGG AND ASPARAGUS DINNER

- 2 1/2 cups asparagus spears, drained
- 6 hard-cooked eggs, peeled and sliced
- 1/2 cup mild cheddar cheese, grated
- 1 (10 oz.) can cream of asparagus soup
- 1/2 cup buttered bread crumbs

Divide asparagus in half. Place half the spears over bottom of 2 quart casserole, clock fashion. Arrange half hard-cooked egg slices over top of asparagus. Sprinkle eggs with cheese. Spoon half can of asparagus soup over the top. Repeat with remainder of asparagus spears, eggs and soup. Sprinkle buttered crumbs over top. Place in 350° oven 30 minutes. Yield: 6 servings

EGG AND CLAM BAKE

- 6 eggs
- 4 cups coarse cracker crumbs
- 1/4 cup onion, finely chopped
- 2 cups milk
- 2 (7 1/2 oz.) cans minced clams, with juice
- 1/4 cup melted butter or margarine

Beat eggs until thoroughly mixed and bubbly. Add cracker crumbs, chopped onion and milk and mix again. Add minced clams and juice and stir until clams are evenly distributed throughout the mixture. Pour into a buttered baking dish, smooth down the surface and drizzle the melted butter over top. Bake in 350° oven 40 minutes or until the top is a delicate brown. Serve piping hot. Yield: 4-6 servings

BREAKFAST DRIED BEEF AND EGG SCRAMBLE

1 (6 oz.) jar dried beef
1 cup boiling water
2 tbsps. butter or margarine
6 eggs
1/8 tsp. freshly ground pepper
1/4 cup milk

Snip dried beef into 1/8 inch strips with kitchen shears. Pour boiling water over beef and let stand 1 minute. Drain through fine sieve. Press against bottom and sides of sieve to remove all water. Melt butter in skillet over moderate heat until sizzling. Add dried beef and saute over moderate heat until beef is slightly crisp.

Beat eggs at low speed or with fork until whites and yolks are evenly mixed. Add pepper and milk and continue to beat until mixed thoroughly. Pour eggs over sauted dried beef. Turn heat back to very low. Cook,

stirring occasionally, until the eggs are firm but not dry. Place on heated platter and serve at once. Yield: 4 servings

EGGS FLORENTINE

3 cups cooked spinach, finely chopped
6 eggs
Salt
1/2 lb. American cheese
1 can evaporated milk
2 cups buttered crumbs

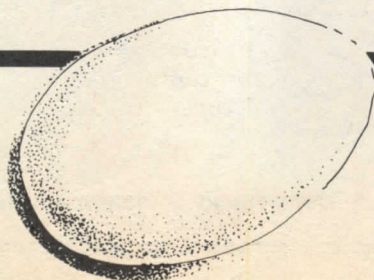
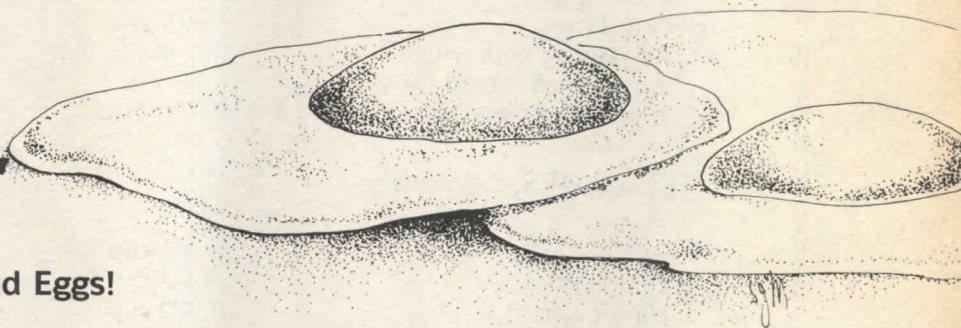
Heat cooked spinach and turn into shallow baking dish. Make 6 small wells in the spinach and drop an egg into each, being careful not to break yolk. Season with salt. Prepare a cheese sauce by beating the cheese and milk over boiling water until cheese is melted. Pour hot sauce over eggs and spinach. Sprinkle with crumbs and bake in 350° oven until brown, about 25 minutes. Yield: 6 servings

THOUGHTFUL TIDBITS

There Are Good Eggs and Bad Eggs!

- **Observe the Hot & Cold Rules**—Egg-rich foods offer a good place for bacteria to grow, so serve them hot immediately after cooking and refrigerate them quickly after use. An egg-rich food to be served cold should be refrigerated right after preparation, and should be kept in the refrigerator until served.
- **Egg Salad**—Wash your hands, all surfaces, and utensils carefully when preparing egg salad. Keep it cold between servings.

- **Hard-boiled Eggs**—Refrigerate hard-cooked eggs after preparation and use within a week. It's safe to have them outside an hour or two for an Easter egg hunt, for instance, but re-refrigerate those that are not eaten.
- **Be Careful About Refrigerator Storage**—For best quality, use whole eggs within the week of purchase. The outside limit for keeping whole eggs in the refrigerator is about 5 weeks. After that time, they begin to lose quality. For safety's sake, leftover yolks and whites should be used in 2-4 days. To keep them from drying out, you can cover yolks with cold water for refrigeration.



Choose Fiber!

According to the National Cancer Institute Office of Cancer Communications* diets rich in fiber can help to prevent certain cancers. Because humans can only partially digest dietary fiber it promotes a healthy digestive tract by helping to move food through the intestines and out of the body. Americans are now eating about 11 grams of fiber per day. The NCI recommends increasing that to as much as 20 to 30 grams per day. However, it is advised that one should not exceed 35 grams per day. It is easy to increase fiber in your diet when you know which foods are fiber-rich.

Some fiber-rich foods to choose more often are:

<i>FOOD CATEGORY</i>	<i>SERVING SIZE</i>	<i>GRAMS OF FIBER</i>
BREADS & CEREALS		
All Bran -Extra Fiber	1/2 cup	13.0
Fiber-One	1/2 cup	12.0
All-Bran, Fruit & Almonds	2/3 cup	10.0
100% Bran	1/2 cup	8.4
All Bran	1/3 cup	8.5
Bran Buds	1/3 cup	7.9
Bran Chex	2/3 cup	4.6
Corn Bran	2/3 cup	5.5
Air-popped popcorn	1 cup	1.0
Whole-wheat bread	1 slice	1.4
Whole-wheat spaghetti	1 cup	3.9
LEGUMES, cooked		
Kidney beans	1/2 cup	7.3
Lima beans	1/2 cup	4.5
Navy beans	1/2 cup	6.0
VEGETABLES, cooked		
Broccoli	1/2 cup	2.2
Brussels sprouts	1/2 cup	2.3
Carrots	1/2 cup	2.3
Corn	1/2 cup	2.9
Green peas	1/2 cup	3.6
Parsnip	1/2 cup	2.7
Potato, with skin	1 med.	2.5
FRUITS		
Apple	1 med.	3.5
Banana	1 med.	2.4
Blueberries	1/2 cup	2.0
Dried prunes	3	3.0
Orange	1 med.	2.6
Raisins	1/4 cup	3.1
Strawberries	1 cup	3.0

*Some information provided by U.S. Department of Health and Human Services.

To Your Health

Fiber & Your Diet

Here are some recipes that are both lighter and brighter. These miniature muffins are not only low in calories and cholesterol but are also high in fiber—definitely the Brighter choice!

MINIATURE PUMPKIN CAKES

- 2 cups whole wheat flour
- 1 cup bran
- 2 tbsps. Dixie Crystals granulated sugar
- 1 tbsp. Dixie Crystals light brown sugar
- 4 tsps. baking powder
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- 4 tbsps. calorie reduced margarine
- 1 cup canned pumpkin
- 1/2 cup egg substitute
- 1 1/2 cups orange juice

Coat a muffin pan well with non-stick cooking spray and set aside. Combine all ingredients in mixing bowl. Stir to blend. Spoon into muffin cups, filling half full. Bake at 400° for 15-20 minutes. Yield: 24 muffins (69 calories per cake)

MINIATURE CARROT CAKES

- 1 cup egg substitute
- 3 tbsps. Dixie Crystals light brown sugar, firmly packed
- 1 tbsp. plus 1 tsp. calorie reduced margarine
- 1 tsp. vanilla
- 1 1/3 cups non-fat dry milk powder
- 3/4 cup whole wheat flour
- 2 tsps. baking soda
- 2 tsps. ground cinnamon
- 1 tbsp. honey
- 3 cups carrots, grated
- 1 cup pineapple, crushed and unsweetened
- 1/4 cup raisins

Preheat oven to 350°. Spray muffin pan well with non-stick cooking spray. In mixing bowl beat together egg substitute, sugar, margarine, and vanilla until mixture is light and fluffy. Using mixer at low speed add milk powder, flour, soda and cinnamon. Beat until thoroughly combined. Spoon batter into muffin pan, filling half full. Bake 20-25 minutes. Yield: 30 cakes (46 calories per cake)



MINIATURE BANANA WALNUT CAKES

- 1 1/2 cups flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1/4 cup calorie reduced margarine
- 3/4 cup Dixie Crystals light brown sugar, firmly packed
- 1/2 cup egg substitute
- 1 cup (2) mashed bananas, ripe
- 1/2 cup skim milk
- 1/4 cup chopped walnuts

Spray muffin pan generously with non-stick cooking spray and set aside. Combine flour, soda and salt. In separate bowl, cream together margarine and sugar. Add egg substitute and bananas, beating until light. Alternately add flour mixture and milk, beating after each addition. Add nuts and pour into muffin pan. Bake at 350° 20-25 minutes. Yield: 24 cakes (77 calories per cake)

The Clever Cook Award!

Win Cash for
Your Best Recipe!

Category for the Next Issue: Microwave Dishes!

First Prize: \$100
Second Prize: \$25
Two Runners-Up: \$10 each

Deadline for Submission: March 27, 1990



Winning Recipe Will Appear in
Home & Country Series Holiday Cookbook
On Sale June 12, 1990

It's Easy to Enter!

Come up with an original recipe to cook in the microwave oven—this issue's category!

- 1) Please type or print the recipe including title, list of ingredients in the order they're used, and complete, concise instructions for preparation.
- 2) Add helpful hints, such as, "Dice onions finely and saute gently until soft, but not brown."
- 3) Include any special "standing," slicing and serving tips.
- 4) Finally, be sure to state the quantity or number of portions your recipe will yield.

Recipes will be judged by our editorial staff on the basis of convenience in preparation, tastiness, texture, eye appeal and general quality.

Enter as many times as you wish. But, don't forget to clearly print or type your name and address on each entry! If we can't read your address, you may miss out on the prize!

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NANA'S RICOTTA PIE

Mrs. Jan Piccola of Dayton, Ohio

Jan's "Nana" has made this traditional Italian pie for the holidays for more than a half century and Jan is passing on this tradition, much to the delight of her family and the epicureans here at *MSC Publishing*. In this time-honored recipe the tangy flavor of the meat and smoked mozzarella marry with the ricotta to create a tasty dish that is even better the next day—if you can believe that!

1 3/4 cups sifted all-purpose flour
1/4 tsp. salt
3/4 cup butter
3 egg yolks, slightly beaten
2-3 tbsps. ice water
4 eggs
1 (15 oz.) container whole-milk ricotta cheese
1 (8 oz.) pkg. smoked mozzarella,
cut into 1/4 inch cubes
1/4 lb. Genoa salami or pepperoni,
cut into 1/4 inch cubes
1 tbsp. grated Parmesan cheese
1/2 tsp. pepper

To make dough for crust sift flour and salt into large bowl. Cut in butter until crumbly. Add yolks and 2 tablespoons ice water, tossing with fork. Work dough until soft enough to gather into ball; add additional tablespoon of water, if necessary. Wrap; chill 1 hour.

Beat eggs and ricotta until smooth. Stir in mozzarella, salami or pepperoni, Parmesan and pepper. Reserve third of dough; cover. Roll remaining dough on lightly floured surface into 12 inch round springform pan. Press dough over bottom and sides. Prick with fork. Spoon filling into pan.

Roll reserved dough into 10 inch round. Center on top of filling. Moisten edges of top and bottom crusts with water; pinch together to seal. Set pan on cookie sheet.

Bake in preheated 350° oven for 1 hour and 15 minutes. Cool in pan on rack 35 minutes. Carefully remove sides. Serve warm or cold. Yield: 16 servings

Economy Dishes

BOUNTIFUL BEANS

As well as being a high-protein food, beans are an economical dish that is low in cost as well as a real meal stretcher. Combine them with rice or inexpensive cuts of meat and you can feed an army if you like. Give any one of the recipes below a try when your army marches in.

LENTIL STEW

1 cup dry lentils
2 cups water
1/2 tsp. salt
1 lg. carrot, sliced
1 tbsp. oil
1 cup chopped onion
1/2 cup sliced celery
1 tsp. curry powder
1/4 tsp. ground cumin
1/4 tsp. black pepper
1 (14 1/2 oz.) can stewed tomatoes
2 tbsps. cornmeal
2 cups hot, cooked white rice

Rinse and drain lentils; discarding discolored ones. In 3 quart saucepan, combine lentils, water and salt; bring to a boil. Reduce heat and simmer for 15 minutes. Add carrot; cook until lentils are just tender, about 10 minutes longer.

In medium saucepan heat oil. Add onion and celery; saute for 5 minutes. Stir in spices.

