



Ethel's Cookery

by Ethel Moore

Let's turn more attention to vegetables, and for dinnertime excitement, pass ubiquitous peas-and-carrots and serve these delicious rice pilaf-stuffed vegetables as a hearty accompaniment. Pilaf is the name given a seasoned rice dish in which the rice is sauteed in butter or oil before cooking in broth. Uncle Ben's Converted (R) Brand Rice is the preferred rice for pilaf because thanks to a unique process, the grains remain plump and firm, never mushy, even when reheated.

The favorite flavors of India stand out in Bombay Rice Stuffed Onions...filled with a pilaf combined with golden raisins, shredded carrots, orange peel and mace. Top each stuffed onion with a pecan half, spoon on Orange Glaze and bake.

Acorn Squash with fruited rice is another hearty delight. While the squash bakes, prepare the pilaf and add chopped apple, dried apricots and pecans. The traditional brown sugar and butter filling is "spiked" with a bit of bourbon for a special, heady aroma. Try these vegetable surprises. Elegant enough for entertaining - simple enough for family dining. Enjoy!

BOMBAY RICE STUFFED ONIONS

- 1/2 cup golden raisins
- 2 tablespoons Bourbon
- 12 medium onions
- 2 tablespoons butter or margarine
- 1 cup Uncle Ben's (R) Converted (R) Brand Rice
- 1 teaspoon salt
- 1 cup shredded carrots
- 1 teaspoon grated orange peel
- 1/2 teaspoon mace
- 12 pecan halves
- Orange Glaze

Soak raisins in bourbon at least 30 minutes. Cook onions in boiling salted water just until tender, 10-12 minutes. Drain and cool slightly. Cut a slice from the top of each onion and remove all but 1/4-inch of the shell. Chop the pulp; measure 1/2 cup (reserve remaining pulp for soup or stew). Sauté 1/2 cup pulp in butter in 10-inch skillet until golden. Add rice; cook and stir over low heat until rice is golden, about 3 minutes. Add water and salt, bring to a boil. Cover tightly and simmer 20 minutes. Remove from heat. Stir in raisins, carrots, orange peel and mace. Place onions in buttered baking dish. Mound 1/2 cup rice mixture in each onion; top with pecan halves. Spoon Orange Glaze over each onion. Bake uncovered at 350°F, until hot, 10-15 minutes. Makes 6 servings (2 onions each).

Orange Glaze: Heat 1 cup orange juice in small saucepan. Combine 3 tablespoons butter or margarine, softened, with 1 tablespoon flour; stir into orange juice. Add 2 tablespoons brown sugar. Bring to a boil, stirring constantly. Reduce heat; cook and stir until slightly thickened.

- ## ACORN SQUASH WITH FRUITED RICE
- 3 medium acorn squash, cut in half crosswise, seeded
 - 8 tablespoons butter or margarine

- 1/2 cup pecked brown sugar
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground cloves
- 1/2 cup bourbon
- 1/2 cup chopped onion
- 1 cup Uncle Ben's Converted (R) Brand Rice
- 2-1/2 cups water
- 1 medium apple, pared and chopped
- 1/2 cup chopped soft dried apricots
- 1/2 cup coarsely chopped pecans

Place squash, cut side down, in 9 x 13-inch baking pan; pour 1/2-inch water into pan. Cover with foil and bake at 400°F, for 30 minutes. Remove from oven; turn squash cut side up. Melt 4 tablespoons of the butter and combine with brown sugar, 1/2 teaspoon of the salt, cloves and 1/4 cup of the bourbon. Spoon mixture evenly into squash. Cover with foil and continue to bake at 400°F, until squash is tender, about 30 minutes.

While squash is baking, saute onion in remaining 2 tablespoons butter in 10-inch skillet until tender. Add rice; cook and stir over low heat until rice is golden, about 3 minutes. Add water and the remaining 1/2 cup bourbon and 1 teaspoon salt. Bring to a boil. Cover tightly and simmer 20 minutes. Remove from heat. Add apple, apricots and pecans. Let stand covered until all liquids is absorbed, about 5 minutes. Mound about 1 cup rice mixture into each squash half. Makes 6 servings.

