

The Sandy Post

Home & Garden

Potato dishes have come a long way

Potatoes have come a long way from just butter and sour cream.

People are piling them high with whatever they have in the kitchen: chili, cheese, onions, bacon strips, avocado, almost anything.

Plan on one whole potato per person, or a half for light eaters.

If there are leftover potatoes, scoop out the center, leaving a 1/4-inch shell. Refrigerate the shell and potato. Next day sear leftover warmed fillings in

the shell and use the potato for fries or make potato skins by brushing the shells with butter and baking for 10 to 15 minutes at 375 degrees.

Here are some ideas for potato fillings:

Mexican Beef Filling
1 pound ground beef
1 small onion, chopped
1 8-ounce can tomato paste
1 8-ounce can chopped green chilies
1 6-ounce can sliced black olives

1/2 teaspoon salt

Brown beef and onion. Drain. Add tomato sauce, green chilies, black olives and salt. Simmer gently 15 minutes. Serve over split and fluffed baked potatoes. Top with grated cheese.

green onions, sour cream and avocado. Makes enough for 4 to 6 potatoes.

Parmesan Creamed Chip-ped Beef and Peas Filling
1 jar or package 4 to 5

ounces dried chipped beef
4 tablespoons butter or margarine
1 small onion, diced
4 tablespoons flour
2 cups milk
1/4 cup frozen peas, thawed
2 tablespoons minced parsley
Pepper to taste

Melt butter in large skillet. Sauté onion until soft but not browned. Add flour and mix to a smooth paste. Gradually add milk, stirring until slightly thickened; stir in peas. Tear dried beef into bite-sized pieces and add to sauce.

Simmer until meat is thoroughly heated. Stir in Parmesan Cheese. Serve

over split and fluffed baked potatoes. Top with sliced olives, bacon bit, chopped mushrooms.

Barbecued Beef Filling
1 small onion, sliced into rings
1 green pepper, chopped
1 tablespoon butter
2 cups barbecue sauce
1 pound thinly sliced strips lean roast beef

Sauté onion and green pepper in butter until soft. Add barbecue sauce and roast beef; stir until thoroughly mixed. Cover and simmer gently 15 to 20 minutes. Serve over split and fluffed baked potatoes. Top with grated cheese, green onions and sour cream. Makes enough topping for 4 potatoes.

Book for good, bad, lucky fishermen

Those lucky enough to hook into a winter steelhead on the Sandy River may not be lucky enough to have a recipe for that fish. A new book by Bill and Anita Mabbutt gives recipes for steelhead and just about any other fish to be found in this area.

The Mabbutts have spent enough time thigh-deep in America's rivers to learn the First Rule of Fishing: For every salmon in a sportsman's life, there are at least two carp, three squawfish and a scad of crawdads.

"A true sportsman is a conservationist," says

Anita Mabbutt, "and in order for us to live up to our philosophy of not wasting any catch, we've developed a lot of recipes for both traditional and unusual species."

"Anita was getting hand cramps from writing out our recipes," laughs Bill Mabbutt, "we had to publish the fish book so she could get back to cooking and eating."

The "fish book" Bill mentions is "North American Game Fish Cookbook," published Nov. 1 by Solstice Press. In accord with the Mabbutts' philosophy of full utiliza-

tion, "Game Fish" includes recipes for salmon, trout, bass, perch, pike, muskie, catfish, carp, bluegill, cod, halibut, snapper and almost any fish that's ever struck a lure.

The Mabbutts are already renowned as wild food chefs, and this book only adds to their reputation. Their first book ("North American Wild Game Cookbook," published by Solstice Press in 1982) won high praise from chefs and sportsmen alike. The Mabbutts have cooked wild food banquets for up to 500 people, including the National Lieutenant Gover-

nors' Conference when it was held in the Mabbutts' native Idaho, and they've served celebrities from Robert Redford to Burl Ives with their wild game goodies.

"For us, one of the greatest things about 'Game Fish' is that almost anybody can use it," stresses Anita. "With 'Wild Game,' if you didn't have venison or pheasant or one of the other meats on the substitution list, it was kind of hard to use the recipes. But with 'Game Fish' it doesn't matter if you bought the salmon or caught it yourself — in

either case, we've got hints, recipes and sauces in 'Game Fish' which will turn that salmon into a really delicious dinner."

Following in the pattern set by the first book, "North American Game Fish Cookbook" is a large, well-illustrated volume designed with large type

"North American Game Fish Cookbook" is available at your local bookstore or directly from Solstice Press, P.O. Box 9223, Moscow, Idaho 83843 (\$9.95 plus \$1 for handling). The second printing of "Wild Game" can also be ordered from Solstice for the same price.

Microwave cooking easy

A little microwave cooking knowledge will go a long way if a person knows a few basic principles.

Unlike conventional cooking, the quantity of food being microwaved greatly affects the cooking time. When cooking four potatoes, for example, it could take almost four times longer than cooking one potato. Therefore, more food means more time.

Microwave timing is greatly affected by the

temperature of the food. Remember that the colder the food before microwaving, the longer the cooking time.

Foods that contain a high amount of water, sugar or fat microwave more quickly. Microwaves are attracted to such ingredients which in turn increase cooking speed.

Thin foods microwave more quickly than thick ones. Spread foods out when possible and never stack foods. Foods cut in

small pieces also microwave more quickly.

