



Ethel's Cookery

by Ethel Moore

How can you have a little more fun at your next get together, while making entertaining easier? Try a new party pleasing approach - the snappy buffet - where the guest becomes the chef and you just watch. It can happen with one of the new small appliances called Kabob-It, the hot hors d'oeuvre/meal maker by Wearever. You just provide the ingredients for delicious, exotic recipes and relax as your guests create their own special dishes.

A popular treat sure to have guests gathering around the buffet table is Herbed Shrimp. Brush a prepared sauce on the shrimp, skewer and place in the Kabob-It. It's fun to watch and easy to operate. You won't have to do a thing, except perhaps bring out some more shrimp.

Another easy dish that guests will enjoy cooking themselves is Lemon-Lime Chicken. Marinate chicken in a tangy sauce before placing on the table. Guests can skewer chicken cubes, place them in the Kabob-It and the party goes on. So make your next get together a special party no one will soon forget... make every guest a chef while you take time out to enjoy it too!



HERBED SHRIMP

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32 medium-size fresh shrimp cleaned
1 1/2 cups chopped fresh parsley
3 tablespoons olive or vegetable oil
1 tablespoon basil
2 cloves garlic
2 tablespoons chopped walnuts
1 tablespoons fresh or frozen chives
1 tablespoons lemon juices

1 tablespoon water
1/2 teaspoon salt
1/4 teaspoon pepper
2 drops hot sauce
Thread 4 shrimp on each skewer (shrimp are skewered through head and tail) following manufacturer's instruction, attach skewer guards;

lay skewers on sheet of waxed paper. In blender or food processor, combine remaining ingredients; blend to a smooth consistency; brush on both sides of shrimp.
Insert skewers in Kabob-It. Carefully place glass cover over

food. Kabob 14-15 minutes or until shrimp are done, but not brown; remove skewers. Serve with rice and green salad.
Makes 4-6 servings.

LEMON-LIME CHICKEN

2 pounds boned chicken breasts
1/4 cup butter
1/4 cup vegetable oil
1 clove garlic minced
2 teaspoons flour
1 1/2 teaspoons flour
1 1/2 teaspoons sugar
1/2 teaspoon onion salt
1/4 teaspoon thyme leaves
1/8 teaspoon pepper
3 tablespoons water
2 tablespoons lemon juice
1 teaspoon grated lemon peel
1 teaspoon grated lime peel
2 tablespoons chopped fresh parsley

Cut chicken into fifty-six 1-inch cubes; place in bowl and set aside. In small saucepan over medium heat, melt butter; add oil and garlic and saute until golden. Stir in flour; remove from heat. Add remaining ingredients. Return to heat; cook until slightly thickened, about 2 minutes, stirring constantly. Remove from heat; cool slightly.

Pour sauce over chicken pieces. Marinate up to one hour.

Thread seven chicken cubes on each skewer; following manufacturer's instructions, attach skewer guards. Insert skewers in Kabob-It. Carefully place glass cover over food. Kabob-It 18-20 minutes or until done; remove skewers. Serve with a tossed green salad. Makes 4-6 servings.

Generic term for Kabob-It is "hot hor d'oeuvre/meal maker."

ITT researches nutrition, aging

NEW YORK -- ITT Continental Baking Company is launching a \$600,000, three-year education and research program designed to improve the nutritional status of the 25 million people in this country who are over 65 years of age.

G. Michael Hostage, Continental Baking Company's president and chief executive officer said, "As a food industry leader whose corporate goals include improving nutrition and health through its products and actions, we believe we

have a basic responsibility to help define and deal with the diet-related problems associated with aging."

After more than a year of study, the corporation determined the nutritional status of the elderly to be a matter of serious public concern. He said it has been largely neglected by both the public and private sectors to date.

Continental expects to reach millions of individuals in this rapidly growing population segment through its program, Nutrition

Education For Older Americans. Continental hopes to teach people how to add vitality and health to their years by showing them how to make the most of their physical, mental and financial resources.

The program will be carried out by a special Continental Baking Company task force which will enlist the expert guidance of physicians, scientists, educators, communicators and older persons.

It contains several elements: nutrition education for the general public over age 65, a plan for delivering this information to Continental's 35,000 employees and retirees, and scientific research on aging and nutrition.

A landmark convocation on the Nutrition and Health of Older Americans scheduled in May 1981, will kick off the nutrition education portion of the program.

Experts in such areas as nutrition, food science, medicine, public health, communications and education will convene to examine the physiological, social and psychological aspects of the issue. It is intended that they will conclude the meeting with a recommendation of ways to solve some of the diet health-related problems which face older Americans.

Continental's plans also include working with the White House Conference on Aging scheduled for November 1981, and providing its conferees with nutrition related information.

The company intends to develop educational materials on nutrition designed specifically for the elderly. Continental will disseminate this information through various non-profit organizations and through the media. The company is also evaluating the idea of grass-roots pilot programs to test ways of raising nutritional awareness in practical, down-to-earth fashion.

According to Hostage, the research component will have two main phases. The first will be to conduct a thorough analysis of existing data to determine which particular areas of study are likely to yield the most useful results. The second will involve the solicitation of proposals from innovative researchers whose projects will be funded by Continental's \$200,000 allocation for research grants. These projects will be performed with the guidance of a scientific review committee headed by Myron Winick, M.D., director of the Institute of Human Nutrition at Columbia University.



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