

The Sandy Post Home & Garden

What's cooking?

Hot punch good winter idea

by SARA SEWELL

When guests arrive for the cold-weather season serve them hot punch. An extra plus for this recipe is that it gives one's house a heavenly aroma.

This recipe is reprinted by request.

Percolator Punch
In the percolator put four cups of apple juice and two cups of water.

In the percolator basket put one-half cup of brown sugar, one tablespoon whole cloves, one-half tablespoon allspice, three sticks cinnamon, and one-fourth teaspoon salt (optional).

Percolate for five

minutes. Serves 12-14 small cups. This is from the files of Sara S. Berger of Sandy.

The following recipe provides a refreshing, not-too-sweet punch to serve later in the evening, after dinner perhaps.

Pretty Party Punch
Add one 46-ounce can Red Hawaiian punch, one six-ounce can frozen pineapple juice concentrate (thawed), 18 ounces of water and two 16-ounce bottles carbonated lemon-lime beverage (chilled), such as 7-Up or Squirt.

Ice cubes, citrus slices optional. Yield: three and a fourth quarts. Enough for 26 four-ounce servings.

This is from the files of Bessie McMichael, Portland.

Breakfast Casserole

Add one and a half cups of shredded cheddar cheese, six slices or more of fresh bread, one and a half pounds of bulk sausage, six or more eggs, two cups of milk, one-half teaspoon dry mustard, and one teaspoon salt.

Brown sausage until crumbly. Cube bread. Place bread, sausage, cheese in greased pan in six layers.

Beat eggs, add two cups milk, mustard and salt. Pour over mixture. Let stand overnight. Bake at

325 degrees for one hour. This is from the files of Sara S. Berger, Sandy.

Easy Fudge

One 12-ounce and one six-ounce package of chocolate chips, 18 ounces total, melted in a double boiler. Add one can sweetened condensed milk and stir until well mixed.

Remove from heat, add pinch of salt, one teaspoon vanilla, and one-half to three-fourths cup of chopped nuts. Pour into buttered nine-by-nine-inch pan. Cool. Cut into squares. Store in air-tight container in cool place. This is from the files of Connie Verdoorn, Sandy.



For a different taste experience, one might try a plum pudding pie.

Plum pudding pie rich, yet light

For a new and different form of winter entertaining, invite friends or neighbors to an informal after-dinner get together. For beverages, offer a choice—eggnog, cafe au lait or hot chocolate topped with a dollop of real whipped cream.

Serve several dessert selections or offer a simple favorite that's usually enjoyed only during the few short weeks of Christmas.

Whichever you choose, keep the mood informal, festive and fun.

Plum Pudding Pie, flavored with cinnamon, ginger, cloves and molasses, is a natural for casual entertaining. Its texture is rich and creamy, yet light enough to be enjoyed after a heavy meal. Decorate with pipings of real whipped cream, candied fruit, and raisins formed in the shape of a festive holiday wreath.

For best results, whipping cream should be well chilled before beating.

Plum Pudding Pie
One-third cup seedless raisins, one-third cup mixed candied fruit, 1 tablespoon brandy, 1 9-inch pie shell, baked (pie shell recipe follows), 1 envelope unflavored gelatin, two-thirds cup milk, 3 large eggs, one-half teaspoon cinnamon, one-fourth teaspoon ground ginger, one-eighth teaspoon cloves, 1 tablespoon light molasses, one-eighth teaspoon salt, one-fourth cup packed brown sugar, 1 cup whipping cream. Additional whipped cream and candied fruit for decoration.

In top of double boiler; let stand 5 minutes to soften. Separate eggs, placing white in deep narrow bowl. Beat yolks light; add to gelatin mixture along with cinnamon, ginger and cloves. Set over boiling water, and cook, stirring, about 5 minutes or until gelatin is dissolved and mixture is slightly thickened. Remove from heat, stir in molasses, and let stand until cold. Beat egg whites with salt to soft peaks. Gradually bat in brown sugar until stiff but not dry, making a meringue. With same beaters, beat whipping cream until stiff. Fold whipped cream into gelatin mixture. Fold in meringue and marinated fruits. Turn into pie shell. Chill until firm, at least 4 hours. Just before serving, decorate top of pie with additional whipped cream and fruit, if desired. Makes 1 (9-inch) pie.

Pie Shell: Combine one and one-third cups sifted all-purpose flour with one-half teaspoon salt. Cut in one-third cup shortening and one and one-half tablespoons firm butter until particles are size of peas. Sprinkle with about 4 tablespoons cold milk, adding just enough to make a stiff dough. Shape into a ball. Roll out on lightly floured board to make a 12-inch circle; fit into 9-inch pie pan, 1 1/2 inches deep. Trim edges about 1/2 inch wider than rim of pan. Fold under, and flute, building up a high rim. Prick bottom and sides all over with a fork. Bake in 450 degree oven about 10 to 12 minutes or until golden brown. Cool thoroughly before filling. Makes 1 (9-inch) pie shell.

'Natural' foods not always that

One of the "now" approaches in marketing food to consumers is to include the term "natural" somewhere in the product's advertising or on the package. All kinds of foods are being sold as "natural" by producers seeking a piece of the natural foods business action.

"Shoppers may find food advertised as 'natural' containing preservatives, artificial coloring, flavoring or other artificial ingredients," said Marilyn Lunner, Clackamas County extension agent. This is because there is no generally accepted definition for the term "natural" as applied to foods.

There are no federal or state standards regulating the use of the term "natural". As a result some producers use the term to suit their own purposes in selling and promoting various food products.

Under an Oregon food regulation, organically grown foods must meet certain growing and marketing criteria before they can be advertised as "organic".

Organically produced foods are agricultural commodities or processed foods derived from commodities that have been grown or raised without the use of synthetic fertilizers, pesticides, chemicals or drugs. The term "natural" is not covered by this regulation.

Some foods are advertised as "natural" even though they are highly processed and contain synthetic additives. Cereals that are processed and fortified with vitamins and minerals or contain chemical preservatives could fit into this category.

The Federal Trade Commission is drafting proposals to define what types of foods can be advertised as "natural".

Grocery shoppers should read the food label to see how "natural" the food they are buying really is.

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