

# FOOD & NUTRITION

## Chocolate Espresso Cheesecake With Cranberry Topping

### CRUST

- 1 9-ounce package chocolate wafer cookies, finely crushed (2 1/8 cups)
- 1/3 cup butter or margarine, melted

### FILLING

- 1 tablespoons instant espresso powder or instant coffee granules
- 1 tablespoon hot water
- 4 8-ounce packages cream cheese, softened
- 1 1/3 cups sugar
- 1 tablespoon flour
- 1 1/2 teaspoons cinnamon
- 1/4 cup whipping cream
- 4 eggs

### TOPPING

- 1 1/4 cups Ocean Spray whole berry cranberry sauce
- 1 tablespoon cornstarch
- 3/4 cup whipping cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla
- 2 tablespoons semi-sweet chocolate, coarsely grated

Preheat oven to 350 F. Combine cookie crumbs and butter in a medium mixing bowl. Place mixture in a 9-inch springform pan. Press crumbs on bottom and 2-inches up sides of pan. Set aside.

Dissolve espresso powder in hot water; set aside. Using an electric mixer, beat cream cheese, sugar and flour together in a large mixing bowl until well blended and smooth. Beat in the dissolved espresso, cinnamon and 1/4 cup whipping cream. Add eggs, one at a time, beating just until combined, scraping bowl occasionally. Pour the filling into the crust.

Bake about 1 hour or until the top appears set. Cool 1 hour at room temperature. Refrigerate until chilled.

Mean while, combine cranberry sauce and cornstarch in small saucepan. Bring to a boil and cook for 1 minute, stirring frequently. Cover and refrigerate until chilled.

Using an electric mixer, beat 3/4 cup whipping cream until soft peaks form. Add powdered sugar and vanilla; beat until stiff. Spread over top of chilled cheesecake. Spoon cranberry sauce mixture over whipped cream, spreading over top of chilled cheesecake. Spoon cranberry sauce mixture over whipped cream, spreading to within 1-inch of edges. Sprinkle grated chocolate on top of whipped cream border. Makes 1 cheesecake.

## Herbary Holiday Bazaar

Sauvies Island—a bountiful harvest of unique herbs has provided a large quantity of dried arrangements, herbal vinegars and oils that will be available to the public from November 29, through December 3. The Blue Heron Herbary, on Sauvies Island, provides an uncommon experience for anyone interested in this ancient art and science.

The herbary will offer the wares from its fall harvest as well as specially imported herbal products. There will be dream pillows, bath herbs, catnip toys, ornaments, honey, herbal wreaths and the newest herbal tussie

musses and miniature stacks with the latest designs from France. Santa will also be on hand to give out cookies & guided tours of the herbary.

Although the herbary garden is closed until April 1996, the Hanselman's are willing to answer questions from anyone who needs help with their herb plantings. The Blue Heron Herbary can be reached at 503-621-1457. The upcoming sale of herbal wares will take place from 10 a.m. to 6 p.m. daily from Wednesday, November 29 through Sunday, December 3 at 27731 NW Reeder Road on Sauvies Island.

## Tips For Avoiding Holiday Baking Disasters

The holidays are the most popular time of year for baking, whether it's an old family favorite or something new and different. The holidays can also be hectic, and the hurried pace can cause even the most experienced home bakers to make mistakes. Elinor Klivans, the award-winning dessert chef and author of *Bake and Freeze Desserts*, suggests that home bakers remember several simple tips to avoid baking disasters this year.

"When baking recipes come out terribly wrong, people tend to think that they've made a huge mistake, or they blame the recipe," said Klivans. "In fact, it is often the simplest things what cause the worst results." Klivans cited the following typical baking disasters and the simple solutions to avoid them.

### Christmas Cookies came out dry and spongy and tasted wrong:

**EK:** "This comes from baking with a margarine spread with added water instead of a full-fat stick margarine. Many spreads that are made for use as a topping or condiment have water added to reduce fat con-

tent for diet-conscious people, but these spreads should not be used in baking. Using a margarine with added water can result in pinholes, hardness instead of flakiness and dry centers. Using a leading full-fat margarine, such as Fleischmann's margarine, ensures consistent results every time you bake, including proper browning, texture and flavor; baked goods stay flaky and crisp longer as well."

