

FOOD SECTION

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Section II

Egg coloring tradition traces back to Persians and Egyptians

Traditions of egg decorating have enriched the myths and legends of many cultures, and have delighted people of all ages around Eastertime for centuries.

Popular beliefs, imagination and craftsmanship have turned egg decorating into a highly developed and diversified folk art. The egg itself possesses the secret of life; it symbolizes a "rebirth" and is often associated with Easter, Spring, dawn and creation. All involve a beginning, and in one form or another, almost every living thing comes from or can be traced back to an egg of some sort.

Many years before the birth of Christ, the Persians and Egyptians were coloring eggs. And while the Jews do not celebrate Easter, they too colored eggs at approximately

the same time of the year, during their Passover season. In some parts of the world, Jews still use colored eggs for Passover and other religious celebrations. Because of the coincidental nearness of Passover and Easter, Christians may have gotten the idea for colored eggs from the Jews and incorporated it into their Easter celebration.

In many European countries, it was the custom on Easter day to have a "tapping" contest where children would knock the ends of eggs together to see who could keep his egg unbroken the longest. Egg-tossing and egg-rolling games were brought to the United States by German settlers, as was the concept of the "Easter Bunny." Because rabbits multiply quickly and are a symbol of fertility, they became asso-

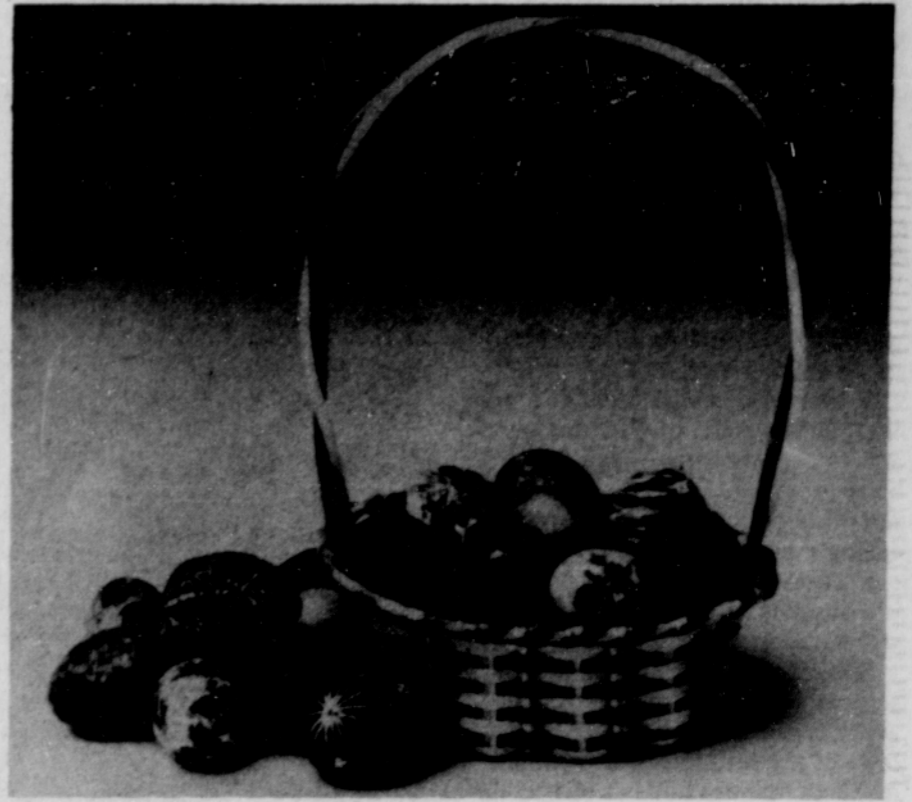
ciated with the celebration of Easter. According to legend, the Pagan goddess of Spring, Eostre, turned a bird into a rabbit. This may explain why, in some areas, the Easter Bunny delivers baskets full of colored eggs to children on Easter morning.

Some of the early German and Pennsylvania Dutch traditions and customs are still in existence today. The most common tradition, still practiced, is hiding eggs for children to find on Easter morning. Both parents and children color them during Easter week, leaving the eggs for the Easter Bunny to hide on Easter Eve. If an egg is particularly beautiful, it may be kept to treasure as a work of art or given as a gift to a special friend.

The various methods of decorat-

ing eggs have also become tradition. Today, a few people still color their eggs by boiling them in natural materials such as onion skins or flowers, but a more universal method of applying color is to use commercial dyes made especially for that purpose. With paint-on egg dyes, colors can easily be applied with cotton swabs or brushes to create virtually any original design.

Stripes, floral and geometric designs, and dot patterns are most common. A slightly more difficult method involves coloring the egg and scratching off portions of the color to expose the shell, creating a "reverse" color effect. Probably the most sophisticated method is "py-sanky," a "resist-dyeing" egg craft which produces intricate designs by using wax.



Decorated eggs are an artful, ancient celebration of spring.



Dome shaped Panettone is frosted for the Easter holiday.

From 15th Century Milan comes a special Easter bread

If you live near an Italian neighborhood chances are you've noticed a delicious yellow yeast-raised cake studded with raisins and candied fruit in bakery windows. This is Panettone, a bread that originated in Milan. The shape is cylindrical with a dome on top and for the Easter holiday it is frosted and decorated with brightly colored sprinkles.