Drain 1/4 cup liquid from tomatoes; stir cornmeal and tomatoes into onion, celery, and spice mixture. Bring to a boil, stirring constantly, until thickened. Add lentils, including liquid, cook 5 minutes. Serve over rice. Yield: 4 servings

CHICKEN AND LIMA CASSEROLE

1 (16 oz.) pkg. dried lima beans
2 qts. water
1 tbsp. olive oil
1/4 tsp. ground black pepper
1/4 cup unsifted all-purpose flour
1 tsp. salt
4 chicken legs
2 tbsps. butter
3 sm. onions, quartered
1 clove garlic, chopped
1 (16 oz.) pkg. frozen vegetable combination of your choice

Sort and soak beans, drain and rinse. In 5 quart kettle, heat soaked beans, water, oil, and

pepper to a boiling. Reduce heat to low; partially cover and simmer 25-30 minutes or until just tender.

Combine flour and salt. Toss chicken pieces, one at a time, in mixture until coated. Melt butter in 5 quart Dutch oven. Brown chicken, 2 pieces at a time. Remove and set aside. Drain beans, reserving liquid.

Add onions to drippings in Dutch oven and cook for 2-3 minutes. Stir flour, garlic, and salt into Dutch oven with onions. Stir in 2 cups of reserved liquid, stirring constantly. Cook until sauce thickens. Stir in frozen vegetables and beans. Heat to boil. Return chicken to oven.

Cover and bake in 375° oven for 30 minutes. You may add more liquid if mixture seems dry. Serve this with a salad for a delicious, protein-packed, economical dinner. Yield: 6 servings

BEANS IN BEER

2 cups dried pinto beans, sorted and rinsed
6 cups water
2 ozs. salt pork, cut into 1/4 inch pieces
1 cup chopped onion
2 cloves garlic, finely chopped
2 fresh or canned green chillies, seeded and finely chopped
1 lb. fresh tomatoes, chopped
1 (12 oz.) can beer
Salt to taste

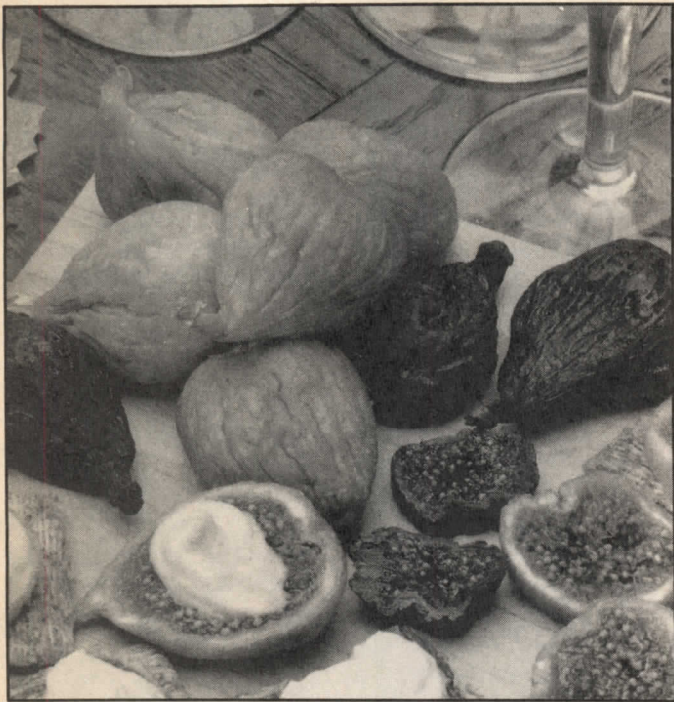
Pour pre-soaked beans into colander; reserving soaking liquid. Put salt pork in large kettle and cook until enough fat melts to lightly coat bottom of kettle. Add onion and garlic and cook 3-4 minutes, stirring frequently.

Stir in chillies, tomatoes and beans. Pour in beer; adding enough of cooking liquid to come about 1/2 inch above top of beans. Cover and cook to a boil. Reduce heat and cook for 1 1/2 hours or until beans are soft. Serve with franks or hamburgers for a complete meal. Yield: 5 servings

BITS 'BOUT BEANS

- Make sure to rinse and sort well, discarding discolored beans or any foreign debris that may be present.
- Ideally, beans should soak overnight.
- If overnight soaking is not possible, use the quick-soak method. Cover beans with water in kettle. Bring to boil; reduce heat and simmer for 2 minutes. Let soak for 1 hour.
- For best results, rinse beans after soaking and continue cooking in fresh water.
- Cooking time varies with the size of the bean used.
- Do not over cook beans or they will turn to mush. Simmer gently.

Dried Fruits



One of the many things that all dried fruits have in common is that they have a highly concentrated source of nutritional values. It takes six pounds of fresh fruit to make one pound of dried apricots. Fruit for drying must be fully tree-ripened; therefore, it maintains its sun-drenched sweetness.

Prunes, while high in fiber, are low in fat and are plump with the moist, tangy sweetness of summer's sun-ripened plums.

Dried figs are one of the most nutritious fruits available. Figs have a high content of easily digestible natural sugars such as glucose and fructose. They are high in plant protein content, dietary fiber and calcium content, making figs "nature's most nearly perfect fruit."

Taste, along with a myriad of nutritional pluses, is what you will enjoy when you try the following recipes:

FIG WALNUT SPINACH SALAD

1 sm. red onion, thinly sliced
2 tbsps. tarragon wine vinegar
2 tbsps. lemon juice
1 tsp. dijon-style mustard
1/4 cup walnut or salad oil
1/4 cup light olive oil
1 tsp. salt
1/4 tsp. freshly ground pepper
1/2 tsp. tarragon
1 bunch fresh spinach, washed and dried

6 California dried figs, sliced crosswise
3/4 cup julienned jicama
1 sm. red pepper, cut in 1/8 inch strips
6 radishes, sliced
1/3 cup coarsely chopped walnuts, toasted

Place red onion in strainer. Pour on boiling water to wilt. Drain. Place in small bowl. Combine vinegar, lemon juice, mustard, walnut and olive oil, salt, pepper and tarragon. Stir or shake well. Toss a little of the dressing with red onion. Chill.

In large bowl, combine spinach, dried figs, jicama, red pepper and radishes. Add marinated onions and walnuts just before serving. Toss lightly, adding more dressing as needed. Yield: 6 servings

APPLE-SPICE PRUNE GRIDDLECAKES

1 cup all-purpose flour
1/2 cup whole wheat flour
1/2 cup unprocessed bran
2 tps. baking soda
2 tps. sugar
1 tsp. salt
2 cups buttermilk
2 eggs, lightly beaten
2 tablespoons melted butter
or margarine
1 cup (about 6 ozs.) chopped,
pitted prunes

Apple-Spice Topping:

1 cup unsweetened applesauce
1/3 cup (about 2 ozs.) finely chopped pitted prunes
1/2 tsp. cinnamon

In bowl combine flours, bran, soda, sugar and salt. Stir in buttermilk, eggs, butter and prunes; mix with fork just to blend. Drop by spoonfuls onto hot, non-stick skillet sprayed with vegetable cooking spray. Cook over medium heat until golden brown on both sides, turning once.

In small saucepan combine applesauce, chopped prunes and cinnamon. Heat to warm through. Serve hot on griddle cakes. Yield: 1 dozen, 4 inch pancakes

CHOCOLATE-APRICOT DROP COOKIES

2 cups flour
1/2 cup cocoa
1 tsp. baking soda
1/2 tsp. salt
1 cup butter or margarine, softened

3/4 cup granulated sugar
 2/3 cup brown sugar, firmly packed
 2 eggs
 1 1/2 tsps. vanilla
 1 cup California dried apricots, coarsely chopped

Optional:

1 cup walnuts or macadamia nuts, coarsely chopped
 1 cup white chocolate chips
 1 cup shredded coconut

Stir together flour and next 3 ingredients; set aside. In mixing bowl, cream butter and sugars together. Blend in vanilla and eggs. Add flour mixture. Stir in apricots. Add any combination of nuts, chips and coconut, as desired. Drop by rounded tablespoons on to greased cookie sheets. Bake at 350° for 10-12 minutes, or until cookies are set. Yield: 4 dozen, 2 1/2 inch cookies.



APRICOT CHICKEN IN PASTRY

2 (10 oz.) pkgs. frozen puff pastry shells, thawed
 4 ozs. cream cheese with herbs and garlic
 1/2 cup California dried apricots, coarsely chopped
 3 tbsps. chopped fresh parsley
 3 whole chicken breasts, halved
 Salt and pepper
 1 tbsp. olive oil
 1 egg, beaten

Roll out pastry shells to 1/8 inch thickness; set aside. Combine cream cheese and next two ingredients in bowl; cover and refrigerate. Season chicken breasts with salt and pepper and saute in oil until well browned, about 3 minutes on each side. Remove from pan and pat dry with paper towels. Place one chicken breast half on a pastry round. Top with 1/6 of apricot-cheese mixture. Top with another pastry round. Seal with tines of fork. Trim excess pastry, leaving 1/2 inch border. (Cut shapes from pastry scraps for decoration.) Brush with beaten egg. Repeat with remaining pastry, chicken and cheese mixture. Bake at 400° for 15 to 20 minutes, or until pastry is flaky and golden brown. Yield: 4-6 servings

BLEU CHEESE SPREAD

6 ozs. bleu cheese, crumbled
 2 (3 oz.) pkgs. cream cheese
 1/4 cup dry white wine
 1/2 tsp. Worcestershire sauce
 1/2 tsp. paprika
 1/4 tsp. garlic powder
 Few drops hot pepper sauce
 Paprika
 Parsley
 Dried California figs
 Crackers

In food processor or mixing bowl, blend cheeses. Blend in wine, Worcestershire sauce, paprika, garlic powder and hot pepper sauce. Refrigerate if made in advance and bring to room temperature before serving. Sprinkle with paprika and garnish with parsley. Serve with sliced dried California figs and crackers. Yield: about 1 1/4 cups

SPICY APRICOT COMPOTE

2 cups water
 1/2 cup sugar
 1/2 lemon, sliced
 1/4 tsp. ground cinnamon
 3 whole cloves
 2 cups (about 10 ozs.) California dried apricots

Combine water and next 4 ingredients in saucepan. Bring to boil; reduce heat and simmer for 10 minutes. Stir in apricots; continue to simmer 10 minutes longer. Serve compote warm or cold. Yield: 6 servings



GOLDEN ASPARAGUS SOUP

4 cups chicken stock* or canned broth
1/4 tsp. ground ginger
1/2 cup dry sherry
2 tsps. sesame oil
1/3 lb. fresh Michigan asparagus spears,
cut into 1 1/4 inch pieces
2 ozs. cellophane noodles, cooked and drained
2 green onions, thinly sliced

Bring chicken stock and ginger to boil. Stir in sherry and sesame oil. Reduce to a simmer and add fresh asparagus and noodles. Cook until asparagus is tender-crisp, 2-4 minutes. Stir in green onions and serve immediately. Yield: 4 servings

CHICKEN STOCK

1 1/2 qts. water
3 lbs. chicken back and neck pieces (with skins)
1/2 lemon
2 stalks celery cut in half
5 to 6 peppercorns

Combine all ingredients and bring to a boil. Lower heat and simmer, covered, 3-4 hours. Pour through a fine strainer and skim fat from top. You can use this recipe for the CREAM OF BROCCOLI SOUP, this page or any other soup that calls for chicken stock.

BEAN AND RICE SOUP

- 3 cloves garlic
- 5 tbsps. olive oil
- 10 plum tomatoes, peeled and cut into chunks
- 10 mushrooms, sliced
- 1 (1 lb.) can cannellini (white beans)
- 1 1/2 cups long-grain rice
- 3 tsps. salt
- 4 cups water
- 3 tbsps. fresh parsley, chopped
- Pepper to taste
- 4 tbsps. grated Parmesan cheese

In soup pot, saute garlic in olive oil until brown and then discard garlic. Add tomatoes and mushrooms to oil and cook for 5 minutes.

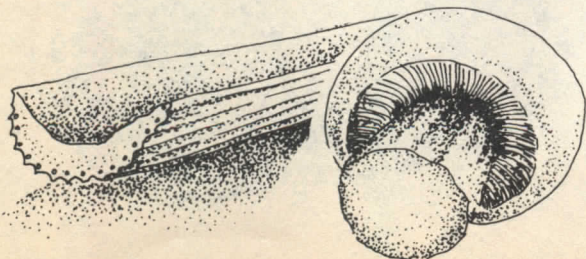
Add beans with liquid. Add rice, salt and water. Bring to boil, cover and reduce heat. Cook for 15 minutes or until rice is tender. Stir often.