### My Cake collapsed in the middle:

**EK:** "Preheating, baking temperature and baking time are equally critical. If you bake for the right amount of time at too low a temperature, or at the right temperature for too short a time, or fail to preheat your oven properly, the recipe will fail in a variety of ways, including sinking in the middle in the case of cakes. Make sure you follow the recipe exactly, and check for doneness before removing the cake from the oven."

### My cake stuck to the pan:

**EK:** "When I'm in a hurry, sometimes even I forget to grease my pans before baking. Of course, people also

sometime use a margarine spread with added water to grease baking pans, and these do not work well for this purpose. The water evaporates, and your cake sticks to the pan. Choose a leading full-fat margarine such as Fleischmann's to remove any doubts about your margarine."

### Tried making cobbler for the first time and it overflowed:

**EK:** "Many recipes only look perfect when finished if you use the right pan, and if you used a pan that was even slightly smaller, you might get overflow as the filling simmers. If you're not sure about potential overflow, and want to avoid making a mess of your oven, try placing your pan within a larger pan to catch any overflow."

### Pie crust ended up in the middle of the pie:

**EK:** "Always check pie crusts carefully for cracks or breaks before using, because pieces of the crust can float up into the pie as the filling seeps under the crust."

**I followed the recipe, but it tastes as if something is missing:**

**EK:** "The hectic pace of the holidays sometimes results in rushing through the preparation of baking recipes. You can save time and ensure that you will not leave anything out of a recipe by mistake by measuring out and arranging all your ingredients in advance. I also suggest stocking up on baking ingredients before the holidays get too hectic, so you won't have to run out for anything at the last minute, when time is most precious."

Klivans notes that the simplest way to ensure that your baking recipes turn out perfect while avoiding last-minute pressure is to prepare your baked recipes in advance and freeze them. *Bake and Freeze Desserts* (William Morrow and Company, 1994) provides tips for saving time by freezing premade baked desserts as well as hundreds of delicious recipes ideal for freezing, including cakes, cookies, muffins, pies and more. Your guests will enjoy fresh-baked goodness and you'll have more time for enjoying the holidays with family and friends.

## Ethnic Holiday Collectibles At Vessels

African-American Holiday Collectibles have arrived at Vessels, "Tableware With Meaning."

The popular line of Fitz & Floyd dinnerware and accessories for the holiday now includes a Black Santa and

Mrs. Claus. The selection includes the Santa mug and salad plate, and Mrs. Claus cookie jar, candy jar and pitcher. Other items are the salt & pepper shakers and sugar/creamers sets.

Vessels features ethnic items for the

dining room, bath and kitchen. For the holidays, there are colorful, hand-painted wine glasses, serving platters and ornaments with cultural influence. Vessels also carries many items for celebrating Kwanzaa including kinar, straw mats, candles and run-

ners. Located at 2605 NE Martin Luther King, Jr. Blvd at the corner of Russell, Vessels is open 10 a.m. - 6 p.m. Tuesday through Saturday, and every Sunday from 1-5 p.m. until Christmas. For more information call 249-1952.

## Legé Joins Mrs. Winner's Chicken And Biscuits

Rhonda Redditt Legé, a Portland Native, is the newly hired vice president of Marketing for Mrs. Winner's Chicken and Biscuits.

The restaurant is an affiliated company of the RTM Restaurant Group.

Legé's primary area of responsibility includes marketing and advertising for 105 company-owned chicken restaurants and 22 franchisee-owned restaurants operating in Tennessee, Alabama, Georgia, North Carolina and Kentucky.

"Rhonda is an invaluable addition to our team," said Rusty Creel, vice president operations for Mrs. Winner's.

"She brings a wealth of mar-

keting savvy and expertise to the table, and we look forward to her leadership and direction as Mrs. Winner's continues to grow and expand," she said.

Legé's marketing career spans over a decade in the fast food industry.

In the mid 1980's, the 35-year-old of Portland, spent several years as director of marketing and consumer affairs for The Bailey Company, and Arby's franchisee in Denver, Colorado.

She then joined Arby's Inc. for several years where she began as field marketing manager and was then promoted to regional marketing director.

Prior to joining the RTM Restaurant Group Legé was a divi-

sion marketing manager for Pizza Hut, Inc., a division of PepsiCo, in Downers Grove, Illinois.

Legé earned a Bachelor of Arts Degree from the University of Oregon with a major in marketing.

She was an active member of the Alpha Kappa Alpha Sorority and a member of the varsity track team.

