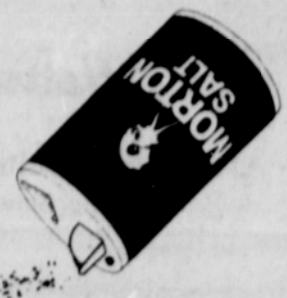


Easy . . .
on the salt!

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Disguise
those leftovers

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Salad
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FOOD SECTION

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Section II

A "LOW BUDGET" BUFFET

with the GOURMET TOUCH



Looking for a low budget but elegant way to entertain friends during the chilly months? Here's a deliciously hot supper that will warm the spirits of ten or twelve cross country skiers -- all for an estimated cost of about \$1.50 per person.

Base your buffet around a piping hot "Winter Rum Punch" made with cider, tea and gold Puerto Rican Rum. Then start off by serving "Herring Bits Metropolitan," seasoned with white or gold Puerto Rican Rum and a wine sauce -- spread on thinly sliced pieces of dark bread.

Your main dish -- chicken sauted in a fabulous rum orange sauce -- will convince friends of your culinary skills. Surround pieces of chicken with "Pasta Carbonara" and you've got a meal. If you feel that's not enough you might want to add the recipe below for "Winter Salad."

Everyone will ask you for your "Rum and Spice Bread" recipe. You may even want to make a few extra loaves to give out as gifts.

But the hit of the evening will be your "Chocolate Rum Cheese Cake," garnished with a layer of whipped cream and chocolate curls -- irresistible, even to a dedicated dieter.



Puerto
Rican
Rum!

HERRING BITS METROPOLITAN

- 3 jars (8 ounces each) herring in wine sauce
- 1 lemon, halved
- 1/2 cucumber, peeled, seeded, sliced as thin as possible
- 2 tablespoons white Puerto Rican Rum
- 1-1/4 cup dairy sour cream

Drain the herring and discard the liquid, spices and onion. Squeeze half the lemon over the herring bits; cut the remaining half in paperthin slices. Lightly mix herring, lemon slices and remaining ingredients. Chill several hours or overnight. Serve with thinly sliced dark bread spread with sweet butter. Serves 8 to 10.

CHICKEN IN RUM-ORANGE SAUCE

- 3 large fryers, quartered (about 9 pounds or 12 pieces in all)
- 1 cup flour
- 1 tablespoon salt
- 1 teaspoon seasoned pepper
- 1 teaspoon fines herbes seasoning
- 1/2 to 3/4 cup oil
- 2 cups orange juice
- 1-1/2 cups gold Puerto Rican Rum
- 2 teaspoons nutmeg
- 1 teaspoon basil
- 1/2 teaspoon allspice
- 1 tablespoon green peppercorns
- 3 large cloves garlic, minced
- 3 tablespoons brown sugar
- 1/4 cup white vinegar
- 2 tablespoons slivered orange peel

Trim and partially bone the chicken pieces to make them more compact and shapely. Mix the flour and seasonings, dredge chicken in mixture. Heat oil in large frying pan, quickly saute chicken pieces. Transfer chicken to a baking pan or pans. Discard oil remaining in frying pan but leave any brown bits or flour left from cooking. Combine remaining ingredients in frying pan, mix well. Stir until hot and bubbly, pour over chicken in baking pan (s). Sprinkle with orange peel. Cover. Cook in a moderate oven, 350°, about 45 minutes until chicken pieces are fork tender. Sauce may be thickened slightly before serving if desired. Makes 8 to 10 servings.

PASTA CARBONARA

- 1 pound pasta*
- 1/3 cup butter or margarine
- 1/2 cup grated Parmesan cheese
- 1/2 cup heavy cream
- 1/2 pound sliced bacon, cooked crisp, drained and crumbled
- Minced parsley

Cook pasta following package directions. Drain. Toss hot cooked pasta with butter or margarine. Add remaining ingredients and toss all lightly but well. To serve, mound in a ring around sauced chicken. Serves 8.

*Use any favorite pasta—roti, ziti, fusilli, elbows, spaghetti, shells.

WINTER SALAD

- 3 zucchini, thinly sliced
- 3 tomatoes, quartered
- 1 small green pepper, cubed
- 1 ripe avocado, cubed

- 2 scallions, chopped
- 1/2 teaspoon sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Toss and chill 1 hour. Serve with vinegar and oil dressing plus and a few tablespoons of white Puerto Rican Rum. Serves 8.

RUM AND SPICE BREAD

- 1 teaspoon anise seeds
- 1/2 cup water
- 1/2 cup honey
- 1/2 cup sugar
- 1/4 cup gold Puerto Rican Rum
- 2-1/3 cups flour
- 1-1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/2 cup chopped citron
- 1/2 cup chopped walnuts
- 1 egg

Combine anise seeds and water in small saucepan, bring to a boil. Add honey and sugar, stir until sugar dissolves. Stir in gold Puerto Rican Rum. Cool. Sift dry ingredients together into mixing bowl. Stir in chopped citron and walnuts. Mix in combined liquid ingredients. Beat in egg. Turn batter into a 9 X 5 X 3-inch loaf pan, bake for 50 minutes in a 350° oven. Allow loaf to stand 1 day before slicing. Makes 1 loaf.

WINTER RUM PUNCH

- (May be served hot or cold)
- 1 quart apple cider
- 1 teaspoon whole allspice

- 3 sticks cinnamon
- 1 pint freshly made tea (medium strength)
- 1 fifth gold Puerto Rican Rum

Combine and heat cider, spices and tea. Strain into punch bowl and stir in gold Puerto Rican Rum. Serves 10 to 12. Garnish with citrus slices. For a sweeter punch stir 1/3 to 1/2 cup sugar (granulated or brown) into hot mixture before straining.

CHOCOLATE RUM CHEESE CAKE

- 1-1/2 cups chocolate wafer crumbs
- 1/3 cup melted butter
- 1/3 cup gold Puerto Rican Rum
- 3/4 cup sugar
- 8 ounces sweet cooking chocolate
- 1-1/2 pounds cream cheese, softened (3 8-oz. packages)
- 1/4 teaspoon salt
- 2 teaspoons vanilla
- 4 eggs, separated
- 1 cup heavy cream
- 1/2 cup sifted all-purpose flour
- Chocolate curls

Mix crumbs with butter, 2 tablespoons gold Puerto Rican

Rum and 2 tablespoons sugar. Press around sides of well buttered 9-inch spring-form pan and press onto bottom of pan. Bake in 350° oven 8 minutes; cool. Melt chocolate in top part of double boiler over hot water. Remove from heat and cool few minutes. Beat cream cheese with salt, vanilla, 1/2 cup remaining sugar and egg yolks. Fold in melted chocolate and remaining rum. Beat egg whites until they hold stiff peaks. Beat in remaining sugar until well blended and very stiff. Beat 1 cup cream until very stiff. Pour whipped cream over egg whites and add cream cheese mixture. Begin folding all the ingredients together very gently, gradually adding and folding in the flour. Pour the mixture into the prepared pan. Bake for 1 hour and 15 minutes in a 325° oven. Turn off oven and allow cake to stand in closed oven for 3 to 4 hours. Cool and chill cake. Garnish with layer of whipped cream or topping and chocolate curls. Serves 10 to 12.

MENU

- Herring Bits Metropolitan (Buttered dark bread)
- Chicken in Rum-Orange Sauce
- Pasta Carbonara
- Winter Salad-Rum and Spice Bread
- Chocolate Rum Cheese Cake
- Winter Rum Punch