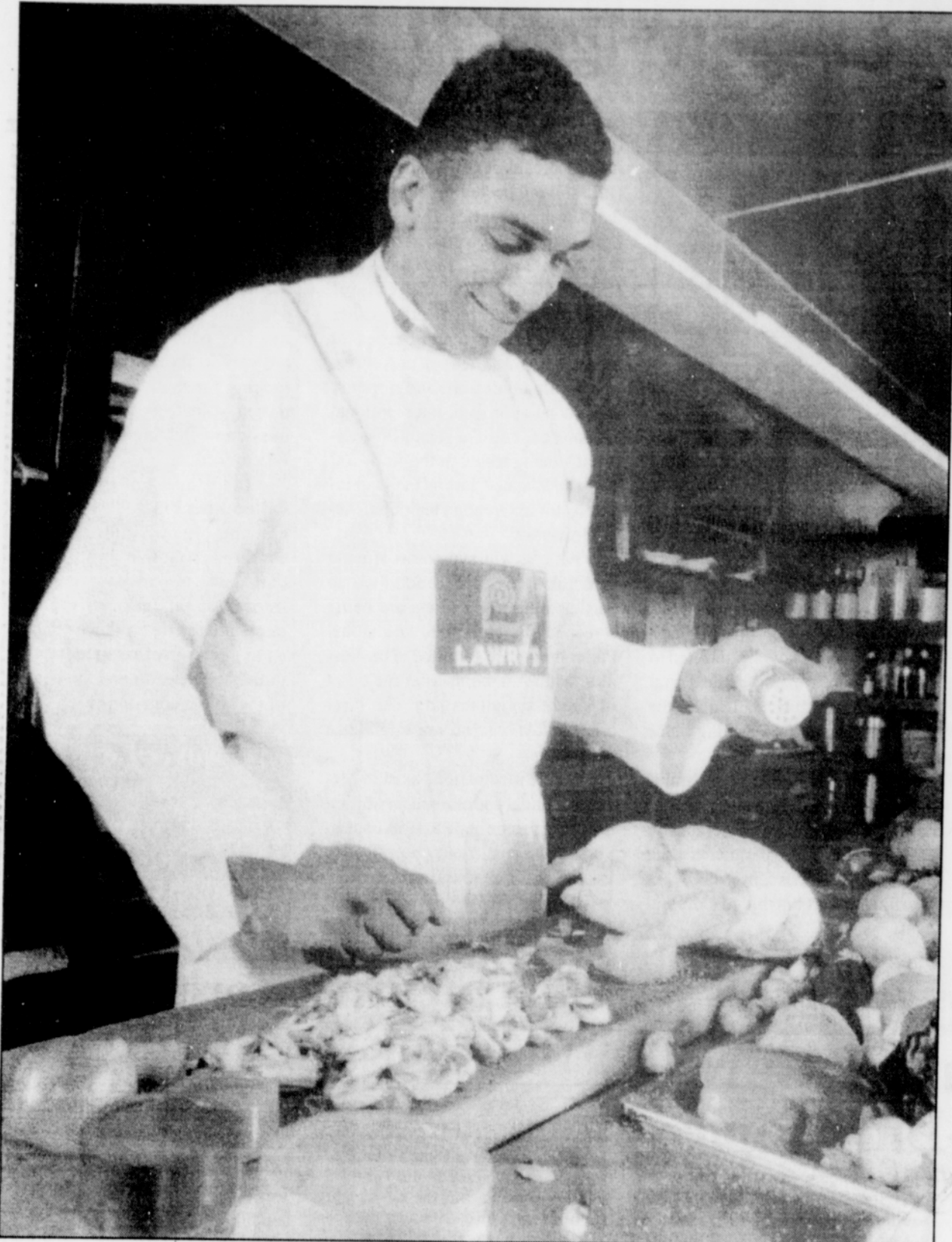


# FOOD & NUTRITION

## Spices Add Zest To Your Feast



Chef Ben Gordon adds spices to a baked duck.

Whether you're cooking roast beef and dressing or black-eyed peas and collard greens for the New Year, consider adding a little zest to your holiday feast with this meal suggestion from Lawry's "seasoned veteran," Chef Ben Gordon.

