

# Vive le croissant!

Frozen croissants were recently introduced into this country, bringing us the flaky, fresh, flavorful baked product, long enjoyed in France, in a new convenience form. What makes a perfect croissant? The essence of it is the texture that comes from multi-layering dough and batter. Not just a dozen layers or 50, but over 100 are required to produce a superior croissant. Frozen croissants are frozen immediately after baking to lock in the flavor and aroma. All you have to do is take them from your freezer, pop them into the oven for about 10 minutes and they're ready to eat at their most delicious best. Besides the obvious breakfast and dinnertime treat, the convenience of frozen croissants lends itself to many creative combinations from snacks to tasty casseroles. To name a few... this Croissant Chicken Bake, Crab Bites and Ham, Cranberry and Gouda Melt. Enjoy!

### CROISSANT CHICKEN BAKE

- 1 package (6 oz.) wheat croissants, frozen
- 2 cups cooked chicken, diced
- 1/2 cup coarsely broken pecans
- 1/2 cup minced celery and leaves
- Mayonnaise, about 1/2 cup
- 2 eggs, well beaten
- 1/4 teaspoon salt
- 1 cup milk
- 1/4 cups (5 oz.) grated sharp cheddar cheese

Slice croissants into 2 layers. In a bowl, mix chicken, pecans and celery. Stir in enough mayonnaise to make a thick mixture. In another bowl, beat eggs, salt and milk until smooth. Dip croissant halves into milk and egg mixture, allowing to absorb liquid. Place bottom halves side by side in a greased 8x12 baking pan. Top with a thick layer of chicken mixture. Replace tops. Drizzle remaining egg mixture over croissants. Sprinkle with cheese. Place on bottom shelf in oven and bake at 350°F. for 20 to 25 minutes or until bubbly and brown. Serve hot. Makes 4 servings.

### CRAB BITES

- 4 frozen all-butter or cheese croissants, baked
- 1/2 cup cheddar cheese spread

## Child raising costs exceed \$150,000.00

"If you think raising a child is expensive, you're right," says Alice Mills Morrow, Oregon State University Extension family economics specialist.

Morrow, citing new figures from the Family Economics Research Group of the U.S. Department of Agriculture, reports that families will likely spend about \$150,000 to raise a child who is now 2 to his or her 18th birthday in 1999. The figure assumes an annual inflation rate of 6 percent.

The estimated total of raising a "moderate-cost" child from birth to age 18 in a Western rural non-farm setting is \$89,720, based on average 1982 costs for goods and services. The figure doesn't include the cost of birth or savings for education beyond high school.

If inflation averaged 6 percent per year by 1999, these 1982 goods and services would cost \$159,447. At 10 percent average inflation, the cost for goods and services would be slightly over \$240,000.

Almost a third of the total cost goes for housing, including shelter and the child's share of utilities, household operations, furnishings and equipment.

Other major costs are food, both home-produced and school lunches, and transportation. Each category accounts for about one-fifth of the total.

"The study cites only out-of-pocket costs for raising a child," the specialist notes. Not included are costs paid by society to maintain schools, libraries and other services. Also missing are what economists call 'in-kind' contributions such as child care provided by a family member and lost earnings if one parent chooses to stay out of the labor force to care for the child.

- 2 tablespoons mayonnaise
- 1 small clove garlic, minced
- 1/2 teaspoon fresh or frozen chopped chives
- 1/4 teaspoon Dijon-style mustard
- 1/8 teaspoon ground cumin
- 1 can (6 oz.) crabmeat, drained

Cut frozen croissants in half lengthwise; leave together. Heat croissants on ungreased baking sheet in preheated 325°F. oven 9-11 minutes. Stir together all other ingredients except crabmeat; stir in crabmeat. Spread each croissant half with 2 tablespoons crab mixture. Broil until bubbly. Cut each 1/2 into 4 pieces. Makes 32 appetizers.

### HAM, CRANBERRY & GOUDA MELT

- 4 frozen all-butter croissants
- 8 slices baked ham
- 1/2 cup whole berry cranberry sauce
- 16 small slices gouda cheese

Cut frozen croissants in half lengthwise; leave together. Heat frozen croissants on ungreased baking sheet in preheated 325°F. oven 9-11 minutes. Place 2 slices ham on each croissant bottom. Top with 2 tablespoons cranberry sauce and 4 slices cheese. Broil until cheese has melted. Top with remaining croissant half. Makes 4 servings.



For Croissant Chicken Bake you stuff frozen croissants with a delicately flavored chicken salad, top with grated cheese and heat. The perfect thing for a Sunday brunch.

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