Stir in parsley and pepper. Serve soup hot with Parmesan cheese on top. Yield: 6 servings

FRESH VEGETABLE MINISTRONE

- 1 cup fresh shell kidney beans
- 2 1/2 qts. water
- 2 potatoes, diced
- 2 carrots, diced
- 2 leeks, chopped
- 2 tomatoes, peeled and chopped
- 1 onion, chopped
- 2 zucchini, diced
- 1 celery stalk with leaves, sliced
- 1 handful of escarole, cut up
- 4 tbsps. olive oil
- Salt
- 2 cups small macaroni (tubetti, shells or cavatelli)
- 2 tbsps. parsley, chopped
- 2 tbsps. grated Parmesan cheese
- 2 tbsps. Romano cheese

Shell beans and add beans and salt to boiling water. Add prepared vegetables and olive oil to boiling mixture. When it comes to a second boil, lower and simmer for 2 hours or until vegetables are tender. Add macaroni and cook for another 15 minutes. Add parsley last 5 minutes. Serve soup hot topped with cheese of your choice. Yield: 8 servings



MANHATTAN SUPPER SOUP

- 1/2 lb. chuck beef, ground
- 2 cups coarsely chopped cabbage
- 1 lg. onion, thinly sliced
- 1 stalk green celery, sliced
- 3 carrots, cut in 1 inch cubes
- 1 med. potato, cubed
- 1 tbsp. dried parsley flakes
- 1/2 (6 oz.) can tomato paste
- 1 (1 lb.) can tomatoes
- 1 (10 oz.) can condensed beef broth
- 2 soup cans water
- 1 1/2 tsps. salt
- 1/4 tsp. black pepper
- 1 (10 oz.) pkg. frozen peas
- 1 1/2 tsps. sugar

In large kettle, cook meat until it loses its red color. Add remaining ingredients except frozen peas; bring to boil and simmer, uncovered, 50 minutes. Add peas, cover; cook 10 minutes or until peas are tender. Yield: 8 servings

CREAM OF BROCCOLI SOUP

- 8 ozs. cheddar cheese, grated
- 7 tbsps. butter
- 1 bunch broccoli, trimmed, peeled and cut into 1 inch pieces
- 1/3 cup diced celery
- 1 cup finely chopped onion
- 1/4 tsp. white pepper
- 7 cups chicken stock or broth
- 2 1/2 tbsps. all-purpose flour
- 1 1/4 cups half-and-half or heavy cream

Grate cheese and set aside. In large casserole melt 4 tablespoons of butter over moderate heat. Add broccoli, celery, onion and pepper. Partially cover and simmer approximately 5 minutes, until just tender. Stir in chicken stock. Bring to boil. Lower heat and simmer, covered, for 30-35 minutes.

Strain soup and reserve solids and liquid separately. Place solids and 1/2 cup liquid in food processor or blender. Blend until very smooth. Add pureed solids into remaining liquid; set aside.

Melt remaining butter in casserole over moderate heat. Whisk in flour and cook, stirring constantly, until mixture turns brown, about 2 minutes. Add pureed soup and whisk until blended. Bring to boil. Lower heat and simmer, whisking occasionally, 15 minutes.

Combine half-and-half and cheese in food processor. Blend until smooth. Whisk cheese mixture into soup until well blended and just heat through. (Do not boil.)

Garnish with julienned leeks or broccoli flowerettes. Yield: 12 servings

The Pleasures of Pies & Puddings

MOCHA CUSTARD

1/4 cup mocha-java coffee beans, broken in bits
2 cups whipping cream
3-4 tbsps. Dixie Crystals granulated sugar
4 ozs. semi-sweet chocolate
1/2 oz. unsweetened chocolate
6 egg yolks
2 tpsps. brandy or cognac
1/2-3/4 tsp. vanilla extract

Tie chopped or broken coffee beans in cheesecloth, and steep the parcel in stainless steel saucepan with cream and sugar. Warm the mixture until steaming hot, but do not allow it to come to a boil, or it will curdle. Remove from heat and let stand 30 minutes. Remove, squeeze out and discard the bundle of coffee beans. Meanwhile, melt the two chocolates over pan of hot water. Beat egg yolks with wire whisk, and gradually add coffee-cream mixture to them. Whisk coffee-egg-cream mixture into melted chocolate a little bit at a time. Pour into 6 individual custard cups. Place them in baking dish and add enough hot water to come halfway up the sides of cup. Lay sheet of aluminum foil loosely on top of cups and bake in preheated 350° oven 25 minutes. Remove cups to wire rack to cool. Serve at room temperature. Yield: 6 servings

CLASSIC ALMOND CREAM

1 env. Knox Unflavored Gelatine
1/4 cup cold water
1 1/2 cups whipping or heavy cream
1/2 cup sugar
2 eggs
1/2 tsp. almond extract

In small saucepan, sprinkle unflavored gelatine over cold water; let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 3 minutes. Remove from heat and let stand until lukewarm, about 1 minute.

In blender or food processor, process cream, sugar, eggs and almond extract until blended. While processing, through feed cap, gradually add lukewarm gelatine mixture and process until blended. Pour into dessert dishes; chill until set, about 2 hours. Garnish, if desired, with whipped cream and sliced almonds. Yield: 6 servings

LEMON-LIME MERINGUE PIE

1 env. Knox Unflavored Gelatine
3/4 cup cold water
6 tbsps. butter, cut into pieces
1 3/4 cups sugar
1/3 cup fresh lemon juice (about 2 lemons)
1/3 cup fresh lime juice (about 3 limes)
4 eggs, separated
1 egg
1 tsp. fresh grated lemon peel (optional)
1 tsp. fresh grated lime peel (optional)
1 (9") baked pastry shell
1/2 tsp. cream of tartar

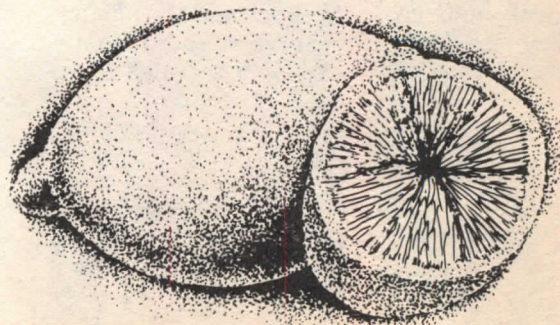
In small saucepan, sprinkle unflavored gelatine over 1/4 cup cold water; let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 3 minutes. Stir in butter until melted.

In blender or food processor, process remaining 1/2 cup water, 1 cup sugar, lemon and lime juices, egg yolks, egg and lemon and lime peels. While processing, through feed cap, gradually add gelatine mixture and process until blended. Pour into pastry shell; chill until firm, about 3 hours.

Preheat oven to broil.

In large bowl, with electric mixer, beat egg whites with cream of tartar on high speed until foamy. Gradually add remaining 3/4 cup sugar and beat until stiff peaks form and sugar is completely dissolved, about 5 minutes. (Egg whites should be glossy.) Spoon egg whites over lemon-lime filling to pie edges to seal. Broil on middle rack of oven 30 seconds or until egg whites are lightly golden. Serve immediately or cool on wire rack, then chill until serving.* Yield: 8 servings

* **Note:** For easy cutting, slice pie with a wet, hot knife.





STRAWBERRY LEMONDRIFT PIE

2 pt. baskets fresh California strawberries
 1/2 cup milk
 1 env. unflavored gelatin
 2/3 cup sugar
 1 1/2 tbsps. fresh lemon peel, grated
 1/4 cup fresh lemon juice
 2 cups whipping cream
 1 baked and cooled 9 inch pie shell
 Powdered sugar

Stem strawberries; cover and chill. In 1 quart saucepan combine milk and gelatin; set aside 5 minutes. Stir in sugar. Stir over low heat until gelatin and sugar are completely dissolved. Stir in peel and juice. Cool to room temperature, then chill until syrupy, about 15 minutes. Meanwhile, in large bowl whip cream to form stiff peaks. Fold in gelatin mixture in order to blend thoroughly. Spoon into pie shell, mounding top. Halve strawberries. Cover filling with strawberries. Chill until firm, about 2 hours. Dust lightly with powdered sugar just before serving. Yield: 6-8 servings

FROZEN ZABAGLIONE

5 tbsps. Marsala
 6 tbsps. Dixie Crystals granulated sugar
 6 egg yolks
 1 tbsp. water
 1 cup heavy whipping cream

Mix Marsala and sugar in top half of double boiler. Whisk in yolks and water. Set over pan of simmering water, and whisk constantly until mixture is very light and fluffy, and no uncooked liquid remains at bottom of pan, about 5 minutes. The zabaglione should hold its shape for a moment—like softpeaks—when you

drop some from whisk. Immediately remove pan to bowl of crushed ice, and whisk constantly to cool. Whip cream until stiff, and fold gently but thoroughly into chilled zabaglione. Spoon into glass dessert dishes or parfait glasses, and freeze about 1 hour before serving. Yield: 8 servings

CHOCOLATE PUDDING WITH "MIX-INS"

1 env. Knox Unflavored Gelatine
 1/4 cup cold water
 1 cup (1/2 pt.) whipping or heavy cream
 2 eggs, slightly beaten
 1/2 cup semi-sweet chocolate chips
 1/4 cup sugar
 1 cup milk*
 Mix-ins**

In medium saucepan, sprinkle unflavored gelatine over cold water; let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 3 minutes. Stir in 1/2 cup cream, eggs, chocolate and sugar. Continue cooking over low heat, stirring constantly with wire whisk, until chocolate is completely melted. Remove from heat, then stir in remaining 1/2 cup cream and milk. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon, about 30 minutes. Add mix-ins. Spoon into dessert dishes and chill until set, about 30 minutes. Top, if desired, with additional Mix-Ins. Yield: 6 servings

* Substitution: For richer pudding, use 1 cup (1/2 pt.) whipping or heavy cream.

** Mix-Ins: Use one of the following—4 bars (1.4 ozs. each) milk chocolate covered crisp toffee candy, broken in pieces; 1/2 cup chopped peanuts, crumbled chocolate sandwich cookies or chopped chocolate peanut butter cups; or 1/2 cup mini marshmallows.

OVEN BAKED RICE PUDDING

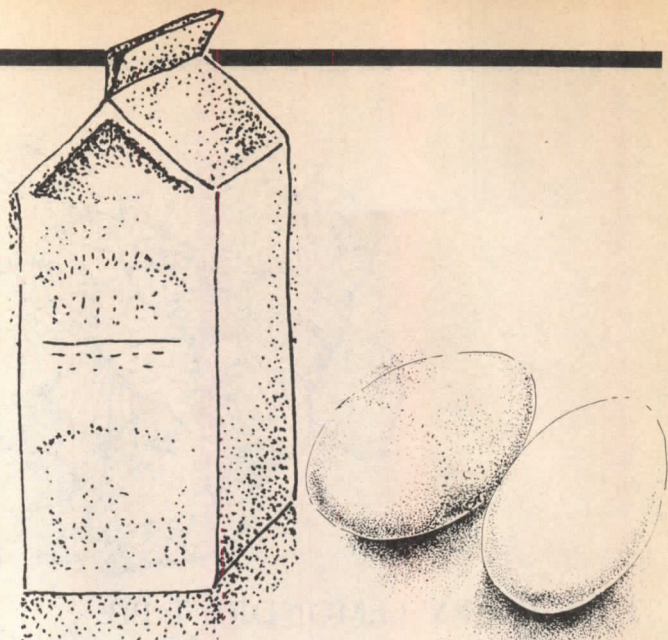
4 cups (1 qt.) milk, beaten with 2 eggs
1/2-2/3 cup Dixie Crystals granulated sugar
1/3 cup uncooked brown or white rice
1/2 tsp. salt
1/2 cup seedless dark raisins, soaked in rum,
brandy, or hot water for a few minutes,
and drained
1 tsp. vanilla extract or fresh lemon juice
1/4 tsp. nutmeg, freshly grated, or 1/8 tsp.
nutmeg and 1/8 tsp. ground cinnamon

Preheat oven to 300°. Butter 6 cup casserole. In it combine and mix milk mixture, sugar, rice, and salt. Bake, uncovered, for 2 hours, stirring every 30 minutes. Stir in raisins, return to oven, and bake 30 minutes more. Stir in lemon juice or vanilla, nutmeg and optional cinnamon if desired. Return to oven, and bake 30 minutes more, or until rice is very tender, and pudding is no longer liquid. Yield: 6 servings

BUTTERSCOTCH BRICKLE PIE

1 ready-to-fill frozen 9" pie shell
1 env. unflavored gelatin
1 cup Dixie Crystals light brown sugar,
firmly packed
1/4 tsp. salt
3 eggs, separated
1 1/2 cups milk
2 tbsps. butter
1 tsp. vanilla
1/4 tsp. cream of tartar
6 tbsps. Dixie Crystals granulated sugar
Bits 'o Brickle for garnish

Bake pie shell according to package directions. Combine gelatin, brown sugar and salt in medium saucepan. Beat egg yolks in small bowl; beat in milk. Add to gelatin mixture in pan. Heat, stirring constantly, until gelatin dissolves and mixture thickens slightly. Remove from heat; add butter and vanilla. Pour into large mixing bowl; chill until partially set. Beat egg whites with cream of tartar until frothy; beat in granulated sugar, 1 tablespoon at a time, until meringue forms firm peaks. Fold into partially set butterscotch filling in bowl; pile into prepared pie shell. Sprinkle Bits 'o Brickle over filling. Yield: 6-8 servings



CROWNING GLORY BREAD AND BUTTER PUDDING

3/4 lb. loaf white bread, unsliced
1/2 cup unsalted butter, softened
4 cups milk
1 vanilla bean
6 eggs
4 egg yolks
1 cup Dixie Crystals granulated sugar
Pinch nutmeg
1/4-1/2 cup golden raisins
Boiling water
Aluminum foil

Trim crust from bread and thinly slice. Butter slices and cut in half to form triangles. Arrange triangles buttered side up on a large baking sheet and broil until golden brown. Arrange toasted side up in deep baking dish. Reserve 4-5 triangles to form the "crown" of the pudding. Layer and overlap triangles in baking dish to fit all in. Preheat oven to 400°. Combine milk with the vanilla bean and heat in saucepan to just boiling. Remove from heat. Beat eggs and egg yolks with the granulated sugar until light in color. Whisk milk into egg mixture. Discard vanilla bean. Add nutmeg and whisk to blend. Sprinkle raisins over arranged bread slices and slowly pour milk mixture into baking dish. Bread slices will surface. Cut reserved triangles in half, forming smaller triangles. Insert smaller triangles around the edge of baking dish, forming the "crown." Loosely cap tips of crown with strips of foil. Place pudding in large flat baking dish on top of folded dish towel or pot holder. Pour boiling water into flat baking dish, taking care to keep water out of pudding. Place pudding and its boiling water bath into oven and bake 30-40 minutes or until set. Yield: 8 servings

IRISH SODA BREAD

5 cups flour
1/2 cup sugar
4 tps. baking powder
2-3 tbsps. caraway seeds
2 eggs
2 cups milk
4 tbsps. butter
1/2 cup raisins

Combine all dry ingredients together with raisins. Melt butter. Add milk and eggs to butter, mix. Stir dry ingredients into butter mixture, blending well.

