



Ethel's Cookery

by Ethel Moore

Trick or treaters need lots of energy to make their rounds on Halloween night. Surprise your family with a freshly baked pie for dinner and send them merrily on their way! Halloween Pecan Pie is a great treat for this special evening and there's not a ghost of a chance for leftovers!

The pastry can be either your own special recipe or the ready-prepared kind from the store. The treat to this pie is the custardy filling that features maple flavored syrup. Convenient syrup adds just the right touch of sweetness to this special filling. This syrup is ideal for recipe use as well as delicious on the morning pancakes, waffles or French toast.

Serve Halloween Pecan Pie to the ghosts and goblins at your dinner table and keep the treat to this pie your trick!

HALLOWEEN PECAN PIE

1 cup chopped pecans
one 9-inch unbaked pie shell
1 cup maple flavored syrup
4 eggs, slightly beaten
½ cup sugar
¼ cup butter or margarine, melted
1 teaspoon vanilla

Heat oven to 325°F. Sprinkle pecans over bottom of pie shell. Combine syrup, eggs, sugar, butter and vanilla in medium sized mixing bowl; mix until well blended. Pour syrup mixture over nuts. Bake at 325°F. for 50 to 55 minutes or until set. Cool thoroughly. Makes 9-inch pie.



Halloween Pecan Pie is a special treat for before or after "Trick or Treat".

Spareribs: African style

What yellow fruit from Africa can help make sure your next barbecue meat is tender? The answer is papaya. It's true! The luscious melon-like fruit and meat have been a duo for a long time.

Through the ages, people used to cook meat in papaya leaves to tenderize it. Today, we can use a more convenient form of the papaya -- the dried papaya juice -- in Adolph's Natural Meat Tenderizer. It is easily applied in a three-step process of moistening the meat, sprinkle generously on both sides and pierce the meat with a fork for deep down goodness.

Thanks to modern research, we know more about how tenderizers work than our ancestors. Scientists in the Adolph's lab have learned that the papaya gently separates the connective tissues that make meat tough. In doing that, the natural juices of the meat are retained so it shrinks up to 25% less. More juice means more flavor, and less shrinkage means you get more of the meat you paid for.

Here are two recipes for preparing your barbecue deliciously, with the help of the papaya. For extra flavor in beef, chicken or pork, try the Garlic, Steak Sauce or Seasoned Flavors of Adolph's Natural Meat Tenderizer...and enjoy!

BARBECUED SHORT RIBS

1 cup catsup
½ cup water

2 tablespoons vinegar
1 tablespoon soy sauce
1 tablespoon honey
1 teaspoon ginger
½ teaspoon dry mustard
1 clove garlic, crushed
3 pounds short ribs of beef
2½ teaspoons

Meat Tenderizer - Unseasoned

In saucepan, combine first 8 ingredients; simmer 1-15 minutes. Set aside and keep warm. Moisten ribs with water; sprinkle evenly with half the tenderizer and pierce deeply with a fork. Repeat on other side. (Use no salt) Grill ribs 5" from heat about 55 minutes, turning and basting frequently with sauce. Serves 4. Double recipe if needed.

Indoor Barbecue: Broil ribs 5" from heat about 55 minutes, basting and turning occasionally.

SPARERIBS, AFRICAN STYLE

4-4½ lbs. pork spareribs
Adolph's Natural Meat Tenderizer, seasoned or Garlic flavor
2 tablespoons oil
2 tablespoons finely chopped green pepper
2 tablespoons chopped scallions
½ cup thawed pineapple juice concentrate
½ cup dark brown sugar, firmly packed
½ cup wine vinegar
1 teaspoon soy sauce
Pineapple slices for garnish
Preheat oven to 400°F. Thoroughly moisten all surfaces of meat with water. Sprinkle Ten-



Papaya adds African flavor to traditional barbecue.

derizer evenly, coating all surfaces of meat. (Use no salt) To insure penetration and retain meat juices, pierce meat with fork at about ½-inch intervals. Place spareribs on cookie sheet and cover with foil. Bake in oven 40 minutes. Remove pan from oven, pour off fat. Reduce oven to 350°F. Meanwhile, cook together and stir, until well heated, the oil, green pepper and scallions. Add the four remaining

ingredients, stir well. Brush spareribs on both sides with the sauce and return to oven. Turn often and continue basting, uncovered, for an additional ½ hour. Garnish with pineapple slices. Yield: 1½ cups sauce and spareribs for four servings.

Note: If ribs are very thick, another 5-10 minutes baking may be necessary. Recipe may be doubled.

Metro wants help

METRO is now seeking members for several of its ongoing Policy Alternatives Committees.

The committees are made up of citizens, public officials and staff members from METRO and local jurisdictions. They review studies and regional issues, and make recommendations to the METRO Council on policy alternatives in each of the following areas: Air Quality, Criminal Justice, Housing, Land Market Monitoring, Solid Waste, Transportation and Water Resources.

Committee members are appointed for two-year terms.

Although members are chosen from all three counties in the metropolitan area, greater representation from Washington and Clackamas County is particularly being sought at this time.

Service on the committees provides members first-hand involvement in public issues and direct dealing with local officials and experts on various technical matters.

For more information, please contact Berta Delman at METRO, 221-1646.

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