"It's not unusual to wind up in the cooking rut of preparing the same

dishes, or the cooking rush, running to the store to purchase whatever foods are left by the masses," said Gordon. "I think it's important that cooks experiment by putting a new spin on an old favorite or adding a new dish to their holiday menus."

Gordon suggests the following delicious menu that is guaranteed

to generate smiles and genuine compliments:

- Cream of Mushroom Soup
- Baked duck with raspberry sauce and wild rice
- Glazed carrots
- Steamed broccoli with butter and thyme sauce
- Tossed green salad with Bos-

ton/Radicchio lettuce and plum tomato wedges

- Sweet potato biscuits
- Cheesecake
- Flavored coffee, cappuccino, or cinnamon tea

Gordon also offers several tasty tips for cooks who want to give their meals a delicious lift.

- To make store-bought ranch or creamy Italian dressing taste homemade, add fresh mint, dill or basil, as well as vinegar and mayonnaise.

- Spice up canned black-eyed peas by adding beef bullion cubes, garlic powder, seasoned pepper, sugar tomato paste and roux (equal parts flour and butter).

- Avoid cake pitfalls by double-checking your cake recipe for the amount of egg yolks versus whole eggs; making sure you set your oven on the correct temperature (an oven too hot could result in a crusty cake crown); using the appropriate amounts of flour, sugar and shortening (as outlined in cake recipe); and not over-mixing the cake batter.

### Baked Duck With Raspberry Sauce (Yields two servings)

- 4-5 lb. Thawed duck
- 1/2 tsp. Lawry's Seasoned Salt.
- Preheat oven to 350 degrees.

Trim excess fat from duck (esp. tail). Place unseasoned duck in roasting pan (approximately the size of the duck). Slow cook duck uncovered in oven for 2-1/2 hours, until brown. (Duck will deep-fry in its own fat.) Remove duck from oven and let cool. Debone duck by simply pulling meat away from bones. Sprinkle Lawry's Seasoned Salt over meat to taste.

### Raspberry Sauce (Yields Two Servings)

- 1 pint fresh raspberries (washed)
- 2 quarts water
- 2 cups of sugar
- 2 tbsp. cornstarch mixture (1 tbsp. cornstarch and 1 tbsp. water.)
- Bring water and raspberries to a boil. Slowly add sugar and bring to a boil. Add cornstarch mixture. Cook sauce for two to three minutes until it is evenly mixed and reaches desired consistency. (To thicken sauce, repeat cornstarch mixture. To thin sauce, add water.) Sauce should evenly coat a spoon.

Serve raspberry sauce over duck and brown or wild rice.

## Children Like To Help In The Kitchen

Most children enjoy pitching in and helping with the baking, says a nutritionist at the Children's Nutrition Research Center at the U.S. Department of Agriculture.

"Cooking together is a great parent/child activity and with a bit of organization, even the littlest baker can participate, said Corinne Montandon, an assistant professor of pediatrics at Baylor College of Medicine.

Before children arrive, assemble all the ingredients and implements you will need.

"It is important to set realistic limits and assign age-appropriate tasks," Montandon said.

Children ages 9 to 12 can prepare easy-to-follow recipes, roll out dough for cookies or pie crust, chop fruits for muffins and grate vegetables for quick breads.

Children ages 5 to 8 can wash fruits and vegetables, stir ingredients and cut out cookies with a cookie cutter. Toddlers can pour ingredients into a bowl. Of course, everyone can help decorate cookies.

Montandon reminds parents to make sure children wash their hands before and after every step in the food preparation process.

She also notes that most young children have short attention spans. When a recipe yields dozens of cookies or muffins, use only half and chill the rest of the dough until later.

Montandon suggests using the kitchen tape as a cookie decorating center. Make sure each child has easy access to small cups filled with colored icings, raisins, pieces of maraschino cherries or dried fruits, sprinkles, miniature marshmallows and other decorative goodies.

To cut down on the mess, place a small plastic tablecloth under the chair where a child is working. But keep in mind, that the kitchen cleanup can be part of the "fun."

Children can help wash dishes, wipe off cabinet tops and sweep the floor. Montandon believes it is important for children to experience all the steps involved in cooking.

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