

# FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to [foods@portlandobserver.com](mailto:foods@portlandobserver.com)

I have tried several of your recipes. My family and I have enjoyed all of them. Do you happen to have the following recipes: bubble-gum salad or pistachio Easter salad?  
Becky Selvidge, Zigzag, OR

Becky, I am including your recipe request in this week's "Food Section." I appreciate the feedback from our readers. To you and all of our readers: I wish you a safe and happy Easter. Good eats to all!  
Sharon Sperry, The Portland Observer

## Pistachio Easter Salad

### Ingredients

- 1-(3.5 oz.) pkg. pistachio pudding
- 1-(16 oz.) frozen whipped topping, thawed
- 1-small can crushed pineapple, drained
- 2 to 3 bananas

### Directions

- Mix pistachio pudding and whipped topping, whipping gently.
- Add drained pineapple to mixture.
- Cut bananas into thin slices and add immediately to mixture.
- Chill one hour prior to serving.

## Bubble-Gum Salad

### Ingredients

- 1-(14 oz.) can sweetened condensed milk
- 1-(12 oz.) frozen whipped topping, thawed
- 1-(21 oz.) can cherry pie filling
- 3- medium firm bananas, sliced
- 1-(8 oz.) can crushed pineapple, drained
- 1/2 -cup chopped walnuts

### Directions

- In a large bowl, combine milk and whipped topping until well blended. Fold in pie filling, bananas, pineapple and nuts. Chill one hour prior to serving.

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## EGGOLOGY 101 Dyeing Easter Eggs

BY SHARON SPERRY

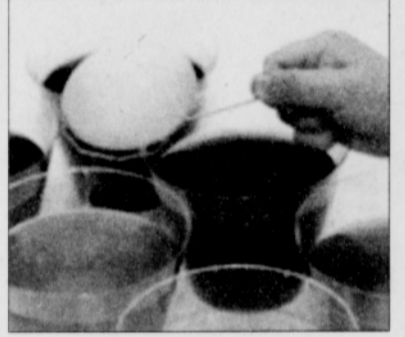
Everyone has a fond memory of dyeing Easter eggs as a child, or maybe it's watching the eager faces of your children anxiously anticipating the metamorphosis from the ordinary to that of magical colors. These memories fortunately last as long as the spilled dye on the kitchen cabinets and thankfully not as long as the Easter grass renegades that linger long after Labor Day.

While spring cleaning I found a dusty collection of mixed matched coffee cups, all of which bore the unmistakable signs of Easter egg dye. The choices and options for egg dyeing have changed quite a bit over the years: convenience, cost, ingredients and even the colors palettes. With these changes come higher expectations of dyeing the perfect egg. Now anything goes.

*\*The Easter Bunny, an Easter consultant and eggologist, provides the following tips.*

### EGGOLOGY 101

- To start: cover a table with layers of old newspaper to soak up any spills.
- The secret to beautiful eggs is to let the eggs dry thoroughly between coats of dye.
- Use empty egg cartons as drying racks. Keep paper towels handy to blot off any dye that pools underneath the eggs.
- For colorfast egg dyes, mix 7-8 drops of food coloring into 1 cup of hot water. Stir in 1/4 cup vinegar. For more intense colors, use small amounts of professional-quality food coloring gels or pastes, available at craft, cake decorating and kitchen supply stores.



### Special Effects:

- For spattered eggs, dip egg in a base color and let dry. Dip a clean toothbrush in a contrasting liquid color and carefully flick bristles with your fingers to make a paint splatter onto egg.
- For marbled eggs, coat eggs with a base color and let dry. Mix canola or other light cooking oil into another color of dye (1-tsp. oil per cup of dye) and quickly dunk eggs. The oil will repel color in some places and the dye will adhere in others, creating a marbled effect.

### Homemade Dyes

To make your own natural dyes, boil common ingredients in water with a tablespoon of vinegar until desired shade is reached. Strain to remove solids.

### Suggestions for desired colors:

- Yellow onionskins and ground turmeric dye eggs yellow.
- Yellow onionskins and ground turmeric and beet juice dye eggs orange.
- Brown (not white) onion peels dye as orange, too.
- Red cabbage leaves produce a Robin's egg blue color.
- Orange peels create a smoky yellow green.
- Yellow Delicious apple peelings dye eggs pale lavender flecked with soft rust.
- Fresh spinach gives you a pinkish color with gray-green buffs.

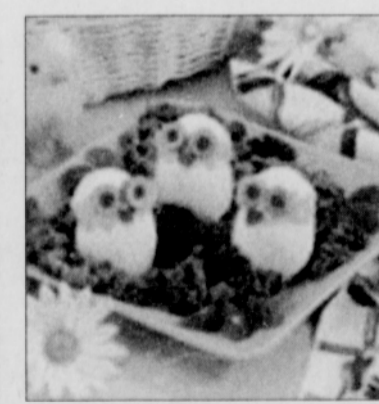
### Special Tips for Natural Egg Dyeing

- To dye eggs, place in a pan and cover with water. Add 1-teaspoon of vinegar and dye material. Bring to a boil; reduce heat and simmer gently 20 minutes.
- The color will deepen or change if the eggs are left in the dye solution overnight.

### Easter Egg Safety Tips:

- DO NOT eat the eggs if you leave them out of the refrigerator overnight!
- DO NOT eat cracked or abused eggs.
- After the egg hunting separate the real eggs from the plastic eggs and examine eggs for abuse (discard any cracked or mutilated eggs. Refrigerate the remaining eggs to use in a favorite egg dish. May I suggest the "Cute Chicks" recipe included in this section?

## Cute Chicks These little cuties will steal the show at Easter dinner and provide the opportunity to express your inner artist.



### Ingredients

- 12 hard-boiled eggs
- 1/2-cup mayonnaise
- 1/2-cup shredded parmesan cheese
- 2-tsp. onions, finely chopped
- 1/2-tsp. curry powder
- 1/2-tsp. prepared mustard
- 1/8-tsp. pepper
- 3-pimento stuffed olives
- 1-small sweet red pepper

### Directions

- Cut a thin slice from the bottom of each egg so it sits flat. A third of the way down from the top of each egg cut a zigzag pattern across. Carefully remove the yolks and place in a small bowl and mash with a fork. Add mayonnaise, cheese, onion, curry, mustard and pepper; stir until well blended. Spoon yolk mixture into the egg white bottoms. Replace tops.
- Cut olives into slices for eyes. Cut 12 small triangles from red pepper for beaks. Gently press the eyes and beaks into egg yolk filling. Refrigerate until serving.

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