

# Golden apple bread pudding historic dessert



American regional cooking, with its long and flavorful tradition, is enjoying the heights of popularity across the nation today. This hearty, inviting Golden Apple Bread Pudding comes to us from the annals of our colonial ancestors.

The naturally sweet flavor of orchard-fresh Golden Delicious apples, raisins and fragrant spices, added to this old-fashioned dessert, turns a good thing into a really memorable dish. Whether served warm from the oven or made ahead and cooled, this is sure to become a favorite with all ages.

All-purpose Golden Delicious apples from Washington State are prized for cooking and baking, as well as for enjoyment in salads and out-of-hand snacks. They retain

their shape better than other apple varieties during cooking, and their snowy flesh resists darkening when cut.

### GOLDEN APPLE BREAD PUDDING

- 8 slices bread
- 3 to 4 Golden Delicious apples
- 1/2 cup golden raisins
- 1 1/2 cups milk
- 1/4 cup butter or margarine
- 5 eggs, beaten
- 1/2 cup sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon each salt and ground nutmeg
- 1/4 cup packed brown sugar
- Dairy sour cream (optional)

Toast bread lightly and cut diagonally into fourths. Arrange a single layer of bread in bottom of lightly buttered 11 1/4 x 7 1/2 x 2-inch baking dish. Core and slice 1 apple. Core and dice remaining apples to equal 4 cups. Spread diced apples evenly on bread. Sprinkle raisins over apples. Arrange remaining bread in two lengthwise rows on diced apples. Place apple slices between rows of bread. Heat milk and butter only until butter melts. Combine eggs, sugar and seasonings; gradually add milk mixture, stirring constantly. Pour over bread and apples. Sprinkle with brown sugar. Bake, uncovered, at 350°F. 40 to 45 minutes or until set. Serve warm or cold. Top with sour cream. Makes 8 to 10 servings.

### School Menu

- January 10: Mexican taco, shredded lettuce & tomato, whole kernel corn, apple wedges, milk.
- January 11: Turkey pot pie, tossed garden salad, whole wheat roll, sliced peaches, milk.
- January 12: Hawaiian pizza, carrot coins, pear half, pumpkin cookie, milk.
- January 13: Country style steak, whipped potatoes, chilled red cherries, fruit bread, milk.
- January 14: NO SCHOOL—Martin Luther King's Birthday.

## Freeze fish

Fishing is a favorite pastime of many Oregonians and the catch can be preserved for enjoyment throughout the year, notes Marilyn Lunner, Clackamas County Extension agent.

Because fish spoils rapidly, it must be handled properly. Keep fish cold, either on ice or in the refrigerator.

Fish must be processed in a pressure canner to destroy bacteria that can grow in low acid foods, adds Carolyn Raab, Oregon State University Extension foods and nutrition specialist.

Process raw fish in one-half pint or pint jars for 100 minutes at 10 pounds pressure. Recommended processing times have not been determined for quart jars, she points out.

To freeze fish, wrap in moisture/vapor-resistant paper. Water glazing is recommended when freezing large fish. This prevents oxidation and freezer burn.

In water glazing, the fish is first frozen unwrapped on a cookie sheet. After freezing, the fish is dipped in water to form a protective glaze and then refrozen. This process is continued until there is a coating of ice around the fish, which is then wrapped in freezer paper.

Smaller fish, such as smelt, are sometimes frozen in a can or carton filled with water. Freezing in water helps prevent changes in quality.

When smoking fish, it's important to have the proper salt concentration and to reach the correct internal temperature, Marilyn stresses. Smoked fish should be kept in the refrigerator. For storage longer than one or two weeks, the fish should be canned or frozen. The processing time for raw fish should be used if it is canned.

When pickling fish, the proper vinegar concentration is essential to prevent the growth of harmful bacteria. Pickled fish should be stored in the refrigerator.

For additional information about canning, freezing, smoking or pickling fish at home, contact the Clackamas County office of the OSU Extension Service at 655-8631.

## Tree disposal made safe

Christmas comes but once a year, and during this season thousands of trees are used for a week and then dumped in area landfills or burned. Metro (the Metropolitan Service District) suggests another way to dispose of your Christmas tree.

For a fee of \$1 or less, the following centers will take your Christmas tree: Waste By-Products (8500 N. Albina, Portland, 283-2261); McFarlane's Bark, Inc. (13345 S.E. Johnson Rd., Clackamas, 659-4240); Grimm's Fuel (Hwy. 99W & Cipole Rd., Tigard, 636-3623).

The processing centers also accept any other woody or leafy yard debris, for a small fee. Each center can provide information about rates and hours.

For information about charitable organizations offering Christmas tree disposal services, or general recycling information, call Metro's Recycling Switchboard, 224-5555.

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