Form a round loaf and place on greased cookie sheet. Cut a cross on top. Bake at 350° 40-50 minutes or until golden.

COLCANNON

Although this dish was originally made with kale, it is now usually made with cabbage. A plain gold ring, a sixpence, and a thimble or a button were often put into the mixture. To whomever received these items in their portion, the ring meant you would be married within a year, the money denoted wealth, the thimble represented a spinster, and the button a bachelor.

1 lb. cabbage, cooked and chopped
1 lb. potatoes, cooked
2 sm. leeks or green onion tops
1 cup milk or cream
3 tbsps. butter
Salt and pepper to taste

Chop the leeks or onion tops; simmer just covered in the milk or cream until soft. Drain the potatoes, season, and mash well. Beat in the cooked leeks, milk, and butter. Blend in the cabbage, beating over a low heat until it is a pale green fluff. Turn potato-cabbage mixture into a warmed serving dish. Serve at once. Yield: 4 servings

RHUBARB TEA MUFFINS

3 eggs
1 cup vegetable oil
1 3/4 cups brown sugar, firmly packed
1 1/2 tps. vanilla
2 cups chopped walnuts
2 1/2 cups rhubarb, finely diced
2 cups all-purpose flour
1 cup whole wheat flour, unsifted
2 tps. baking soda
2 tps. ground cinnamon
1/2 tsp. salt
1 tsp. baking powder
1/2 tsp. ground nutmeg
1/2 tsp. allspice

Preheat oven at 375°. With electric mixer combine eggs, oil, brown sugar and vanilla; beat until thick and foamy. With a spoon, stir in rhubarb and walnuts.

In separate bowl, combine flours, baking soda, cinnamon, salt, baking powder, nutmeg and allspice. Add to rhubarb mixture and stir gently just until blended.

Place batter in muffin liners 1/2-2/3 full. Bake at 375° 20-25 minutes until toothpick comes out clean.

LEPRRECHAUN LIME PIE

Crust:

1 cup quick uncooked oats
1/3 cup brown sugar
1/2 cup coconut
1/3 cup margarine

Toast oats in shallow baking dish in 350° oven for 10 minutes. Combine toasted oats, brown sugar, coconut, and margarine; mix well. Press mixture into bottom of 9 inch pie plate. Chill.

Filling:

1 (3 oz.) pkg. lime gelatin
1 cup boiling water
3 eggs, separated
1/2 cup cold water
2-3 drops green food coloring
1/4 cup sugar

Dissolve gelatin in boiling water. Combine egg yolks and cold water; cook over low heat, stirring frequently until just thickened. Stir in gelatin mixture and food coloring. Chill several minutes to set gelatin. Then beat mixture at high speed 5 minutes. Beat egg whites until foamy; gradually add sugar, beating until stiff peaks form. Fold gently into whipped gelatin mixture. Chill about 10 minutes. Spoon into crust; chill until set.

To garnish: Cut surface with shamrock-shaped cookie cutter, dot with tiny green gum drops, or serve with whipped cream. Yield: One 9 inch pie

IRISH COFFEE

An old Irish saying provides the ingredients:

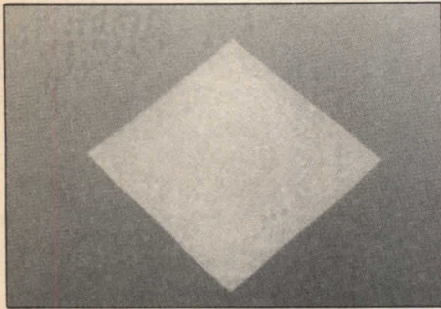
Cream—rich as an Irish brogue
Coffee—strong as a friendly hand
Sugar—sweet as the tongue of a rogue
Whiskey—smooth as the wit of the land

Specifically: Pour 1 ounce of Irish whiskey into each of 8 stemmed goblets. Add 1 teaspoon of sugar to each and fill each goblet to within one inch of the brim with coffee. Stir to mix coffee, whiskey, and sugar. Carefully place a dollop of whipped cream on top. Serve immediately. Yield: 8 servings

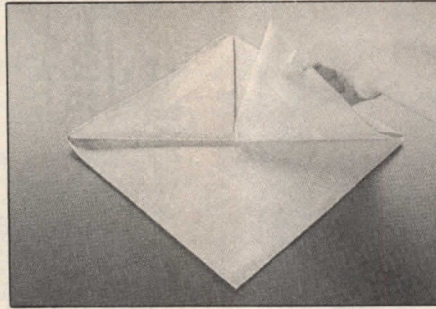
Note: It is said that the Irish do NOT stir after adding the cream. Also, the Irish-American like to sprinkle a little bit of nutmeg on top of the cream.

You don't have to be an artist to make table settings that are truly unforgettable. Follow these directions and make this Lily folded napkin, a lovely embellishment for your festive table.

The Art of Napkin Folding



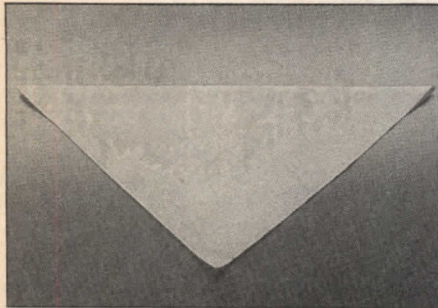
1. Position the napkin with the corners pointing up/down, left/right, respectively.



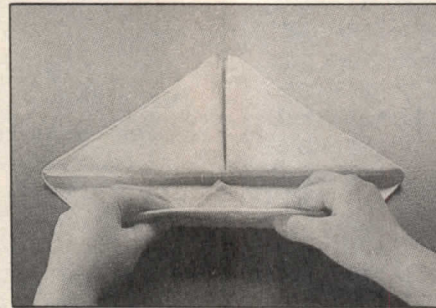
4. Take both corners and fold up to the center point, as shown.



7. Take napkin on both sides and insert right corner into left.



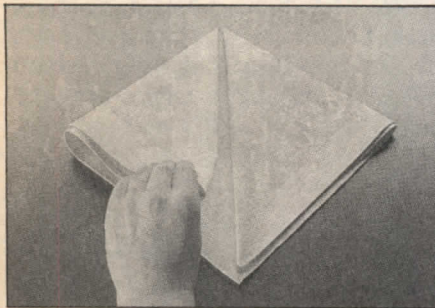
2. Fold the upper corner down, folding napkin in the middle.



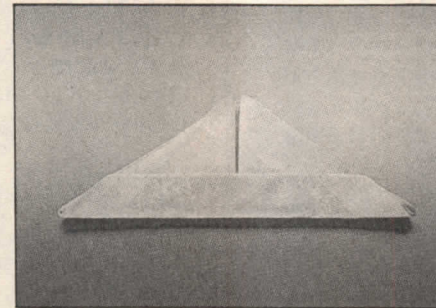
5. Take lower point, fold once to touch in the center of midline; fold again so that lower crease touches the midline, as in picture.



8. Set napkin down and pull the two outer folds gently down and tuck into the fold as shown.



3. Fold left and right corners down until sides meet in the middle.



6. Once again, fold this portion upwards and over the midline.

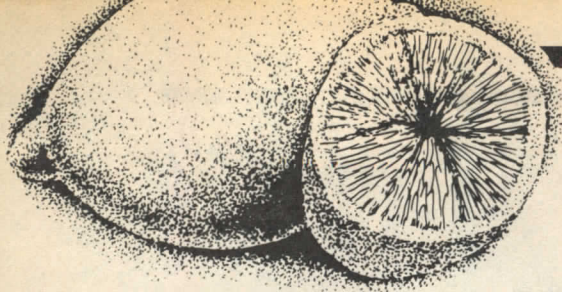


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NAPKIN FOLDING AND PLACE CARDS FOR FESTIVE TABLES by Hans Tapper and Helena York

A beautiful table sets the tone for any gathering. With this 64 page paperback you can learn how to add perfect complements to your festive table. Full-color photographs and easy-to-follow instructions accompany each of the designs for both napkin folding and place cards. This unusual host's helper can help make any special occasion a success.

\$6.95, Sterling Publishing Co., Inc., 387 Park Avenue South, New York, NY 10016-8810.



Put the Squeeze On!

Limes

LIME HERBED BUTTER

1/2 cup unsalted butter (1 stick)
2 tbsps. fresh Florida lime juice
1/2 tsp. dried tarragon leaves
1/2 tsp. dried thyme
1/2 tsp. dried dill

Combine ingredients, mix well and chill. Serve over vegetables, meat or bread.

LIME BAKED FISH

1/2 lb. fresh fish fillets
1 tsp. dried tarragon leaves
1/4 cup green onion tops, chopped
1/4 cup fresh Florida lime juice

Layer fish in covered baking dish. Sprinkle spices over fish. Bake covered at 325° for 15-20 minutes. Garnish with onion stem flowers, and slices of juicy seedless limes. Yield: 2 servings

TROPICAL LIME CHEESECAKE PIE

1 (8 oz.) pkg. softened cream cheese
1 (14 oz.) can sweetened condensed milk
1 (12 oz.) pkg. frozen dairy topping, thawed
1 cup fresh Florida lime juice (5-6 limes)
1 baked 9 inch pie shell
Lime slices and fresh mint leaves

Combine cream cheese and sweetened condensed milk until smooth. Add dairy topping. Stir in lime juice until well blended. Ingredients will begin to thicken quickly. Immediately pour into prepared pie shell. Can be served at once, but for best flavor chill 2 hours. Garnish with lime slices and mint leaves before serving.

SPICY LIME SALAD DRESSING

1 cup fresh Florida lime juice (5-6 limes)
1/2 cup honey
2 cloves garlic
1 sm. onion
1 sm. red pepper pod
4 sprigs fresh parsley

Puree all ingredients except parsley sprigs in blender. Add parsley and blend just a second. Serve over fresh, crisp salad greens. Yield: 1 1/2 cups

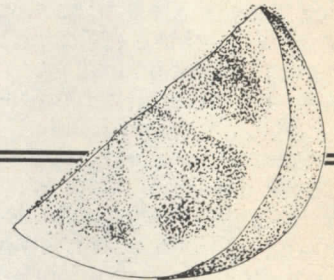
KEY LIME PIE

1 can sweetened condensed milk
1/2 cup key lime juice (about 8-10 limes)
4 egg yolks
1 (8 inch) prepared pie shell

Whip egg yolks. Blend condensed milk with egg yolks. When blended, add key lime juice. As soon as lime juice is mixed, stop blending. Do not overbeat. Pour into 8 inch baked pie shell or prepared graham cracker pie crust. Chill until set, overnight is best. Top with whipped cream.

For deeper filling make 1 1/2 recipes or triple for two pies.

JUICY TIDBITS



1. Choose limes that are firm, shiny, and deep green.

2. Sprinkle limes with a few drops of water and store in a plastic bag in the refrigerator to prolong shelf life.

3. To get the most juice from limes, keep at room temperature for one hour before squeezing. One medium lime contains approximately 1/4 cup juice.

4. Substitute limes for salt and butter in health conscious recipes. Tasty, healthy and only 3 calories per juicy squeeze.

5. Cut limes into wedges, wheels or rosettes and use as a garnish to dress up many dishes. Add that tropical pizzazz!

6. Sprinkle apples, avocados, bananas and pears with fresh lime juice to prevent discoloring. Serve a wedge of lime with melons and other tropical fruits to highlight subtle flavors.

7. Stud a plump lime wedge with cloves to add a tropical flair to hot tea. To perk up the flavor of iced tea, lace ice cubes with lime juice or grated peel.

8. Grate peel and freeze to keep fresh for later use on cakes, pies and other desserts.

9. Try limeade in summer when limes are at peak production and lowest price.

Kids in the Kitchen

by Marion Buccieri



In times past children cooked when it tickled their fancy. They only asked to help Mom in stirring when there was promise of licking the bowl afterwards. In a fluffy cloud of flour dust little ones could be found under the table or behind the frilly kitchen curtains giggling and gooey-handed. Mom didn't mind—at least she knew where they were.

These days moms are well aware that their roles have changed and that it has had an impact on their offspring. Children are letting themselves in after school, only to spend hours alone. Snacks are often packed with sugar and right out of the box. Dinners are late and no-fuss to accommodate hectic schedules. Most of us would like to be home when our children are, but that is not always possible. What to do?

One viable remedy is to teach them how to cook. Yes, kids can have fun in the kitchen—as long as they don't think of cooking as a chore. I find great satisfaction and fulfillment after a long work day, baking and

cooking. If my children have fresh baked cookies with their lunches, I feel that I am with them, at least in spirit. I'll admit, not everyone feels the same way about cooking as I do. That's okay! The point is that your children can gain much from learning this time—honored art. After-school snacks will become a source of activity for your children and provide self satisfaction when they are fixed to their own liking. They'll love sharing the spoils with you and hopefully will be anxious to contribute their fare to the dinner table. Praise these culinary treats and you'll have a helping hand forever. Remember—even if the chocolate layer cake is a little lopsided or the English muffin pizzas are too crispy—always have a positive word so your children will not be discouraged, or it may be a long time before any further attempts are made. Take a chance! You'll all have lots to gain.

