

Design for December

(Continued)

Salt Sticks

CONVENIENCE  FOOD RECIPE

Salt sticks and salads are harmoniously paired.

TO PREPARE: 25 MIN. TO RISE: 1 HR.
TO BAKE: 15 MIN.

- 1 pkg. active dry yeast
 - $\frac{1}{4}$ cup warm water (110° to 115°F)
 - 2 $\frac{1}{2}$ cups biscuit mix
 - 1 egg yolk, slightly beaten
 - Coarse salt (about 1 tablespoon)
 - Caraway or sesame seeds (about 2 tablespoons)
1. Grease baking sheets.
 2. Dissolve yeast in warm water. Add biscuit mix; beat vigorously. Turn dough onto a lightly floured surface. Knead until smooth, about 20 times. Shape into a ball. Cover and allow to rest 5 to 10 min.
 3. Divide dough in half. Roll each half very thin into an oblong about 16x12-in. Cut into 4-in. squares.
 4. Start at a corner and roll up each square diagonally to opposite corner. Place on baking sheet. Brush with egg yolk; sprinkle with coarse salt and desired seed. Let rise in a warm place (about 80°F) until doubled in bulk, about 1 hr. Repeat with remaining dough.
 5. Bake at 400°F 15 min. 24 salt sticks

Barbecue Sauce

GOOD FOR FREEZING 

Turkey slices heated in this sauce are especially good eating.

TO PREPARE: 20 MIN. TO COOK: 45 MIN.

- $\frac{1}{4}$ cup finely chopped onion
 - $\frac{1}{4}$ cup diced green pepper
 - 1 clove garlic, crushed in a garlic press or minced
 - 2 tablespoons butter or margarine
 - 1 cup catsup
 - $\frac{1}{2}$ cup chili sauce
 - $\frac{1}{4}$ cup water
 - $\frac{1}{4}$ cup lemon juice
 - $\frac{1}{4}$ cup wine vinegar
 - $\frac{1}{4}$ cup sugar
 - 1 tablespoon Worcestershire sauce
 - 1 teaspoon prepared mustard
 - $\frac{1}{2}$ teaspoon prepared horseradish
 - $\frac{1}{2}$ teaspoon salt
 - $\frac{1}{4}$ teaspoon black pepper
 - $\frac{1}{4}$ teaspoon paprika
 - $\frac{1}{4}$ teaspoon chili powder
1. Heat butter in a saucepan. Add onion, green pepper, and garlic. Cook over medium heat until onion is transparent and green pepper is just tender; occasionally move and turn with a spoon.
 2. Meanwhile, blend remaining ingredients together. Add to vegetable mixture; stir to blend well. Bring to boiling, stirring until sugar is dissolved. Simmer over low heat 45 min.; stir occasionally. About 2 cups sauce

MEMORIE DE WOFF, Director, Culinary Arts Institute

Family
Weekly
Cookbook



Cocoa Cupcakes

GOOD FOR FREEZING 

TO PREPARE: 25 MIN. TO BAKE: 20 MIN.

- 1 $\frac{1}{4}$ cups sifted flour
 - $\frac{1}{2}$ cup cocoa
 - $\frac{1}{2}$ teaspoon baking powder
 - $\frac{1}{2}$ teaspoon baking soda
 - 1 $\frac{1}{2}$ teaspoons cider vinegar
 - Milk (about $\frac{1}{2}$ cup)
 - $\frac{1}{2}$ cup butter
 - 1 $\frac{1}{2}$ teaspoons vanilla extract
 - 1 cup sugar
 - 1 egg, well beaten (until thick and piled softly)
 - $\frac{1}{2}$ cup hot water
1. Line 16 2 $\frac{1}{2}$ -in. muffin-pan wells with paper baking cups, or grease bottoms of wells. Set aside.
 2. Sift together the flour, cocoa, baking powder, and baking soda. Set aside.
 3. Put vinegar into a 1-cup measuring cup for liquids. Add enough milk to make $\frac{1}{2}$ cup. Set aside.
 4. Cream the butter with vanilla extract until butter is softened. Add sugar gradually, creaming until fluffy after each

- addition. Add egg in thirds, beating thoroughly after each addition.
5. Beating only until smooth after each addition, alternately add dry ingredients in fourths, milk and hot water in thirds, to creamed mixture. Finally, beat only until smooth (do not overbeat).
6. Spoon mixture into muffin-pan wells, filling each one-half to two-thirds full. (Fill any empty muffin-pan wells half full with water).
7. Bake at 375°F about 20 min., or until cake tester or wooden pick comes out clean when inserted in center of cakes.
8. Cool 10 min. in pan on cooling rack. Remove cupcakes and cool completely. Frost with **Chocolate-Cola Frosting**. About 16 cupcakes

Chocolate-Cola Frosting

CONVENIENCE  FOOD RECIPE

Prepare 1 pkg. chocolate fudge frosting mix according to directions on package, substituting cola beverage for the liquid. Beat until of spreading consistency.

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