

# FOOD SECTION



Alaska crab rings two kinds of pasta to form main meal for dinner party or special occasion.

## Alaska crab, pasta easy party dish

Want a dinner party idea that's interesting and not time-consuming? The Snow Crab Party Pasta is just right. It features two kinds of pasta and two easy sauces paired with Alaska Snow crab clusters. The casual style of this entree is guaranteed to please guests and it's easy enough for even a novice cook.

Here's how it works: A basic white sauce, made with shredded Swiss cheese and half-and-half, plus a meatless version of a prepared red sauce are put together in minimum time. Two kinds of fettuccine noodles are cooked separately, then arranged on a serving platter and each is topped with one of the sauces. Convenient Alaska Snow crab clusters, cut into serving-size pieces, cracked and

steamed to perfection, are arranged around the noodles. The results — colorful, festive and delicious. (A good supply of napkins and/or bibs suggested when eating this one.) A crisp green salad and garlic bread, and a light dessert of a fresh fruit bowl or ice cream complete this casual but enjoyable party.

Alaska Snow crab clusters, which include portions of the shoulder with several legs attached, come fully cooked and cleaned and are available frozen year-round. Good idea to keep some on hand. Enjoy!

### SNOW CRAB PARTY PASTA

2½ to 3 pounds frozen Alaska Snow crab clusters

½ cup water  
6 ounces spinach fettuccine noodles  
6 ounces fettuccine noodles  
Swiss Cheese Sauce  
Red Spaghetti Sauce

Thaw crab clusters. Cut into serving-size pieces; crack. Fill pot large enough to hold steam basket with water to depth of ¼-inch. Place steam basket in pot; bring water to boil. Place crab in basket, reduce heat and steam, covered, about 5 minutes or until crab is thoroughly heated. Cook noodles in separate pots according to package directions; drain. Arrange noodles and crab on large platter. Top spinach noodles with Swiss Cheese Sauce and regular noodles with Red Spaghetti Sauce. Makes 8

servings.  
**Swiss Cheese Sauce:** Saute 1 clove minced garlic in ½ cup butter. Add ¼ cup half-and-half, 1 cup shredded Swiss cheese, ½ teaspoon salt and ¼ teaspoon pepper; cook and stir until cheese melts and sauce thickens. Stir in 1 tablespoon chopped parsley. Serve over cooked spinach noodles. Makes about 1 ½ cups.

**Red Spaghetti Sauce:** Saute ½ cup each chopped onion and sliced mushrooms in 1 tablespoon oil. Add 2 cups prepared meatless spaghetti sauce and ½ teaspoon basil, if desired; simmer 20 minutes. Add 1 tablespoon chopped parsley. Serve over cooked noodles. Makes about 2 cups.

## Doing MORE...With LESS!

by the staff of  
**THE MOTHER EARTH NEWS**



### GROW POTATOES IN A BARREL!

Remember what potatoes used to be like... hot and steaming from the oven, full of fluffy white meal, and with an earthy flavor that didn't need the help of butter or sour cream? Well, you can raise your own spuds and recapture that special flavor, and you won't have to do a lot of backbreaking digging, either. You can grow potatoes in a barrel—placed in any sunny part of your patio, back yard, or apartment balcony—and that container can be filled with sawdust, dirt, mulch, or rotting leaves. Here's how it's done.

First, get a barrel, a discarded whiskey keg, or even a metal or plastic trash can. (The larger the container, the more spuds you'll eventually harvest, so make your selection accordingly.) To prepare your growing bin, punch several holes, spaced about six inches apart, in the bottom of the container. The drainage holes provide will help keep your crop's "feet" dry, which is an important consideration. Then spread a layer of large pebbles in the bottom of the barrel, and put about six inches of soil over that. Next, put in a four-inch layer of well-rotted (not fresh) sawdust, and you can also add some soil if you'd like. Now you're ready to plant.

Potatoes, unlike most vegetables, aren't usually raised from seed... they're sprouted from the eyes of fully grown tubers that are known as seed potatoes. If you, or someone you know, grew a crop of spuds last year and set some of the beauties aside, you're ahead of the game as these can be your source of new potatoes. But if you don't have this advantage, you'll need to visit a garden shop, nursery, or farm supply store that sells seed potatoes. Those store-bought spuds that may be hibernating in the pantry won't do. These commercial tubers have usually been sprayed with an antisprouting chemical, so even the ones that do put forth new growth will do poorly.

Slice your seed potatoes so that each chunk contains two eyes, and let the pieces sit for a day or two while their cut surfaces dry. Next, take the "seeds" and push them down into the layer of planting medium in the barrel—just far enough so they're covered—and dampen the soil. In only a few days you should find little plants sprouting through. Each time these sprouts grow a couple of inches, dump in enough well-rotted sawdust (possibly mixed with soil) to cover them up, and give the crop a soaking. Since the new potatoes form above their parent eye, you are—in effect—creating room for more down-home delicacies each time you bury the plant. By the time the container is full, you'll have two or three feet of barrel-grown beauties to harvest.

Come September, when it's time to gather your May-planted crop, you can forget about your spading fork. Simply tilt the barrel over on its side, give it a shake or two, and pour out the most beautiful spuds you've ever seen!

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