Here are some tips for moms and kids in the kitchen:

1. Spend time helping your children become familiar with following cookbook instructions.

2. Make sure that cooking terms are well understood.

3. Familiarize your children with household utensils and appliances.

4. Teach kitchen safety rules. Set limits that you

are comfortable with in terms of using the stove and various appliances in your kitchen. One ten year old may be able to do more than another when operating in the kitchen. You decide!

5. Actually work through a recipe or two with them until you are sure that the attempt will not meet with defeat.

6. Help your children choose recipes that suit their abilities.

7. Stress the importance of cleaning up after cooking or baking, so that you can.....

8. Relax and let your children know that you have confidence in their success.

It may take some of the very little time that you have to get your children started, but it will be time well spent. Who knows? Maybe your son or daughter will take over your mid-week cookie sessions like mine did! Here are some good starter recipes for your beginner cooks.

BREAKFAST SPREAD

1 (8 oz.) pkg. cream cheese, softened
1/2 cup peach, pineapple or
apricot preserves
Toast, muffins or waffles

Beat cream cheese and 1/4 cup preserves until fluffy. Stir in remaining preserves. Chill. Spread on toast, muffins or waffles. Refrigerate remaining spread.

CINNAMON TOAST SPREAD

1/2 lb. confectioners' sugar
1/2 lb. margarine
3 tbsps. ground cinnamon

Mix all ingredients in electric mixer (can be mixed by hand with a wooden spoon by younger cooks if margarine is softened). Store in a plastic container in refrigerator. Yield: 1 1/2 cups

STRAWBERRY SHAKES

2 cups milk, lowfat preferred
2 cups strawberry ice cream*
1/2 cup strawberry preserves*

Combine all ingredients in blender; blend until smooth. Yield: 2-4 servings

*Variation: vanilla ice cream can be used with any flavor preserves. Vanilla ice cream with raspberry preserves or vanilla ice cream with pineapple preserves is great.

KNOX DOUBLE DECKER BLOX

3 envs. Knox Unflavored Gelatine
3 (4 serving size) pkgs. fruit flavored gelatin
3 cups boiling water
1 cup (1/2 pt.) whipping or heavy cream

In large bowl, combine unflavored gelatine with fruit flavor gelatin; add boiling water and stir until gelatine is completely dissolved, about 5 minutes. Stir in cream. Pour into 9 inch square baking pan; chill until firm, about 3 hours. To serve, cut into 1 inch squares. Yield: approx. 7 dozen blocks

ENGLISH MUFFIN PIZZA

1 pkg. (6) English muffins
12 thin slices mozzarella cheese
1 cup spaghetti sauce
Oregano
Salt and pepper to taste
Sausage, pepperoni or peppers (optional toppings)

Split English muffins so that you have 12 halves. Toast slightly in toaster. Preheat oven to 350°.

COOKIE TRIANGLES

1 (15 oz.) pkg. of prepared pie crust
Preserves or jelly, any flavor
Confectioners' sugar

Preheat oven to 350°. Roll dough out to make a rectangle or square. Cut into 2 1/2 inch squares. Place 1 teaspoon jelly or preserves on square. Fold over, making a triangle. Bake 15 minutes or until preserves are hot* (cookies will not brown). Cool. Sprinkle with confectioners' sugar. Yield: 3 dozen cookies

*Remember to always use a potholder to remove baking sheet from oven and to put hot baking sheet or pan on a rack so as not to burn tabletop or countertop.



PARTY BAKED POTATOES

6 lg. potatoes

Any of the following toppings:

1 cup shredded cheese, any kind
1 cup bacon bits
1 cup sour cream and chives
1 cup cooked broccoli
1 cup leftover chili

Wash and dry potatoes. Preheat oven to 400° Wrap potatoes in foil. Pierce each with fork. Bake about 1 hour. Remove potatoes from oven with potholders, they will be hot. Yield: 6 servings

Microwave directions: Wash and dry potatoes. Pierce with fork. Microwave on High for 5-7 minutes. Remove with potholder. Do not wrap in foil.

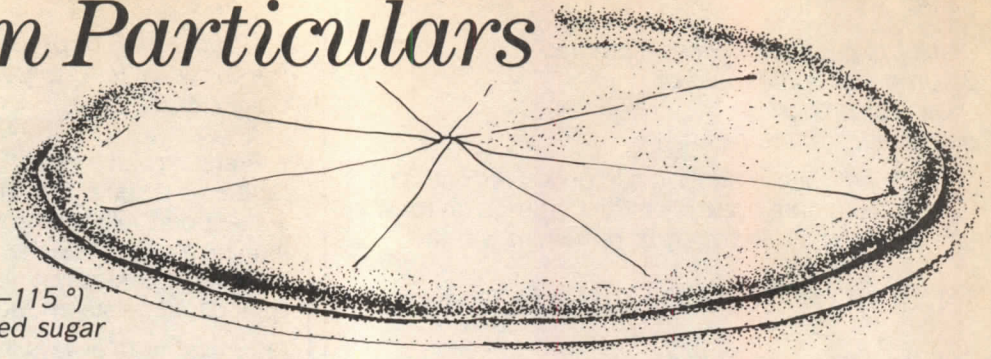
Serve potatoes with toppings of your choice in a divided serving dish or carousel. Party potatoes can be an accompaniment to both English Muffin Pizzas or Barbecued Beef on a Bun or served alone as a main dish. Why not have a Potatoe Party? Invite your friends to top their own potatoes.

BARBECUED BEEF ON A BUN

2 cups leftover roast beef, cut into 1" cubes
1/2 cup Worcestershire sauce
1/2 cup catsup
1/2 tsp. prepared mustard
4 hamburger buns
1 lg. onion, sliced thin

Place beef in shallow baking dish. Combine Worcestershire, catsup, and mustard. Pour over meat. Bake in 375° oven 45 minutes, turning occasionally. Serve on split buns with sliced onion on top. Yield: 4 servings

Pizza Pan Particulars



BASIC PIZZA CRUST

- 1 cup lukewarm water (105°–115°)
- 1 tsp. Dixie Crystals granulated sugar
- 1 pkg. active dry yeast
- 2 1/2 - 3 1/4 cups all purpose flour
- 1 tsp. salt
- 2 tbsps. vegetable oil or olive oil

Stir sugar into lukewarm water. Sprinkle yeast over sugar water and stir to dissolve. Allow yeast water to stand approximately 5 minutes until "soft" or foamy. Stir 2 cups flour together with salt, oil and yeast water. Gradually add remaining flour, stirring until a stiff dough is formed. Turn dough out onto lightly floured surface and knead until smooth and elastic, approximately 10 minutes. Coat dough lightly with oil and place in a covered bowl to rise until doubled in size, approximately 30 minutes. Punch dough down and allow to rest about 10 minutes before shaping. Divide dough in half and roll or press into 2 (12 inch) rounds. Place pizzas on lightly greased pizza pans or baking sheets and top with sauce and your choice of cheeses and toppings. Bake in preheated 400° oven 15-20 minutes or until crust is lightly browned and cheese is bubbling. Yield: 2 (12 inch) thin crusts or 1 thick 14 inch crust

QUICK CRUST PIZZA

- 1 3/4–2 cups bread flour, divided
- 1/2 tsp. salt
- 2 tps. Dixie Crystals granulated sugar
- 1 env. quick rising yeast
- 2/3 cup hot water (125°–130°)
- vegetable oil (for coating)

Combine 1 cup bread flour with salt, sugar and quick rising yeast. Mix well to blend. Pour hot water into dry mixture and stir to form a dough. Turn out onto lightly floured surface and knead in enough of remaining bread flour to form stiff dough. Continue kneading until smooth and elastic, about 5 minutes. Coat dough lightly with vegetable oil and place in covered bowl. Allow bowl to stand at room temperature until dough has doubled in bulk, 10-15 minutes. Punch dough down and roll out into 12 inch circle. Place dough on an oiled 12 inch pizza pan or large baking sheet and brush lightly with oil before topping. Top with any of our great pizza sauces and your choice of meats, cheeses and vegetables! Bake in preheated 400° oven approximately 20 minutes, or until crust is golden brown. Yield: 1 (12 inch) pizza crust

BATTER CRUST

- 1 cup bread flour
- 3 tbsps. cornstarch
- 2 tps. Dixie Crystals granulated sugar
- 1 tsp. salt
- 2 tps. baking powder
- 2/3 cup water

Combine bread flour, cornstarch, sugar, salt*and baking powder together in mixing bowl. Stir well to blend. Slowly stir water into dry ingredients. Beat well with a wooden spoon. Add 2-3 tablespoons of additional water to batter, if necessary. Pour batter onto greased 12 inch pizza pan. Tilt and rotate pan to allow batter to flow evenly over the entire surface of pan. Bake untopped crust 5-7 minutes in preheated 400° oven, or until surface of crust is dry to the touch. Remove crust from oven and add sauce and toppings. Return pizza to oven and complete baking, 10-15 minutes, or until crust is golden brown and cheeses have melted. Yield: 1 (12 inch) crust

PIZZA WITH THE WORKS

Crust

- 1 unbaked crust (as per one of recipes given)

Sauce

- 1 (6 oz.) can tomato paste
- 1 tbsp. Rose wine
- 1 clove garlic, crushed
- 1/4 tsp. oregano
- 1/4 tsp. basil
- 1/4 tsp. black pepper

Combine all ingredients and blend well with whisk. Allow sauce to stand 5-10 minutes to allow flavors to blend. Spread sauce evenly over oiled dough, leaving a 1 inch rim of crust.

Toppings

- 1 1/2 cups shredded mozzarella cheese
- 1/4 cup shredded Provolone cheese
- 2 tbsps. grated Romano cheese
- 2 tbsps. Parmesan cheese
- 1/4-1/2 cup browned Italian sausage
- 1/2 green pepper, thinly sliced

1/4-1/2 sm. onion, thinly sliced
6-8 fresh mushrooms, sliced
25-30 thin slices pepperoni

Toss cheeses together to blend. Reserve about 1/4 cup of blended cheeses. Arrange remaining cheeses over unbaked pizza crust with sauce. Top cheese with Italian sausage, slices of green pepper and onion, mushrooms and pepperoni slices. Sprinkle reserved cheeses over top of arranged pizza. Bake in preheated 400° oven 20-25 minutes or until crust is golden brown and cheese has melted to a gooey perfection! Slice and serve hot. Yield: 1 (12 inch) pizza with "The Works!"

NEOPOLITAN PIZZA

Crust

2/3 cup warm milk (105° - 115°)
1 env. quick rising yeast
1/2 tsp. Dixie Crystals granulated sugar
2 cups bread flour
1/4 tsp. salt
3 tbsps. olive oil

Stir sugar into warm milk. Sprinkle yeast over milk mixture. Stir to dissolve. Allow milk/yeast mixture to stand 3-5 minutes, or until mixture is foaming. Place flour, salt and olive oil in large mixing bowl. Pour in foaming milk/yeast mixture. Stir well to form a stiff dough. Turn dough out of bowl and knead 5-10 minutes on lightly floured surface. Fully kneaded dough will appear smooth and elastic. Roll dough out into large 12 to 14 inch circle. Lift dough and place in 14-15 inch oiled (with olive oil) pizza pan. Spread dough to edges of pan with heels of your hands. Brush lightly with olive oil.

Topping

3-4 fresh plum tomatoes, thinly sliced
1 tsp. celery salt
1 tsp. black ground pepper
2 tps. oregano
4 ozs. mozzarella cheese, thinly sliced
2 sm. onions, thinly sliced or diced
10 anchovy fillets (optional)
1 tbsps. capers (optional)

Arrange tomato slices over dough crust leaving about a 1 inch rim. Sprinkle tomato slices evenly with celery salt, pepper and oregano. Arrange slices of onion over tomatoes and top with slices of mozzarella cheese. Garnish with anchovy fillets and capers if desired. Allow pizza to stand 15 minutes before baking. Bake in 350° oven 25-30 minutes or until crust is golden brown. Yield: 1 (14 inch) pizza

PIZZA MEXICALE

Crust

1 1/2 cups self-rising flour
2/3 cup yellow cornmeal

1/2 cup butter, softened
1/2 cup milk

Stir flour and cornmeal together in large mixing bowl until well blended. Cut softened butter into the flour mixture using pastry blender or 2 knives until mixture resembles coarse gravel. Slowly pour milk onto flour mixture, tossing flour mixture lightly until a ball of dough is formed. Turn dough out onto floured surface and knead 4-5 minutes or until smooth. Roll dough out into a circle approximately 14 inches in diameter. Place dough in a well-greased, 14 inch, deep dish pizza pan and shape edges to form a deep rim of crust.

Toppings

2 cups shredded Monterey Jack cheese
2 tbsps. olive oil
1 clove garlic, crushed
1 sm. onion, peeled and chopped
1/2 green pepper, coarsely chopped
1 cup canned kidney beans, drained
2 med. tomatoes, chopped
12-15 olives, sliced (black or green)
Jalapeno slices (to taste)
Sour cream (garnish)
Salsa (garnish)

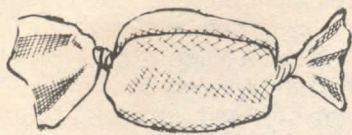
Sprinkle half of shredded cheese over cornbread dough. Heat the olive oil in skillet and gently saute garlic, onion, green pepper and kidney beans 1-2 minutes. Cool slightly and arrange over cheese on pizza. Arrange chopped tomatoes, olives and Jalapenos over the bean mixture. Sprinkle remaining cheese over top and bake in preheated 400° oven 15-20 minutes or until edges turn golden brown and crusty. Slice and serve hot with generous dollops of sour cream and salsa, if desired. Yield: 1 (14 inch) deep dish pizza

THOUGHTFUL TIDBITS

Pizza Pan Particulars!

