

# FOOD SECTION

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## Rally fans for football fun

# Give yourself a victory with pre-game touchdown

Football is the traditional fall sport. But in recent years, two other fall sports—soccer and cross-country running—have enjoyed explosive growth. In some areas of the country, more people are playing soccer than football. Meanwhile, the running boom has attracted thousands to cross-country team.

Each of the three activities places great demands on the participants. After a hard practice or competition, athletes will enjoy special drinks designed to quench thirst and help satisfy hunger pangs.

These recipes feature plenty of fruit flavors in the form of fruit punch, fruit juices and fresh fruit. These fruit tastes are blended with ice cream, soda and other ingredients to produce rich, satisfying drinks.

The Soccer Sipper, Cross-Country Cooler and Football Float are also excellent for adult athletes, after a weekend touch-football game, or five-mile jog.

### CROSS-COUNTRY COOLER

8 oz. fruit punch (cherry), chilled  
4 oz. ginger ale  
½ medium banana  
1 oz. coconut cream or syrup  
Ice cubes or crushed ice



Cross Country Cooler



Combine ingredients, except ice cubes, in blender. Cover and run on high until smooth and well-blended. Serve over ice cubes or crushed ice. Yields 2 servings (8 oz. each).

Variation: Substitute orange punch for cherry.

### SOCCER SIPPER

4 (No. 12) scoops vanilla ice cream  
8 oz. grape fruit punch, chilled  
1 oz. grenadine syrup

Combine ingredients in blender. Cover and run on high until smooth and well blended. Serve garnished with maraschino cherry, if desired. Yields 2 servings.

Variation: Substitute cherry fruit punch for grape.

### FOOTBALL FLOAT

8 oz. orange fruit punch, chilled



### Soccer Sipper

4 oz. pineapple juice, chilled  
1 (No. 20) scoop orange sherbet  
Lemon-lime soda

Pour juices into glass. To with orange sherbet. Fill glass with soda. Garnish with starw, orange slice and maraschino cherry. Yields 1 float (14 to 16 oz.)

What better way to kick off a day of football festivities than with a tail gate party! Fans are sure to cheer Tail Gate Sausage Broil featuring a winning team of gourmet sausages.

With bratwurst, Polish sausage and knackwurst in the starting lineup, you can be confident that no one will be on the sidelines when the feasting begins. While these high-quality sausages are delicious simply broiled, you'll score extra points by flavoring them with a spirited beer marinade accented with garlic, onion and red pepper.

This on-the-go entree will fit conveniently into any game plan for the sausages can be placed in the easy-to-make marinade well in advance and toted to the game in a cooler. Because the sausages are fully cooked, they can be broiled on a portable grill or hibachi in just a matter of minutes.

Through a little scouting in the supermarket, you'll discover that these flavorful sausages are members of an entire league of prestigious meats you can serve with confidence. Sausage is made with nutritious, wholesome pork, beef and veal and therefore contains the same nutrients found in fresh meat—



high-quality protein, B-vitamins, iron and zinc. Check the label to answer any question about what is in sausage for all ingredients must be listed in order of their predominance of weight.

### TAIL GATE SAUSAGE BROIL

4 'fully-cooked' bratwurst  
4 'fully-cooked' Polish sausage  
4 'fully-cooked' knackwurst  
2 medium onions, thinly sliced  
2 12-oz. cans beer  
2 cloves garlic, halved  
1 teaspoon crushed red pepper

Place ½ the onions on bottom of large flat container with tight fitting lid. Arrange bratwurst, Polish and knackwurst sausages on top. Combine beer, garlic and red pepper; pour over sausages. Top with remaining onion slices. Cover tightly and refrigerate 6 hours or overnight. Transport container in cooler. When ready to serve, place sausages on grill over ash-covered coals; so surface of meat is 3 to 4 inches from heat. Broil 12 to 15 minutes, turning occasionally. 12 sausages.

## Potato salad requires special care

Don't boil or bake potatoes and then leave them at room temperature until you get around to making potato soup or potato salad, warns Margaret Hamilton, Multnomah County Extension Agent. Keep the potatoes at (140 or above) or cold (45°F. or below) until you're ready to use them, or run the risk of botulism.

"Potato salad has been implicated in three outbreaks, which resulted in 47 cases of type A botulism in the United States since 1967," Ms. Hamilton says. Analysis of one of these outbreaks by the Food and Drug Administration revealed type

A and type B Clostridium botulism spores in samples of raw potatoes. Those potatoes came from the stock of a restaurant involved in one of the outbreaks.

"This finding caused researchers to conduct laboratory studies to determine how potato salad could become a vehicle for botulism," notes Margaret Lewis, Oregon State University Extension nutrition specialist. "Potatoes that had been inoculated with C. botulinum spores were found to contain toxin when held at room temperature for some time after baking."

Potato salad has also been impli-

cated in cases of staph food-poisoning, says Lewis. In this case, it is not the mayonnaise that spoils readily but the potato and the egg. Within a few hours, depending on room temperature, the cooked potatoes or the salad may become unsafe to eat.



That popular and delicious melon, the cantaloupe, gets its name from the village of Cantalupo, Italy, where it was first grown in Europe.

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**Short Ribs**

4 pounds beef short ribs  
2 tablespoons oil  
1 coarsely chopped onion  
1 1/3 cups (12-ounce can) Contadina Italian Paste  
2 2/3 cups (2 cans) water  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 cups (1-inch pieces) carrots

Brown short ribs in oil in large Dutch oven. Add onions; brown slightly. Combine Italian Paste, water, salt and pepper. Add to Dutch oven. Cover; boil gently 1 1/2 hours, or until ribs are tender. Add carrots; boil gently an additional 30 minutes. Serve with noodles or other pasta.

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