

FOOD & NUTRITION

Caramel Apple Pie

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PIE DOUGH

- 3 cups flour
- 1/2 teaspoon salt
- 3/4 cup vegetable shortening
- 1/2 stick (2 ounces) chilled butter, cut into pieces
- 1/2 cup plus 2 tablespoons ice water

APPLE FILLING

- 5 large green Granny Smith apples; peeled and cored, about 2 1/2 pounds

- 1 cup granulated sugar
- 3 tablespoons quick cooking tapioca
- 2 tablespoons lemon juice
- 1 tablespoon cinnamon
- 1/2 teaspoon salt
- 1 tablespoon heavy cream
- 1 egg
- 1 can Reddi-wip

CARAMEL TOPPING

- 1/2 cup brown sugar
- 4 tablespoons unsalted butter
- 2 tablespoons heavy cream
- 1/2 cup pecan halves

Place flour and salt in large bowl. Cut in shortening and butter until mixture is coarse and mealy. Sprinkle in ice water; lightly knead until dough forms a ball. Divide dough in half. Place in plastic bag and chill at least one hour, or overnight.

Butter and flour a 9-inch glass pie plate. Roll out half the dough to 1/8-inch thickness and line the plate; being sure to press the dough into the sides and the bottom.

Roughly chop the apples into small pieces, about the size of lima beans. (The apples should measure about 9 cups chopped.) Combine with

sugar, tapioca, lemon juice, cinnamon and salt in a large bowl. Set aside until the juices begin to run, about 10 to 15 minutes. Beat together the cream and egg to make a glaze and brush over the edges of the bottom crust.

Pour apples into the pie shell, pressing down gently.

Roll out the remaining dough to 1/8-inch thickness. Place over the filling and seal the edges by gently pressing together. Trim any excess dough with scissors and flute the pie's edges.

Brush the remaining egg glaze over crust and top. Using a paring



The updated American favorite is the dessert choice for any occasion -- Caramel Apple Pie was developed by renowned chef Susan Feniger of Los Angeles' City and Border Grill restaurants for the Reddi-wip "Top Chefs Top it Off!" recipe contest.

knife, cut and remove a circle the size of a quarter from the center of top crust. Cut 5 or 6 slits in a spoke pattern. Beginning half an inch from the outside edge. Chill for 1/2 hour before baking.

Preheat oven to 425. Bake 15 minutes, or until the top is a golden brown. Reduce heat to 325. Continue baking until juice are thick and bubbly, 1 hour to 1 hour and 10 minutes. If edges of pie appear to be browning

too quickly, cover with aluminum foil.

Combine brown sugar, butter and cream in a small saucepan. Bring to a boil and let cook over low heat for 2 minutes. Remove from heat and stir in the pecan halves. Spoon over top of pie crust, coating it entirely. Caramel will drip over edges creating an "icicle" effect. Cool pie on rack, top with Reddi-wip before serving. Makes 10 servings.

Reddi-Wip Creates Partnership With Boys & Girls Clubs Of America For "Top Chefs Top It Off!" Program

In a unique effort to help young Americans, Reddi-wip has joined forces with Boys & Girls Clubs of America (B&GCA) for the Reddi-wip "Top Chefs Top it Off!" program.

For more than 130 years, Boys & Girls Clubs of America have played an important role in the lives of young people from disadvantaged circumstances. Each local Boys & Girls Club impacts young lives by building self-esteem and encouraging the development of positive values and skills during childhood growth. Today nearly 1,500 local Boys & Girls Clubs provide a safe environment for kids to go after school and on weekends.

The organization helps nearly two million young people in the United States, Puerto Rico and the Virgin Islands. In addition to the local clubs, Boys & Girls Clubs of America sponsors national programs to recognize individual achievements, to provide learning opportunities and to address critical issues facing today's youths. With alumni including President Bill Clinton, Academy-award-winning actor Denzel Washington and football legend O.J. Simpson, B&GCA has become the model for youth pro-

grams nationwide.

The Reddi-wip "Top Chefs Top it Off!" program is geared to raise funds for B&GCA through a professional chefs recipe contest, a recipe book consumers can send in for and supermarket fund-raising events. For the professional chefs recipe contest, America's top chefs entered a Reddi-wip recipe idea to win donations in their names to B&GCA, for a grand total donation of \$15,000. In addition, the winning recipes have been compiled into a recipe book that consumers can purchase for \$1.00, with all proceeds going directly to B&GCA. Finally, supermarkets in the south-east, south and west coast will participate in the Reddi-wip "Top it Off!" promotion, a series of fund-raising events to raise money for local Boys & Girls Clubs.