COST EFFICIENT COOKERY

- Use less beef per serving than you ordinarily do. A male between the ages of 23 and 50 who weighs 154 pounds should eat about 56 grams of protein a day (the body eliminates excess protein). An eight ounce steak has 67 grams of protein, a six ounce steak 50.4 grams. With milk (1 cup, 8.5 grams), 4 ounces of cooked chicken (27 grams), he's more than had his protein allotment for the day. His steak could easily be cut into 4 ounces.

- Substitute less expensive cuts of meat when possible, such as shoulder pork chops for center cut chops, round steak for flank steak. Get to know cuts other than tender steaks, roasts and ground round. Consider beef rib plate meat, liver, kidneys, blade chuck roasts, shanks.

- Develop a repertoire of marinade recipes and learn to work with a meat mallet to tenderize less expensive cuts of meat.

- Use an inexpensive grade of ground beef for casseroles. Simply drain off the grease after browning and rinse with water before combining with casserole ingredients.

- Stretch meat protein. For dishes such as chop suey and stews, use less meat than usual but add shelled peanuts.

- Try vegetable protein products or meat extenders if you haven't already.
- Refrain from overcooking or cooking at high temperatures. Beef will shrink under these conditions.

- Turkey is an excellent buy, especially larger birds with more meat relative to the bone. Cut off legs, thighs and wings for braising. Slice breast perpendicular to the



bone for cutlets. Cook carcass for soup and casseroles.

- Serve one or two meatless meals a week.

- Think substitution. For example, you can get buttermilk by putting a tablespoon of vinegar in a one-cup measure, then filling the cup with skim or whole milk.

- Use cottage cheese instead of ricotta when making lasagna and similar dishes.

- An inexpensive substitute for whipping cream is evaporated milk. The secret is to thoroughly chill the bowl, beaters and milk before whipping.

Energy Tips

By Carol Page

The cost of energy has upsurged. There is not to much we can do to stop the rising cost of energy, but we can stop the rising cost of energy usage in our home. This column is intended to help you save money.

It is not unusual to find a gap of an inch or more in a fireplace whose damper is closed. This creates a large air leak when the fireplace is not in use and your furnace is turned on. This is bad because the chimney encourages a strong flow of air, and you spend money trying to make up the heat loss caused by the air leak from the chimney. To cut the cost, stop the leak by insulating the damper. You can do this by stuffing insulation, or more economically, with a board that snugly fits the damper. The stuffing must be removed before the fireplace is used. This little effort can save approximately \$45 a year with electric resistance heat, \$20 with gas heat, and \$30 with oil heat depending on where you set the thermostat and the size of the gap.

Speaking of thermostats, you can set your water heater to 110° - 120° and save approximately \$10 a year for a gas heater, and \$20 for electric, depending on the size of your family and the amount of water used. The lower the setting on the thermostat the more money you will save. Anyone with a screwdriver and extra time can reset the water heater thermostat. Here's how:

(1) At the front of most water heaters there is a plate held on by screws. If you have an electric water heater turn off the electricity then remove the plate.

(2) Push back the insulation and you will see the thermostat. Sometimes there are two thermostats.

(3) This thermostat will have either numerical or word settings. If numerical, reset to 120°, if word, reset to "low."

(4) After replacing the insulation and replacing the metal plate, you can turn on the circuit breaker again.

Some water heaters aren't insulated, which will loose heat. You

can help save this heat loss by insulating your water heater. Also, if you find that your dishes aren't getting clean from the dishwasher, you may want to turn the heat up to 135°. There are only a few steps you can take to help cut your utility costs.

If you have any suggestions please mail them to me, Carol Page, c/o OSPIRG, 519 SW 3rd Room 810, Portland, Oregon 97204.

Is your home prepared for an emergency this winter? We will prepare an emergency checklist your home may need during emergencies, such as power failure, ice-snow storms, etc. This week's checklist, lights, flashlights, candles, matches, and kerosene lamps.

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