1. Dark pans produce a darker, more evenly browned crust; however, they also bake more quickly. Watch for over browning and don't bake at temperatures that are any higher than 400°
2. Lighter pans produce a lighter colored crust that is more chewy than crisp. These pans keep crusts from browning before toppings are done—great for those "with the works" pizzas! A sturdy pan is best for even browning.
3. Reduce temperature by 25° if baking in a glass pan.
4. If baking in a non-stick pan slide pizza out of pan before slicing so as not to destroy non-stick surface.

Candy Making



1. For melting, molding and dipping directions, simply refer to the back of the Candy Melts package.

2. Constant stirring is very important to assure even heating, when using the double boiler method.

3. A no-mess method is to use the microwave. Fill an uncut disposable decorating bag half-full of Candy Melts. Microwave 1 minute at half power; knead candy. Repeat at 30-second intervals until candy is completely melted. Then cut the tip and squeeze melted coating out into candy molds.

4. To flavor, add 1/4 teaspoon Wilton oil-based Candy Flavor to 1 lb. of melted Candy Melts. Never use alcohol based flavorings; they will cause coatings to harden.

5. To color, add Wilton Candy Colors to melted Candy Melts a little at a time. Mix thoroughly before adding more color. Colors tend to deepen as they're mixed. Pastel color candies are most appetizing, so keep that in mind when tinting.

6. To decorate with Candy Melts, add 1/4 teaspoon of light corn syrup to 1 cup of melted coating.

Mix well. More corn syrup may be added until coating is a piping consistency, smooth and slightly stiff. Mix well. Fill disposable or parchment bag with candy and snip end off bag (size opening of a 2 or 3 tip). Work quickly and pipe decorations on candy. Allow coating to set until firm.

7. To mold stand-up candy, cut Wilton 3-D mold in half along dotted line and snap together. Stand inverted. Fill mold with melted coating and gently tap mold to release air bubbles. To make hollow candy: Place filled mold in refrigerator to harden completely (approx. 1 1/2 hours). Unmold and trim excess.

8. To mold multi-colored candy using "painting" method, dip brush in melted Candy Melts. Paint features or details desired. Let set. Fill mold. Refrigerate until set. Unmold.

9. To mold multi-colored candy using the "layering" method, pour melted coating into dry molds to desired height. Refrigerate until partially set. Repeat until desired numbers of layers are formed. Let candy harden in refrigerator. Unmold.

CHOCOLATE COCONUT EASTER EGG

1 env. Knox Unflavored Gelatine
1/4 cup sugar
2 eggs, separated
1 cup milk
4 (1 oz.) squares semi-sweet chocolate
2 tbsps. Irish cream liqueur*
1 cup whipping or heavy cream
1/2 cup flaked coconut

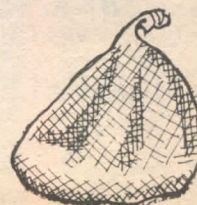
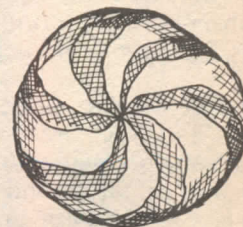
In medium saucepan, mix unflavored gelatine with 2 tablespoons sugar; blend in egg yolks beaten with milk. Stir over low heat until gelatine is completely dissolved, about 5 minutes. Add chocolate and continue cooking over low heat, stirring constantly, until chocolate is blended. Stir in liqueur. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon.

In medium bowl, beat egg whites until soft peaks form; gradually add remaining sugar and beat until stiff. Fold egg whites, then 1/2 cup heavy cream, whipped, and coconut into chocolate mixture. Turn into 5 cup mold or bowl; chill until firm. Garnish with remaining cream, whipped, and if desired, chocolate curls. Yield: 10 servings

*Substitute: Use 1/2 teaspoon almond extract.

continued on page 57

10. You can model with Candy Melts by making a clay. Add 1/3 cup of light corn syrup to a 10 oz. package of Wilton Candy Melts which has been melted. Mix only until blended. Shape mixture into a 6 inch square of waxed paper and let set at room temperature until dry. Wrap well and store at room temperature until needed. Clay handles best if hardened overnight. To use, knead a small portion at a time. If it gets too soft, set aside at room temperature or refrigerate briefly. Store in a well-sealed container for several weeks. The possibilities are endless!



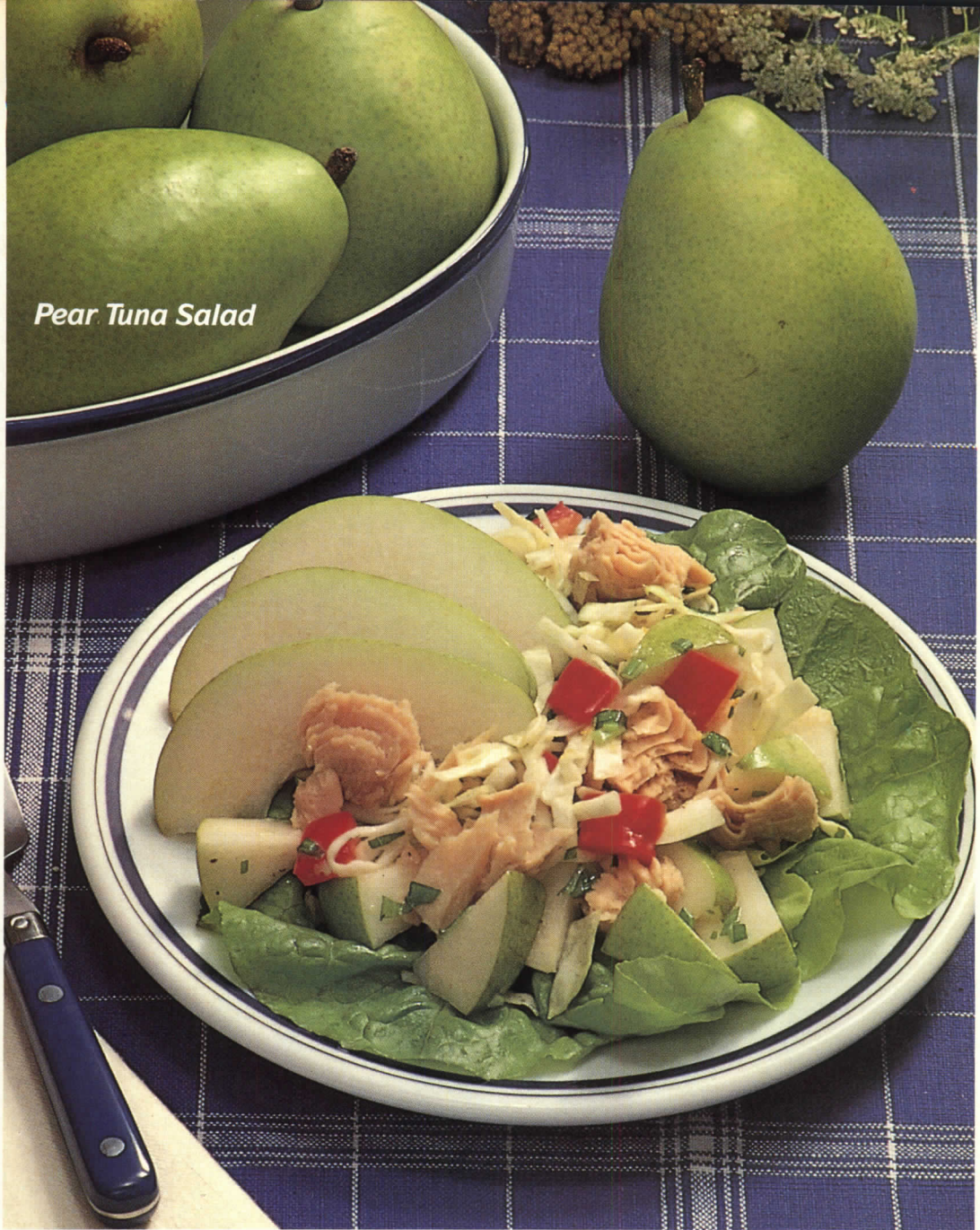


Eyes will open wide when you bring this Chocolate Coconut Easter Egg to your holiday table. Made with semi-sweet chocolate, coconut, Irish cream liqueur and whipped cream, it's as good to look at as it is to eat!

Pizza with the Works

Any combination of toppings will enhance both the flavor and the eye appeal of Pizza with the Works.

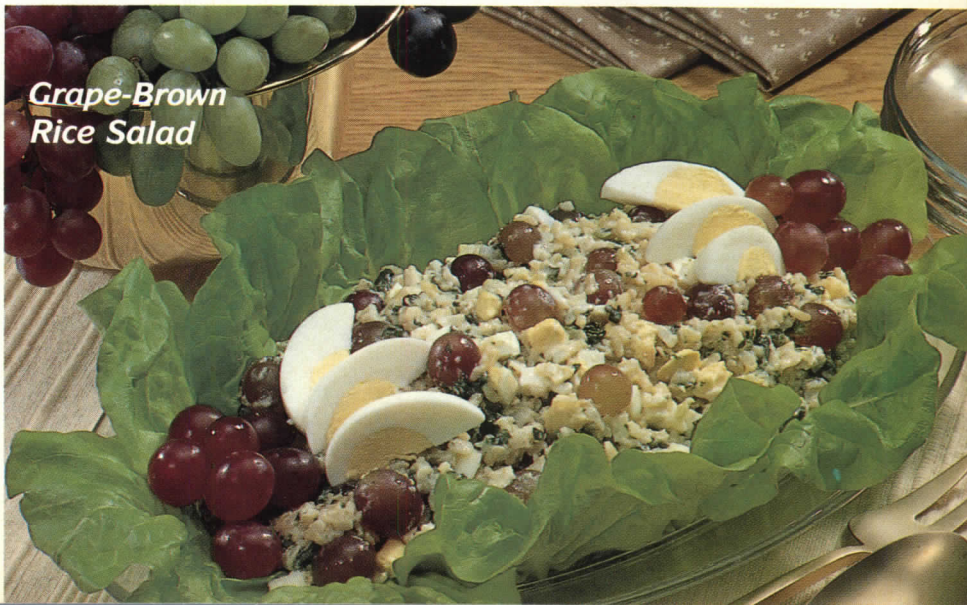




Pear Tuna Salad

▲
Lemon-Mustard Dressing adds an irresistible zip to Pear Tuna Salad.

California grapes give a festive look to this salad made with brown rice, spinach and chopped egg. ►



Grape-Brown Rice Salad

See Index pgs. 58-59 for recipes.



***Wilton's "Eggceptional" Basket Cake
and Easter Egg Bread Cups***

Embark on sweet Easter traditions with an "Eggceptional" Basket Cake and Easter Egg Bread Cups, made easy with Wilton baking pans and decorating tips.

Cake Decorating

WILTON'S "EGGCEPTIONAL" BASKET CAKE

Materials needed:

12 inch Round Pan
Egg Minicake Pan
Tips 2B, 3, 21
Sky Blue, Pink, Leaf Green, Violet,
Orange and Lemon Yellow Icing Colors
Buttercream icing, approx. 9 cups (recipe follows)
Tinted coconut
Jelly beans
3 pkgs. cake mix (approx. 18 cups batter)
Cardboard
Cake boards

Prepare batter according to package directions, using 7-1/2 cups of batter for each 12 inch layer. Use rest of batter for egg minicakes. Bake according to package directions. Completely cool before icing.

Prepare icing according to recipe that follows, tripling all ingredients to make 9 cups of icing. Spread icing between layers. Assemble layers and ice cake smooth. Cover cake top with tinted coconut*. Ice egg minicakes smooth on cake boards cut to fit. Place on top of cake. Print, using tip 3, names on eggs.

*To tint coconut green, place it in a plastic sandwich bag. Dilute a small amount of icing color with water and pour into bag. Shake and knead bag until color is evenly distributed.

Using tip 2B, pipe basketweave on sides. (See instruction box.) Edge cake top and base, using tip 21 to make rope. (See instruction box.) Pipe rope on both sides of cardboard cut into shape of handle. Add to cake when icing is somewhat hardened. Add jelly beans.

BUTTERCREAM ICING

1/2 cup solid vegetable shortening
1/2 cup butter or margarine*
1 tsp. clear vanilla extract
4 cups sifted confectioners' sugar (approx. 1 lb.)
2 tbsps. milk**

Cream butter and shortening with electric mixer. Add vanilla. Gradually add sugar, one cup at a time, beating well on medium speed. Scrape sides and bottom of bowl often. When all sugar has been mixed in, icing will appear dry. Add milk and beat at medium speed until light and fluffy. Keep icing covered with a damp cloth until ready to use. For best results, keep icing bowl in refrigerator when not in use. Refrigerated

in an airtight container, this icing can be stored 2 weeks. Rewhip before use. Yield: 3 cups

* Substitute all-vegetable shortening and 1/2 teaspoon Wilton Butter Extract for pure white icing and stiffer consistency.

** Add 3-4 tbsps. light corn syrup per recipe to thin for icing cake.

continued on page 60

Rope Instructions

Using #21 tip, hold bag at 45° angle to surface with end of bag pointing over right shoulder. Touch tip to surface and squeezing bag, move tip down, up and around to the right forming a slight "s" curve. Stop pressure, pull tip away. Tuck tip under bottom arch of first "s" and repeat procedure. Continue joining "s" curves to form rope.



