

Heritage Foods Star on Today's Table

Sausage, Apples and Corn Meal Contribute To Appetizing Menus

Americans are turning back the clock at the dinner table. They're baking bread, "starting from scratch" and preparing old-fashioned favorites with Early American foods. Especially popular for winter meals are hearty and homey foods from yesteryear.

Corn, one of our country's oldest foods, comes to today's table as it did in colonial times in corn bread, muffins and piecrust and in new-fashioned creations such as flavorful crusts for meat loaves.

A wide variety of pork sausages—fresh and smoked—is also deeply rooted in American culinary history as are appetizing ways to prepare and serve this popular meat. Today there are hundreds of different sausages from which to choose for round-the-clock meals.

Apples date back to the trees planted by the colonists, and to the seeds scattered by Johnny Applesseed on his travels through mid-America. Today's luscious, carefully-nurtured all-purpose Golden Delicious apples are used in these recipes.

Inspired by the past, but created for today, is the Double Sausage Loaf that's impressive enough for a company menu and satisfying enough for even the heartiest appetites. Shredded apple, oats, and a medley of seasonings combine with fresh pork sausage in this loaf that's centered with a large smoked sausage link. The corn meal pastry strips are placed over the loaf for the crowning touch.

Another hearty winter favorite, combining these American heritage foods and sure to please wind-whipped appetites, is Sausage and Apple-Cabbage Medley, a savory entree of three different sausages, shredded apple, red cabbage and carrots and a marvelous sweet 'n sour sauce. The accompanying Yogurt 'n Corn Muffins, another corn meal favorite, give a different twist to this traditional quick bread.

Among the traditional desserts, apple pie surely rates high with all ages. The naturally-sweet, mellow flavor of Golden Delicious apples stands out in Golden Apple Corn Meal Pie. Golden are a preferred apple for baking, because they retain their shape during cooking. The corn meal crust of this pie and the rich corn meal streusel topping, crunchy with nuts and redolent with spices, make a dessert even better than yesteryear's.

Double Sausage Loaf

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| 2 pounds fresh pork sausage | 2 tablespoons catsup |
| 1 piece (8 inches long) "fully-cooked" smoked pork link sausage | 2 tablespoons instant minced onion |
| 1 medium Golden Delicious apple, shredded | 1 tablespoon prepared horseradish |
| 3/4 cup quick or old fashioned oats, uncooked | 1 teaspoon prepared mustard |
| | 2 eggs, beaten |
| | 2 teaspoons water |
| | Corn Meal Crust* |

Combine fresh pork sausage, apple, oats, catsup, onion, horseradish and mustard. Reserve 1 tablespoon beaten egg; add remainder to sausage mixture. Mix lightly but thoroughly. Place 1/2 of meat mixture in 8-1/2 x 4-1/2 inch loaf pan; press lightly. Place smoked sausage link lengthwise on top of fresh pork sausage mixture; top with remaining meat mixture and press lightly to form loaf. Chill in refrigerator while preparing pastry.

In the meantime, heat oven to 375°F. Prepare pastry according to directions. Roll out pastry on a lightly floured board into a rectangle 8 x 10 inches. Cut 8 strips 3/4 inch wide and 7 to 8 inches long. Turn loaf out of pan onto rack in roasting pan. Place pastry strips crosswise over loaf to cover top and sides, spacing evenly. (Leave ends open.) Combine reserved egg with water; brush pastry with egg mixture. Use remaining pastry to decorate loaf. Bake in a moderate oven (375°F) 1 hour, 8 servings.

*Corn Meal Crust

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| 1/2 cup all-purpose flour | 3 tablespoons lard |
| 2 tablespoons enriched corn meal | 2 to 3 tablespoons cold water |
| 1/8 teaspoon salt | |

Combine flour, corn meal and salt. Cut in lard until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, stirring lightly until mixture forms a ball.



Sausage and Apple-Cabbage Medley

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| 4 "fully-cooked" bratwurst or frankfurters | 4 to 5 carrots, cut in julienne strips (2 cups) |
| 4 "fully-cooked" smoked sausage links (6 to 8 ounces) | 1/4 cup water |
| 1 large onion, cut in 16 thin wedges | 1 medium head red cabbage, thinly sliced (8 cups) |
| 3 tablespoons cooking fat | 1 large Golden Delicious apple, shredded |
| | 1/2 teaspoon salt |
| | 1/2 teaspoon leaf thyme |

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| 1/8 teaspoon coarse ground black pepper | 1 tablespoon cornstarch |
| 1/4 cup brown sugar | 1/4 cup cider vinegar |

Cook onion in cooking fat in large frying pan 2 to 3 minutes. Stir in carrots and water, cover tightly and cook slowly 10 minutes. Add cabbage, apple, salt, thyme and pepper, stirring lightly until cabbage is coated with cooking liquid and continue cooking, covered, 5 minutes. Combine brown sugar and cornstarch with vinegar; pour over vegetables and cook until thickened, stirring constantly. Place sausages on top of vegetables, cover tightly and cook slowly 15 to 20 minutes or until sausages are heated through or to 8 servings.

Yogurt 'n Corn Muffins

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| 1 cup enriched corn meal | 3/4 cup plain yogurt |
| 1 cup all-purpose flour | 1 egg |
| 3 tablespoons sugar | 1/4 cup cooking oil |
| 1 tablespoon baking powder | 1/4 cup water |
| 1/2 teaspoon salt | |

Heat oven to 425°F. Combine corn meal, flour, sugar, baking powder and salt. Add yogurt, egg, oil and water, mixing just until dry ingredients are moistened. Fill 12 greased medium-sized muffin cups 3/4 full. Bake in hot oven (425°F) 15 to 18 minutes, or until light golden brown. Yield: 1 dozen corn muffins.

Golden Apple Corn Meal Pie

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| 6 to 7 Golden Delicious apples, pared, if desired | 1 to 2 tablespoons all-purpose flour |
| 1-1/2 teaspoons lemon juice, if desired | 1/2 teaspoon cinnamon |
| 3 tablespoons sugar | 1/4 teaspoon salt |

Heat oven to 400°F. Core apples; thinly slice to make 7 cups. Place apple slices in large bowl; sprinkle with lemon juice, if desired. Combine sugar, flour, cinnamon and salt; add to apples, tossing lightly. Place apple mixture in prepared Corn Meal Pie Crust. Sprinkle Streusel Topping over apple mixture. Bake in hot oven (400°F) 45 to 55 minutes, covering with foil partway through baking to prevent overbrowning. Cool completely before serving. Yield: one 9-inch pie.

*Corn Meal Pie Crust

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| 1 cup all-purpose flour | 1/3 cup lard |
| 1/4 cup enriched corn meal | 4 to 5 tablespoons water |
| 1/4 teaspoon salt | |

Combine flour, corn meal and salt. Cut in lard until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, stirring lightly until mixture forms a ball. Roll out on lightly floured surface to form 13-inch circle; fit loosely into 9-inch pie plate; trim. Turn edges under; flute.

**Streusel Topping

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| 1/3 cup all-purpose flour | 1/8 teaspoon nutmeg |
| 1/4 cup sugar | 3 tablespoons butter or margarine, softened |
| 2 tablespoons enriched corn meal | 1/4 cup chopped pecans |
| 1/4 teaspoon cinnamon | |

Combine flour, sugar, corn meal, cinnamon and nutmeg. Cut in butter until mixture is crumbly; add pecans. Note: For richer pie, double recipe for Streusel Topping and omit cinnamon in apple filling.

