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VALENTINE'S DAY



GARY GRASS/Emerald

With a few simple steps, your Dutch Baby will be in and out of the oven, and on the table for your guests.

Dutch Babies and a fruit salad make a perfect start to any day

Breakfast. The perfect way to start a day. Especially when you start it off with your perfect someone or a bunch of good friends.

So this Valentine's Day, or this weekend when you might have a little more time, give this easy-to-make breakfast menu a try.

Dutch Babies, also known as German Pancakes, are lighter than typical pancakes and taste more like a thick crepe. Using nominal and common ingredients, the Dutch Baby is easy to prepare and doesn't take long to cook. It's best when served with lemon wedges or lemon juice to squeeze on top. Powdered sugar reduces the tartness of the lemon and begins to dissolve into the Dutch Baby, creating a simple sauce. Or serve with butter and powdered sugar.

The Honey-Lime fruit salad is delicious year-round. The dressing is another simple concoction. Use fruits as they come into season, and this salad never has to taste the same way twice.

Sparkling cider is the perfect drink for this breakfast meal. It is more elegant and special than juice or water. Another beverage that could accompany this meal is hot cocoa made on the stove. Although a little time consuming, hot chocolate tastes best when it's homemade. And for a special occasion, isn't a little extra time worth it?

Happy cooking, happy Valentine's Day and bon appetit!

— Trista Noel

DUTCH BABY

- 1/3 cup butter or margarine
- 3 eggs
- 2/3 cup milk
- 2/3 c. flour
- Lemon wedges
- Powdered sugar

Place butter in a 10" skillet. Place in a 425-degree oven to melt butter. Put eggs in blender; process at high one minute. With motor running, add milk, then flour; blend 30 seconds.

Pour batter into pan. Bake 20 minutes, or until puffed and golden.

Let the Dutch Baby sit for a couple minutes. Then slice into wedge-shaped pieces. Serve with lemon wedges or lemon juice and powdered sugar as a topping.

Note: If you don't have a blender, using a hand mixer would probably work just as well. (Makes 4 servings)

HONEY-LIME DRESSING

- 4 cups cut-up fresh fruit (apples, oranges, bananas, grapes)
- 2 Tablespoons lime juice
- 2 Tablespoons lime juice
- 1 teaspoon cornstarch
- 1/2 teaspoon poppy seeds

Prepare Honey-Lime Dressing: Mix lime juice, honey, cornstarch and poppy seeds in small saucepan. Heat, stirring constantly, until mixture thickens and boils. Cool slightly. Serve on lettuce leaves if desired. (Makes 6 servings) Recipe taken from *Betty Crocker's Cooking For Today*.

Substitution tips: Apples, oranges, bananas, grapes and pears are available year-round, but this salad can take on a delightful new look and taste if you use other fresh fruit combinations in season.

- For example: blueberries, cantaloupe and honeydew melon
- kiwifruit, bananas, red grapes and pineapple
- strawberries, blueberries, apricots and peaches
- nectarines, peaches, plums and strawberries
- raspberries, peaches, bananas and kiwifruit

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