Armed with your new microwave tips, try this quick and easy recipe.

EASY MELBA DESSERT
1 package (10 oz.) quick-thaw frozen raspberries, thawed and drained (reserve liquid)
Cold water
1/2 cup sugar
1 tablespoon cornstarch
2 teaspoons brandy extract
1 package (20 oz.) peach pie, baked

Vanilla ice cream

Add enough water to reserved raspberry liquid to equal 3/4 cup; place in 1-quart microwave-safe bowl.

Stir in sugar and cornstarch until smooth. Heat on HIGH 4 to 5 minutes or until bubbly and slightly thickened, stirring frequently.

Stir in raspberries and brandy extract. Heat on HIGH 30 seconds to one minute or until hot, stirring once.

Let stand 15 minutes. Serve over pie and ice cream. Makes 1 1/3 cups sauce.

Tips offered to help fight battle of budget

The battle of the budget is certainly a challenge in today's world. And the food budget is right up there on the front lines. As other expenses rise and seem less flexible, we try to make up the difference by cutting food costs or at least holding the line.

We all have to eat which means we all have to shop for food. Many of us shop more frequently because we don't plan ahead.

Planning saves you money. It helps assure that you'll eat until the next planned shopping trip — which is becoming a primary goal as budgets get tighter.

Here are some specific steps to help you get more for your food dollar:

- Read the food ads.
- Browse through the paper looking for food specials, coupons and special promotional ideas. The stores are doing battle, too, so they're getting creative in trying to get your business.

- Plan your menus from these ads. If you actually take the time to write menus down you'll save money and time in the long run. If you haven't ever done this, start by planning your main meals and just stock up on a variety of breakfast and lunch items.

Having written menus

helps you with the "blahs," "thaws" and can even add to your creativity. The "blahs" are those times when you just can't get inspired about fixing one more meal. You can't think of anything to fix, no one will give you suggestions and you're missing a key ingredient in the things that do come to mind.

The "thaws" happen when you start thinking about dinner at 5 p.m. and everything in the freezer is frozen exactly as it should be which makes it harder to fix dinner.

Menus help you with your creativity because you can actually pick out a new

recipe that "sounds good" and make sure you have all the ingredients needed. That way you don't get bored with the same old stuff all the time. It's also good for your family to face a few new dishes, they shouldn't be getting in a rut either.

- Now that you know what you're going to fix, make a shopping list. If you're shopping at more than one store, group the sale items and their prices under each store name. That way if you run into one of the items that's cheaper you can make the purchase with confidence.



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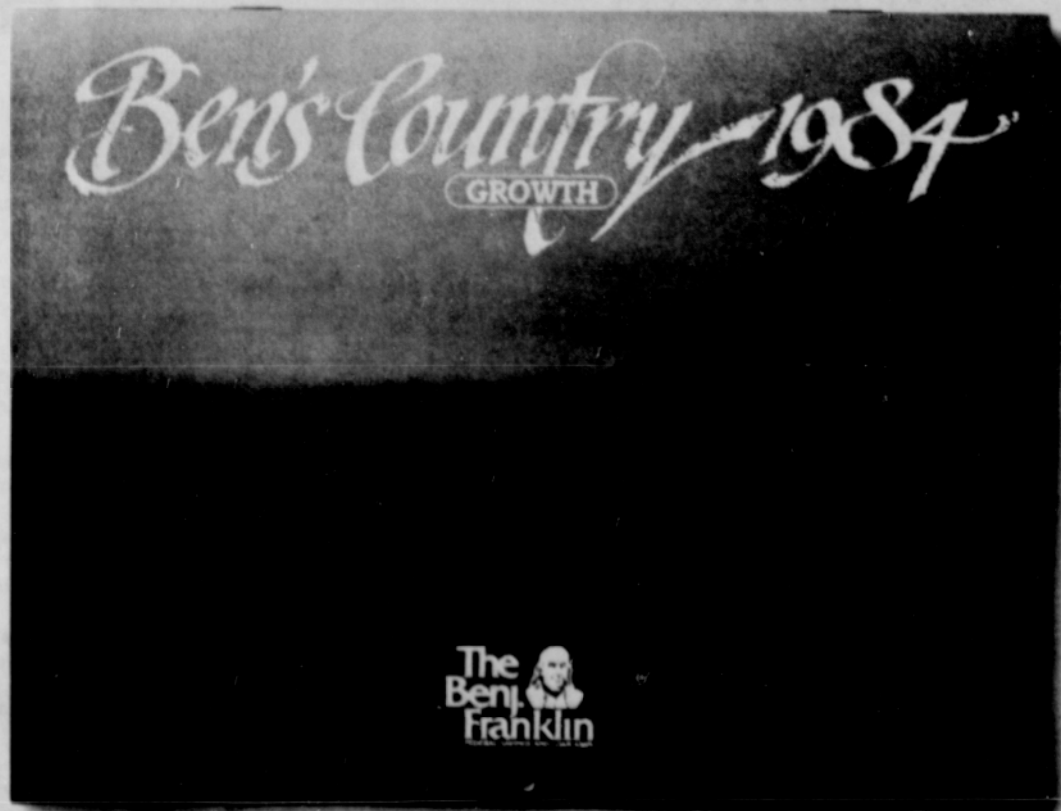
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