"This is the first time Reddi-wip has sponsored a program of this type," said Tom Hickey, product manager, Reddi-wip. "We are proud that the monies raised through the Reddi-wip 'Top Chefs Top it Off!' program will help Boys & Girls Clubs serve disadvantaged children throughout the nation."

EASY COUNTRY CHICKEN NOODLE SOUP

- 3 qts. water
- 1/2 cup + 1 Tbsp. L.B. Jamison Chicken Soup Base
- 1 large onion chopped
- 2 stalks celery, thinly sliced
- 2 carrots, thinly sliced
- 1 pkg. (1-lb.) frozen mixed vegetables
- 1 Tbsp. dried parsley
- 1 tsp. basil
- 1/4 tsp. poultry seasoning
- 1 Tbsp. chives (dried or fresh)
- 1/2 tsp. pepper
- 1/2 cup fresh mushroom, chopped (1 4-oz. can)
- 2 cups cooked chicken (or canned)
- 1 pkg. (8-oz.) wide egg noodles.

DIRECTIONS:

Combine water, chicken base and fresh vegetables in a large soup pot. Bring to a boil, cover and cook 10-15 minutes or until vegetables soften. Add remaining ingredients and stir to mix. Bring to boil, reduce heat to medium-low. Simmer, stirring occasionally, for 30 minutes or until vegetables and noodles are tender.

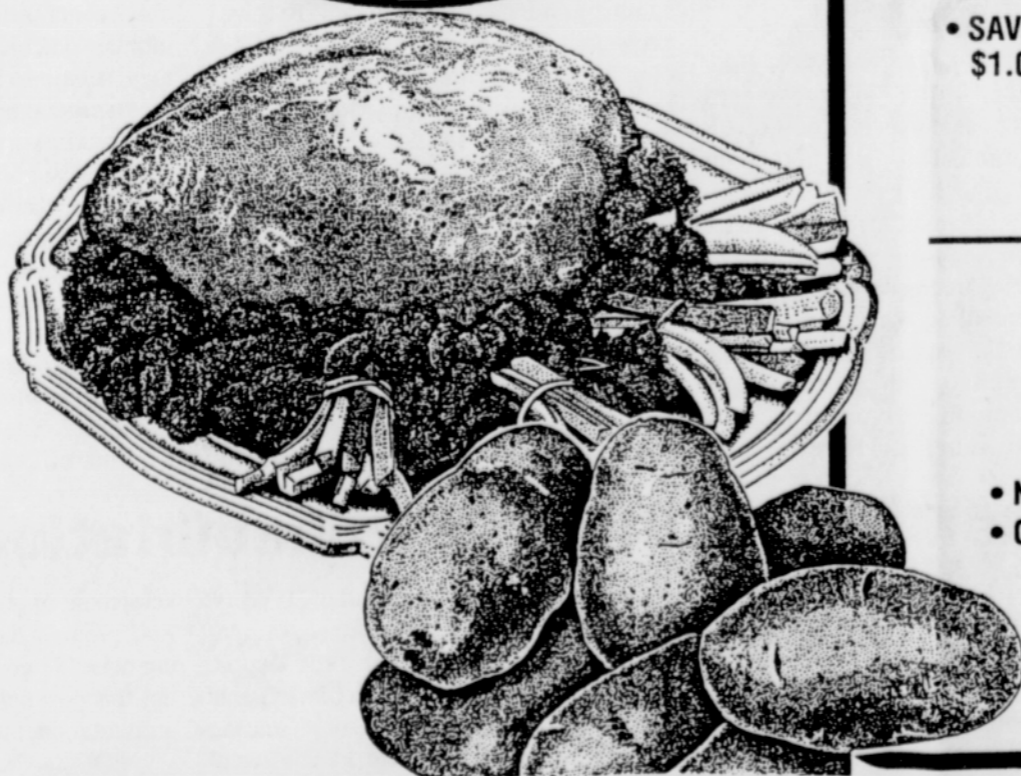
Makes approximately 4 quarts.
Recipe courtesy Holsum Foods.

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