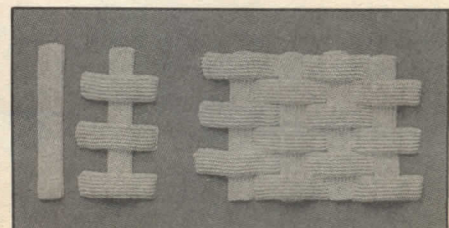
Basketweave Instructions

Using #2B tip, hold bag at 45° angle to cake with serrated side of tip facing up (or use round tip). Touch tip lightly to surface and squeeze out a vertical line of icing.

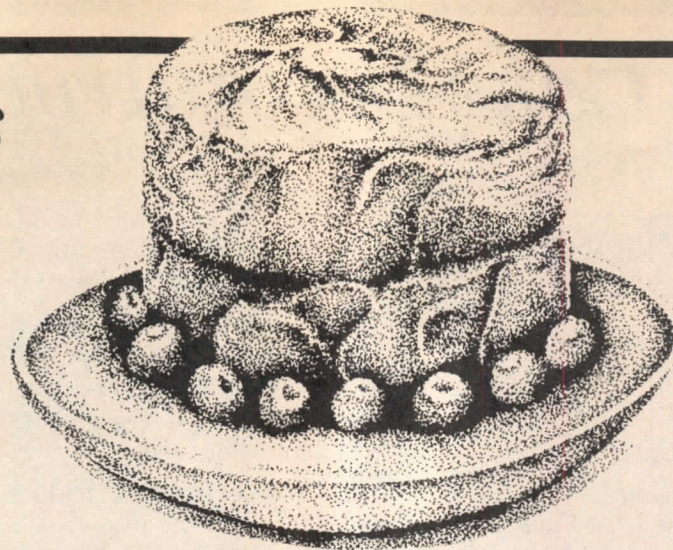
Next, hold bag at a 45° angle to surface, finger tips gripping bag facing you. Touch tip, serrated side facing up, to top left side of vertical line and squeeze out 3 inch horizontal bar. Add two more horizontal bars, each about a tip width apart, to cover vertical line and squeeze out 3 inch horizontal bar. Add two more horizontal bars, each about a tip width apart, to cover vertical line.

With bag and tip at 45° angle, make another vertical line of icing to right of first one, overlapping ends of horizontal bars. Use same procedure as step two to cover this line with horizontal bars, working them in spaces of bars in first row.

Repeat entire procedure, alternating vertical lines and horizontal bars to create a basketweave effect. Other tips may be used for basketweave, but serrated tips 46-48 give icing a ribbed basket effect.



Cakes



OLD-FASHIONED SPONGE CAKE

1 cup sifted cake flour
1 tsp. baking powder
1/2 tsp. salt
6 eggs, separated
1 cup sugar
1 tsp. orange extract

Sift flour, baking powder, and salt onto wax paper; reserve.

Beat egg whites in large bowl of mixer at **HIGH** speed until foamy and double in volume. Beat in 1/2 cup of sugar, 1 tablespoon at a time, until meringue stands in soft peaks.

Beat egg yolks in small bowl of mixer at **HIGH** speed until thick and lemon color. Beat in remaining 1/2 cup sugar, 1 tablespoon at a time, until mixture is very thick and fluffy. Beat in orange extract.

Fold flour mixture, 1/3 at a time, into egg yolk mixture with a whisk until completely blended.

Fold flour and egg yolk mixture into meringue until no streaks of white or yellow remain. Pour into an ungreased 9 inch tube pan. Bake in a 325° oven 1 hour or until top springs back when pressed with fingertip. Top with sifted confectioners' sugar. Yield: one 9 inch tube cake

SAUCY APPLE CAKE

1 cup seedless raisins, chopped
1/2 cup chopped nuts
3 cups sifted cake flour
1 1/2 cups sugar
1 1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground cinnamon
1/4 tsp. ground allspice
1/4 tsp. ground cloves
3/4 cup margarine
1 (15 oz.) jar applesauce

2 eggs
1 tsp. vanilla

Toss raisins and nuts with 1 tablespoon of flour in small bowl; reserve.

Sift remaining flour, sugar, baking soda, salt, cinnamon, allspice, and cloves into large bowl or mixer. Add margarine and applesauce. Beat at **MEDIUM** speed 1 minute.

Stir in raisin-nut mixture until well-blended; pour into a greased and floured 13 x 9 x 2 inch baking pan. Bake in 350° oven 40 minutes. Cut into squares and serve with whipped cream or ice cream.

VIENNESE HAZELNUT TORTE

4 eggs
1/4 cup fine granulated sugar
3/4 cup Hazelnuts, grated or finely chopped
1/4 cup dry fine bread crumbs
1/4 tsp. cream of tartar
1/8 tsp. salt
1/4 cup fine granulated sugar

Topping:

1 1/2 cups fresh raspberries
3/4 cup red raspberry jelly
Whipped cream

Separate three eggs, put entire fourth egg into bowl. Beat until very light, then beat in 1/4 cup sugar and continue beating. Fold in Hazelnuts and bread crumbs. Beat egg whites until foamy. Add cream of tartar and salt, then continue beating, adding sugar, until stiff peaks form. Fold in yolk mixture. Turn into 2 buttered and floured 10 inch torte pans. Bake at 350° for 30 minutes, or until done.

Top with mixture of raspberries mixed gently with melted red raspberry jelly. Garnish with whipped cream. Yield: 10 servings

GERMAN SWEET CHOCOLATE CAKE

3/4 cup butter
4 eggs
1/4 cup hot water
1 tsp. soda
1 cup milk
1 tsp. vanilla
2 cups sugar
6 oz. German sweet chocolate
2 1/2 cup sifted flour
1/2 tsp. salt
1 tbsp. vinegar

Cream butter until soft. Gradually add sugar, beating until well blended. Add eggs, one at a time, beating well after each addition. Melt the chocolate with the hot water over low heat. Add flour alternately with soda, salt and milk. Add vanilla, then vinegar, mixing well. Bake in 375° oven for 30 minutes or until done. Ice with your favorite chocolate icing. Yield: one 3 layer cake

PRUNE STREUSEL COFFEECAKE

1 cup all-purpose flour
3/4 tsp. baking powder
3/4 tsp. baking soda
1/2 tsp. salt
1/2 tsp. ground cinnamon
3/4 cup Kellogg's® All-Bran® cereal
1/2 cup margarine or butter, softened
1/3 cup granulated sugar
2 eggs
1 cup plain lowfat yogurt
1/2 cup finely cut, pitted prunes

Topping:

3 tbsps. all-purpose flour
1/3 cup firmly packed brown sugar
2 tps. ground cinnamon
1/2 cup Kellogg's® All-Bran® cereal
3 tbsps. margarine or butter, softened

For topping, measure first five ingredients into small mixing bowl. Mix with fork or fingers until crumbled. Set aside.

For cake, stir together flour, baking powder, soda, salt, cinnamon and Kellogg's® All-Bran® cereal. Set aside.

In large mixing bowl, beat margarine and sugar until well blended. Add eggs. Beat well. Stir in yogurt. Add flour mixture, mixing thoroughly. Spread half the batter evenly in greased 9 x 9 x 2 inch baking pan. Sprinkle half the prunes and then half the topping evenly over batter. Spread remaining batter over top and sprinkle with remaining prunes and topping.

Bake at 350°F. about 40 minutes or until tests done. Serve warm. Yield: 16 servings

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A NOTED CHEF

Chef Wes MacPhail, a native New Jerseyan, has acquired quite a repertoire of delicious specialties during his successful career. A graduate of Culinary Institute of America, Wes has practiced his craft at some of the finest eating establishments in the New York metropolitan area. His resume boasts of the Meadowlands Hilton, Regine's, Vienna 79, Le Delice, The Brass Rail and currently Le Papillon in Morristown, NJ. Wes spends endless hours developing a dish to perfection. Once accomplished, he calls it his own and adds it to the menu.

Wes has consented to share one of his favorites with us, although he confesses that this one was given to him by Chef John Foy, proprietor of Le Delice in Whippany, NJ. Patrons of Le Papillon are often delightfully surprised to find that its ordinary name fails to describe the wonderful chocolate richness of this heavenly cake.

CHOCOLATE WALNUT CAKE

1 lb. butter, softened
4 cups sugar
8 eggs
1 1/2 tps. baking soda
2 tbsps. vanilla
1 tbsp. salt
2 (16 oz.) cans Hershey's syrup
15 ozs. sweet chocolate, melted
2 cups buttermilk
5 cups cake flour
2-3 cups walnuts, chopped
Myer's Rum
Sweetened whipped cream

Cream butter with sugar. Add eggs, one at a time; beating for several minutes. Add baking soda, vanilla, salt, Hershey's syrup, sweet chocolate and buttermilk, in that order.

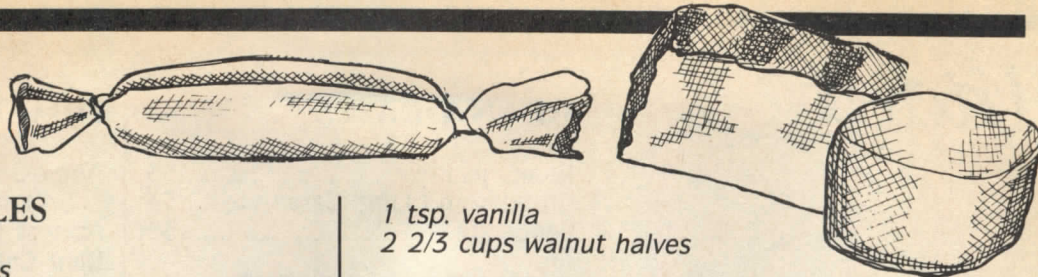
Remove to large bowl. Add flour, sifting in one cup at a time and folding after each addition. Fold in walnuts.

Butter and flour two large round spring pans. Fill pans, allowing for rising. Bake in 350° oven for 1-1 1/2 hours or until knife comes out clean. Turn onto cooling rack and sprinkle lightly with rum, while still hot. Ice with sweetened whipped cream and garnish with whole walnuts. Yield: 2 cakes

Editor's Note: This recipe yields 2 substantial 1 layer cakes.

Candy

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TEMPTING TRUFFLES

1 (14 oz.) pkg. Candy Melts
1/2 cup whipping cream

Coarsely chop Candy Melts and set aside.

Conventional Method: Place cream in a small saucepan over medium heat and bring to a boil, remove from heat; add chopped coating and cover pan. Let stand approximately 5 minutes or until coating has melted. Stir until smooth and creamy. Refrigerate until firm. Roll into round centers.

Microwave Method: Put cream in a 1 quart glass measure and microwave on high about 1 1/2 minutes or until cream comes to a boil. Remove from microwave. Add Candy Melts; cover and let stand about 5 minutes or until coating is melted. Stir until smooth and creamy. Refrigerate until firm. Roll in centers.

To decorate: Dip into melted candy. Let set. Drizzle with contrasting color. Variations: Roll in chopped nuts, coconut, confectioners' sugar, chocolate sprinkles or cocoa.

SHIMMERY HARD CANDY

2 cups granulated sugar
2/3 cup water
1/4 tsp. cream of tartar
Icing color
1 tsp. candy flavor
Candy thermometer

Combine water, sugar and cream of tartar in heavy saucepan and bring to a boil over high heat, stirring constantly. When it begins to boil, insert candy thermometer and stop stirring. Continue cooking over high heat, occasionally wiping sides of pan and thermometer with wet pastry brush. It will take 12 to 15 minutes for candy to cook, but check thermometer often. When candy reaches 300° remove from heat. Let stand a minute or two until bubbles disappear. Stir in icing color and flavoring.

To mold candy: With a pastry brush, coat hard candy molds with non-stick vegetable oil spray. Pour candy into molds and let harden at room temperature (do not refrigerate). **Note:** Hard candy can only be molded in hard candy molds.

CANDIED WALNUTS

1 cup brown sugar, firmly packed
1/2 cup granulated sugar
1/2 cup sour cream
Dash salt

1 tsp. vanilla
2 2/3 cups walnut halves

Combine sugars and sour cream in saucepan. Cook over medium high heat until boiling. Stir frequently. Boil until mixture reaches soft ball stage, 240°F. on a candy thermometer, or until it forms a soft ball when dropped into cold water. Stir in salt and vanilla.

Pour hot mixture over walnuts in a bowl. Mix until walnuts are evenly coated. Spoon onto waxed paper. Separate walnuts. Cool and allow to set. Store in airtight container. Yield: 3 cups

PEANUT CLUSTERS

24 vanilla caramels
1 cup peanuts
1/2 cup semi-sweet chocolate morsels, melted

Melt caramels in double boiler over hot water. Stir in peanuts. Drop by rounded teaspoonfuls onto greased baking sheet. Drizzle each cluster with about 1/2 teaspoon of melted chocolate. Chill 5-10 minutes, or until chocolate is set. Yield: 24 pieces

CHOCOLATE COVERED EASTER TREATS

4 envs. Knox Unflavored Gelatine
1/3 cup sugar
1 1/2 cups cold water
1 (12 oz.) pkg. semi-sweet chocolate chips
Assorted Fillings*

In medium saucepan, mix unflavored gelatine with sugar; blend in water. Let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 5 minutes. Add chocolate and continue cooking, stirring constantly, until chocolate is melted. With wire whip or rotary beater, beat mixture until chocolate is blended.