Legé furthered her education by studying financial management courses at Illinois Benedictine College through December 1988.

The new vice president and husband, Kenny, are the parents of two children.

Evan is their 4 year old daughter and their son, Kendall is

2 years old.

The family has recently relocated from Chicago to Roswell, Georgia.

The RTM Restaurant Group operates 530 restaurants in 14 states and 27 markets.

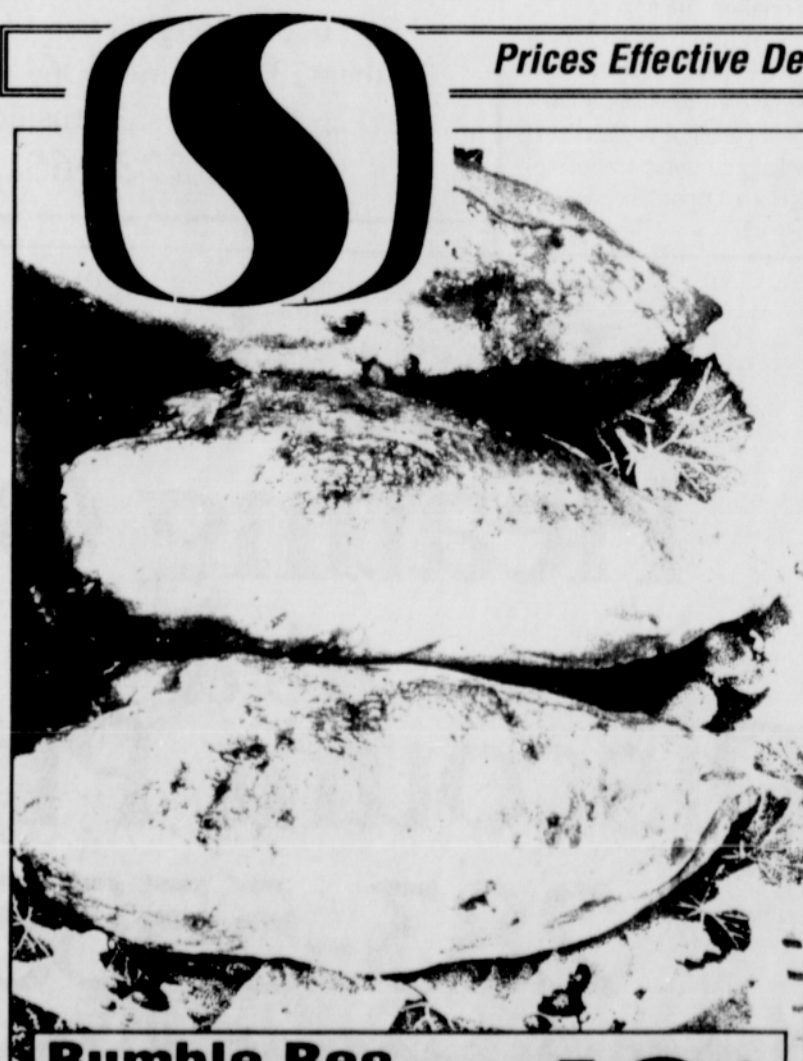
The company's portfolio of restaurant concepts includes Arby's Roast Beef Restaurants, Lee's Famous Recipe Chicken, Mrs. Winner's Chicken and biscuits, Shoney's Family Restaurants and Spinner's Rotisserie Chicken.

Annual sales are \$400 million and the company employs approximately 12,000 people.

RTM Restaurant Group is one of the country's largest privately-owned restaurant companies.

# HOLIDAY BUDGET STRETCHERS

Prices Effective December 6 through December 12, 1995 at your nearby Safeway store.



## Tender Fryer Breasts

- Approximate 3-Pound, Southern Grown
- Smaller packages 1.18 lb
- SAVE UP TO 90¢ LB

99¢  
lb

## Ripe Bananas

- SAVE AT SAFEWAY

25¢  
lb

## Bumble Bee Chunk Light Tuna

- 6-Ounce
- In water or oil
- SAVE UP TO 40¢

49¢  
ea

Look For Your  
Safeway Weekly Shopping Guide  
In Your Mail Box ...And Save  
More Shopping At Safeway!

Enjoy Extra Savings With The  
SAFEWAY EXTRA In-Store  
Savings Guide  
Available at your Safeway store.