The story behind the name Panettone is interesting. Originally it was called pan de tonio or Tony's bread. Tony was a 15th century Milanese baker who had a beautiful daughter. She won the heart of the son of a wealthy and good family, but the son knew his family would not approve his marriage to the daughter of a poor baker. He decided to try to make the bakers family rich. He bought Tony the finest ingredients, including sultana raisins and lemons for candied peel to produce something new and special. The investment paid off. Tony became rich which made his daughter an acceptable bride for the innovative young man.

Today nearly all of Italy eats Panettone. The accompanying recipe makes six Panettone minarets, a size variation for Easter. The shape is achieved by baking the dough in 1-pound tin cans and inserting a pear-shaped piece of dough into the dough in the can. The dough rises above the edge of the can so be sure to lower the oven rack so the dome won't be touching the top of the oven.

PANETTONE MINARETS

5 to 6 cups unsifted flour
½ cup sugar
1 teaspoon salt
2 packages active dry yeast
½ cup milk
½ cup water
½ cup (1 stick) margarine
3 eggs
½ cup chopped citron
½ cup seedless raisins
2 tablespoons finely chopped blanched almonds

1 tablespoon anise seed
Confectioners' sugar frosting
Colored sprinkles

In a large bowl thoroughly mix 1½ cups flour, sugar, salt and undissolve active dry yeast.

Combine milk, water and margarine in a saucepan. Heat over low heat until liquids are very warm (120°F.-130°F.). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and ½ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Add eggs and ½ cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in citron, raisins, blanched almonds and anise seed. Add enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until almost doubled in bulk, about 1 hour. Punch dough down. Cover; let rise again until almost double, about 30 minutes.

Punch dough down again; turn out onto lightly floured board. Divide into 6 equal pieces. Remove a small piece from each about the size of a walnut. Form larger pieces into pear-shaped pieces. Place wide ends down in 6 well-greased #303 cans (1-pound vegetable or fruit can). Using scissors snip top of dough in cans about 1-inch deep. Shape small pieces of dough into pear shapes. Insert narrow ends down in center of snipped section of dough in cans. Cover; let rise until doubled in bulk, about 1 hour. If necessary, re-arrange top pieces to center.

Bake on lowest rack position at 350°F. about 35 minutes, or until done. Remove from cans and cool on wire racks.

Frost tops with confectioners' sugar frosting and sprinkle with colored sprinkles. Makes 6 small breads.

SAFeway

BLADE BUTT CUT

Pork Roast

Fresh Flavorful Pork
Shoulder Pork Roast

98¢
Lb.

SAFeway

Boneless Top Sirloin

SAFeway Quality Beef Steak **3¹⁸**
Lb.

Blade Pork Steak

SAFeway Lean Blade Steaks From The Loin **1²⁸**
Lb.

Rib Lamb Chops

SAFeway Flavorful Chops For Broiling **2⁹⁸**
Lb.

National Brands Sale

Sales Limited To Retail Quantities Only.

 <p>Van Camp's Pork & Beans 16-oz. Cans (Limit 3)</p> <p>3 for 99¢</p>	 <p>Krusteaz Pancake Mix With Buttermilk, 7-Lb. Bag</p> <p>\$2⁷⁹</p>	 <p>Green Giant Niblets Corn Whole Kernel, 12-oz. Can</p> <p>39¢</p>
 <p>48-Ounce Wesson Oil Pure Vegetable Oil</p> <p>\$1⁸⁸</p>	 <p>Steak Cut Fries Tater Boy Frozen, 5-Lb.</p> <p>99¢ While Supplies Last!</p>	 <p>Super Soft Bread White, Wheat, or Sandwich</p> <p>2 for \$1 Mrs. Wright's 24-oz.</p>

FRESH TENDER

Asparagus

Number 1, Medium Size

88¢
Lb.

SAFeway

<p>Apples Red Delicious, Ex. Fancy</p> <p>39¢ Lb.</p>	<p>Watermelon Sweet Red Ripe Whole Melons (Cut, Lb. 23*)</p> <p>19¢ Lb.</p>
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<p>Pink Grapefruit Juice Ocean Spray Frozen Concentrate, 6-oz.</p> <p>3 for \$1</p>	<p>Bel-air Frozen Spinach Chopped or Cut Leaf, 10-oz.</p> <p>3 for \$1</p>	<p>Mild Cheddar Cheese Best Buy Random Weights</p> <p>\$1⁹⁹ Lb.</p>
<p>Mr. P's Asst. Pizzas Twin Pack 22-oz. Size</p> <p>\$1⁸⁹</p>	<p>Dishwasher Cascade 20¢ Off Label 50-oz. Size</p> <p>\$2³⁹</p>	<p>Laundry Detergent White Magic 20¢ Off Label 49-oz. Size</p> <p>\$1⁵⁹</p>

Prices Effective Mar. 31 Thru April 6 at Safeway in the Portland area.

<p>Vidal Sassoon Shampoo or Finishing Rinse, 12-oz. Size</p> <p>\$2⁴⁹</p>	<p>Crest Reg. or Gel or Mint. Advanced Formula, 8.2-oz.</p> <p>\$1⁴⁹</p>	<p>Pamper's Diapers Daytime Disposable Diapers, 30-Count</p> <p>\$3¹⁹</p>
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