Spray 7 1/2 x 9 3/4 inch mini muffin pans with non-stick cooking spray. Into bottom of each muffin cup, spoon 1 teaspoon chocolate mixture; press in 1/2 teaspoon filling. Let stand until slightly set. Carefully fill with remaining chocolate mixture; chill until firm. Yield: 3 dozen treats

***Assorted Fillings:** raisins, peanuts, walnut halves, peanut butter, mini-marshmallows, maraschino cherries.

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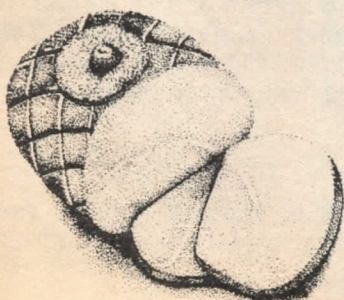
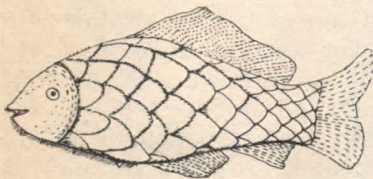
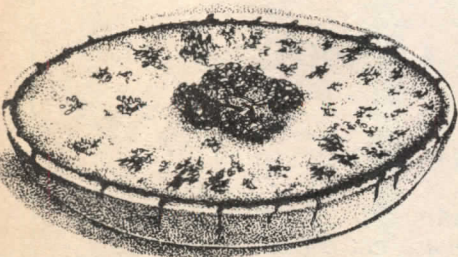
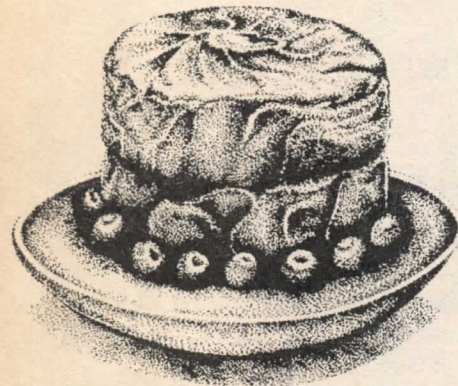
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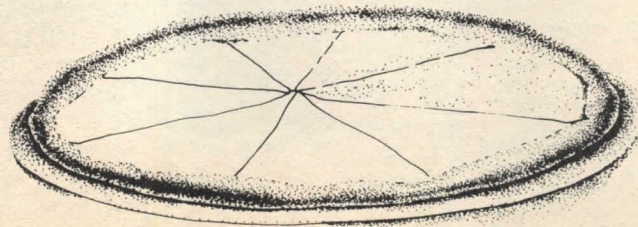
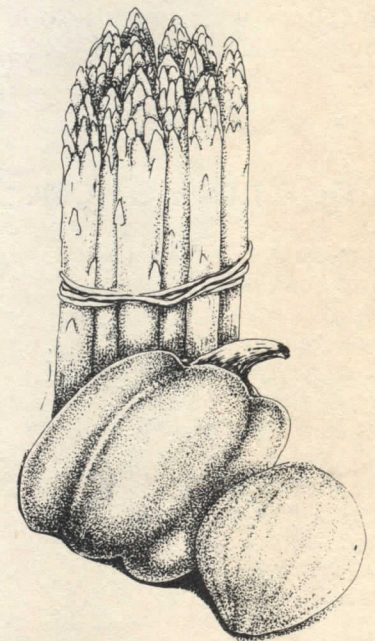
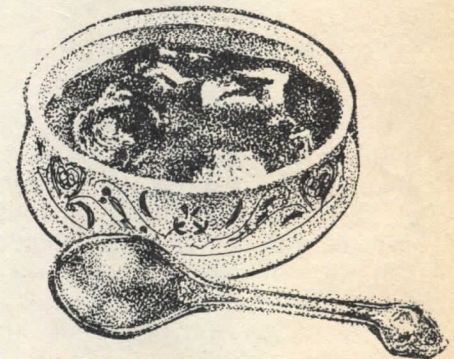
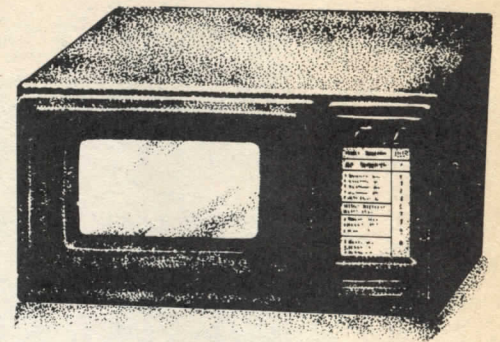
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Cakes

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APRICOT CHEESE TART

12 ozs. cream cheese, softened
1/4 cup sugar
1/4 cup heavy cream
2 eggs
4 tsps. orange-flavored liqueur (optional)
1 tbsp. lemon juice
1/2 tsp. grated lemon peel
1/2 tsp. vanilla extract
Prebaked 11 inch tart shell
1 (16 oz.) can California apricot halves, drained
1/2 cup red currant jelly
1/2 cup sliced almonds

Beat cream cheese and sugar with electric mixer until smooth. Add cream and next 5 ingredients; mix just until blended. Pour mixture into tart shell. Bake at 350° for 15 minutes, or until set. (A toothpick inserted into center of tart should come out clean.) Remove from oven; cool completely. Pat apricots dry with paper towel to remove excess moisture. Arrange apricot halves over baked tart in concentric circles. Melt jelly in saucepan over low heat. With pastry brush, apply thin glaze of jelly over apricots and filling. Garnish with almonds. Cover and refrigerate until served. Yield: 8 servings

FUDGE RING-OF-COCONUT CAKE

2 cups sugar
1 cup cooking oil
2 eggs
3 cups all-purpose flour
3/4 cup unsweetened cocoa
2 tsps. soda
2 tsps. baking powder
1 1/2 tsp. salt
1 cup hot coffee
1 cup buttermilk or sour milk
1 tsp. vanilla
1/2 cup chopped nuts

Filling:

1/4 cup sugar
1 tsp. vanilla
1 (8oz.) pkg. cream cheese, softened
1 egg
1/2 cup flaked coconut
1 (6 oz.) pkg. semi-sweet chocolate

Glaze:

1 cup powdered sugar
3 tbsps. cocoa
2 tbsps. butter
2 tsps. vanilla
1-3 tbsps. hot water

Generously grease and lightly flour a 10 inch tube or bundt pan. In large mixing bowl, combine sugar, oil and eggs; beat 1 minute at high speed. Add remaining ingredients except filling, beat 3 minutes at medium speed, scraping bowl occasionally. By hand, stir in nuts. Pour 1/2 of batter into prepared pan. Carefully spoon prepared filling over batter, top with remaining batter. Bake at 350° for 70-75 minutes. Allow to stand upright in pan for 15 minutes before removing from pan. Cool.

For filling, beat sugar, vanilla, cream cheese and egg in small bowl until smooth. Stir in coconut pieces.

Cool completely. Combine powdered sugar, cocoa, butter, vanilla and hot water to make glaze. Drizzle with glaze.

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EASTER EGG BREAD CUPS

Materials needed:

Muffin pan
Tip #2
8-color icing kit
Confectioners icing-powder sugar and milk
6 uncooked eggs
Easy yeast dough coffee cake mix

To tint uncooked eggs: Add Wilton icing color (amount varies with desired intensity) to hot water (enough to cover egg) and a teaspoon of vinegar. Dip eggs and let dry.

Prepare coffee cake mix following directions on box up to shaping of dough.

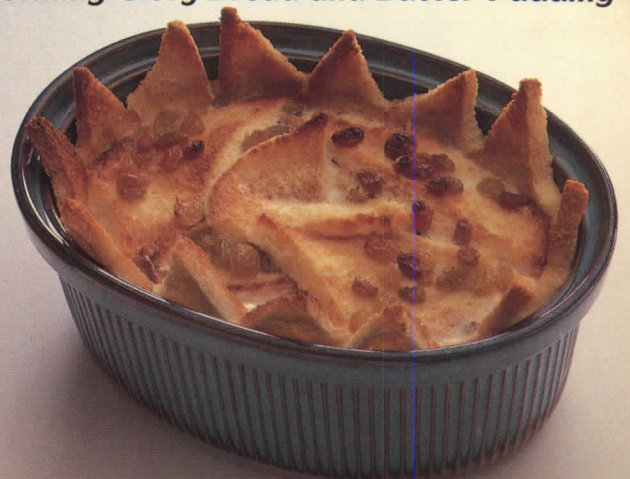
Divide dough in half. Shape each into a rectangle and cut into thirds. Divide each section in half. Roll into ropes and twist loosely together. Place dough around cup, cut, then pinch ends together. Place egg in the center (it will be hard-cooked when baked). Let dough rise again. Bake per directions on box.

Remove from pan and let cool. Make a glaze with powdered sugar, adding milk to desired consistency. With tip #2, pipe scallop designs around the tops. Yield: 6 bread cups

Apricot Cheese Tart



Crowning Glory Bread and Butter Pudding

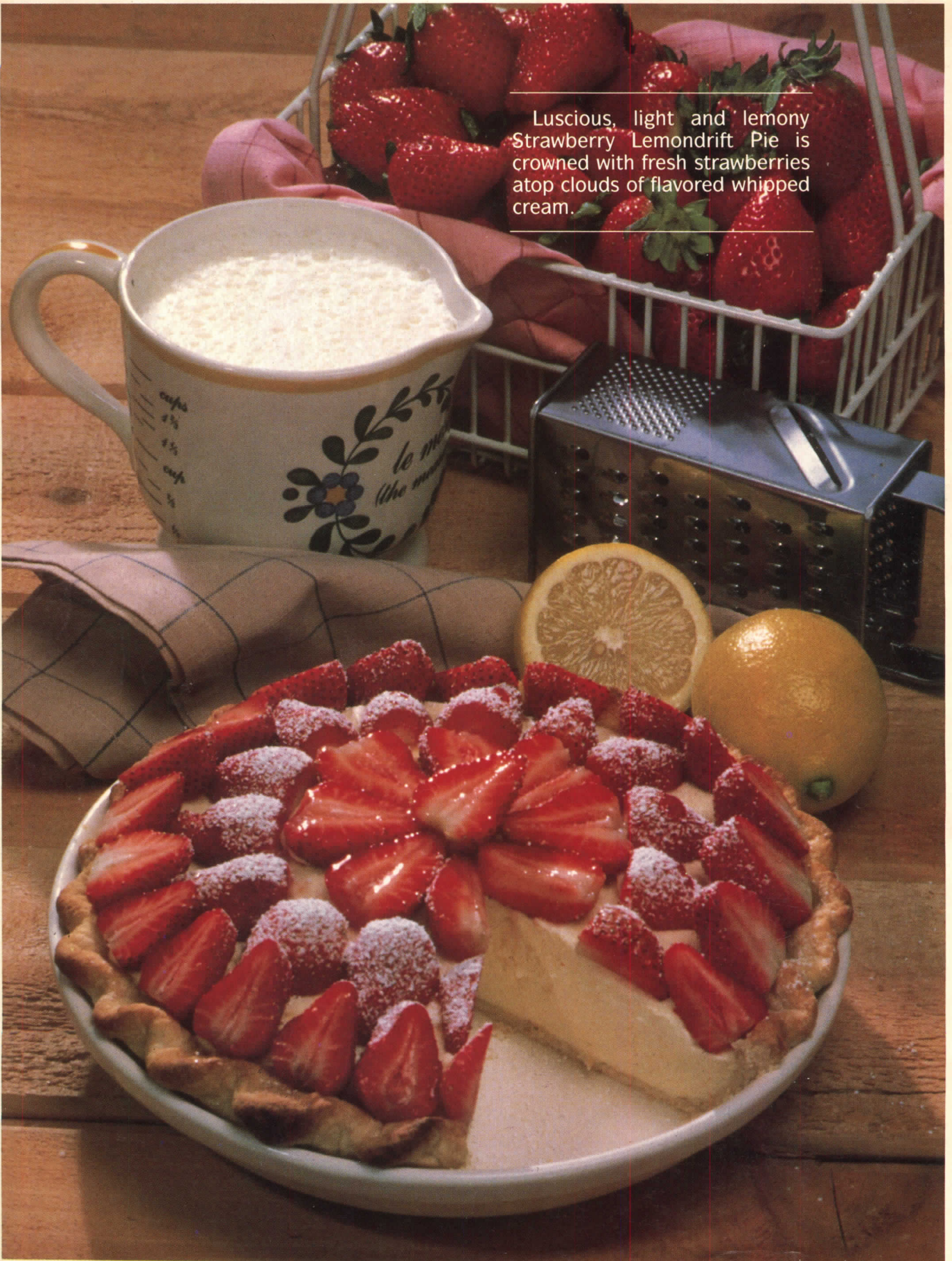


▲ Elegant, but a snap to assemble, Apricot Cheese Tart makes a perfect finale to a buffet or a festive dinner.

The art of traditional custard making lives on with this Crowning Glory Bread and Butter Pudding recipe. ►

Strawberry Lemondrift Pie

Luscious, light and lemony Strawberry Lemondrift Pie is crowned with fresh strawberries atop clouds of flavored whipped cream.





Chocolate Covered Easter Treats

These Easter basket goodies will delight young and old alike. Choose from a variety of fillings to suit the most discriminating of tastes.

See Kids in the Kitchen for recipe for Knox Blox (pictured).

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SWISS SUGAR PLUM BON BONS

6 ozs. semisweet, milk or white chocolate, coarsely chopped
1 cup (about 6 ozs.) pitted prunes
Toppings: Your choice of walnut pieces, slivers of candied orange peel or ginger, candied violets, small jelly beans or silver dragees

Melt chocolate in bowl set in pan of hot (not boiling) water over low heat. Stir occasionally until completely melted and smooth. Remove from heat. (Chocolate should be quite fluid and barely warm.) Line baking sheet with foil. Holding 1 prune at a time on fork, swirl in chocolate, drain excess and remove to foil. Swirl tops with tip of fork, or decorate with toppings. Refrigerate briefly until set. Yield: 12-24 bon bons, depending on sizes of prunes.

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