

Today's Lesson

Eat To Learn, Learn To Eat!

Good food served with loving hands adds up to "Nutrition With Love," the special focus of this year's National School Lunch Week, Oct. 14-20.

Fish 'n chips, with cling peaches for dessert, will be one of the special menus offered during the week to children of all ages.

Like every lunch served by qualified National School Lunch programs, it provides approximately a third of a child's daily nutritional needs, based on the government's recommended daily allowance.

At the same time, this menu reflects the school food service industry's more versatile approach to planning and its growing commitment to give young patrons the foods they enjoy.

Since 1946, when the school lunch program began

with the passage of the National School Lunch Act, an increasingly professional school food service industry has worked with the U.S. Department of Agriculture (USDA). The industry follows the most up-to-date nutritional guidelines and allows managers to plan lunches at a reasonable cost reflecting regional, cultural and ethnic choices.

IN SEARCH of the sometimes elusive "clean plate," the USDA Type "A" lunch program has been revised periodically. The most recent changes, made in 1977, allow for menu flexibility, and open the way for such childhood favorites as pizza, corn dogs, tacos and fish 'n chips.

Other changes include: varying portion sizes ac-

cording to age; no longer requiring rice and pasta lunches to be served with bread; and offering flavored low-fat milk, skim milk or buttermilk in addition to whole and chocolate milk.

Almost as important as the new menu flexibility is the current trend toward student participation in menu planning. Once cafeteria captives spurning "mystery meat" every Thursday, today students, even at the elementary school level, work with teachers and school lunch professionals in planning their daily fare. It's a real life situation in which students not only learn nutrition principles, but get first-hand knowledge of the commodity market and economics.

THE FISH 'N CHIPS LUNCH can be duplicated at home with fish sticks, crispy crinkle cut potatoes from the frozen food case and canned cling peaches.

Another hot and satisfying dish is the "Home for Lunch" Lunch Chowder. It's ready in minutes using the new "no-thaw" fish cookery. With it serve America's favorite food, french fries — hot and crispy from the oven. Buy them frozen, bake one or two (or more) servings at a time and keep the rest frozen for use another day.

After lunch, give the scholars a take-along dessert, miniature Danish Peach Pizzas, a Ginger Jewel Bar or a Peachy Lunchbox cookie. Canned cling peaches and fruit cocktail keep these quick mix goodies fresh and moist all week — if they last that long!

HOME FOR LUNCH CHOWDER

1 lb. frozen North Atlantic Cod, Haddock, Ocean Perch or Pollock
2 cans (10 ounce) condensed tomato soup
1-1/2 cans water
1 (10 oz.) package frozen mixed vegetables
1/4 teaspoon salt
dash pepper

Allow frozen fish to stand unwrapped at room temperature for about 15 minutes. With a sharp knife, cut in cubes. Combine soup and water and heat. Add fish cubes, frozen vegetables and seasonings to hot liquid. Simmer 8 to 10 minutes. Fish is ready to serve when it becomes opaque and flakes easily. Serves 6.

GOLD DUST TOPPING FOR FRENCH FRIES

1/2 cup Parmesan cheese
1 tablespoon salt
2 teaspoons chili powder

Blend ingredients. Toss 1 tablespoon with each serving of French fries (about ten fries). Store remaining topping in air-tight container.

DANISH PEACH PIZZA

1 can (29 ounce) cling peach slices
2 packages (8 ounce, each) refrigerated crescent rolls
1/2 cup brown sugar, packed
2 tablespoons butter
1/2 teaspoon cinnamon

Drain peaches. Separate crescent rolls and divide each package into 4 rectangles as cut marks indicate. Pinch diagonal cut marks together and cut each rectangle into 2 squares (approximate). Roll up corners and edges of dough to form rim and make circles about 2-1/2 inches in diameter. Place circles on greased cookie sheet so edges do not touch. Mix brown sugar, butter and cinnamon until crumbly. Sprinkle about 1 teaspoon sugar mixture into center of each circle. Top with 1 or 2 peach slices. Bake in 375 degree F. oven 20 minutes. Serve warm with whipped cream or ice cream, if desired. Makes 16 miniature Dessert Pizzas.

PEACHY LUNCH BOX COOKIES

Filling

1 can (29 ounce) cling peach slices
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup peach syrup
1/4 cup chopped walnuts
1/2 teaspoon lemon juice

Drain peaches, reserve syrup. Combine peaches, cinnamon, nutmeg, and syrup in medium-size sauce pan. Cook over medium heat for 15-20 minutes or until mixture cooks down to a jam-like consistency. Remove from heat, stir in walnuts and lemon juice. Set aside to cool.

Dough

3/4 cup shortening
1 cup sugar
2 eggs, well beaten
3-1/2 cups sifted, all purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
1/2 teaspoon vanilla

Cream shortening and sugar. Add eggs, mix well. Sift dry ingredients together and add to creamed mixture alternately with milk and vanilla. Mix well after each addition. Roll dough 1/8 inch thick on floured surface. Cut into 2-1/2-inch rounds. Place on lightly greased cookie sheet, placing level teaspoon of filling on half rounds and cover with another round. Seal edge with tines of fork. Bake in 400 degree F. (hot) oven 15 minutes or until lightly browned. Makes approximately 30 cookies. *If dough becomes difficult to work with, refrigerate until it is firm.

GINGER JEWELS

1 can (17 ounce) fruit cocktail
1 package ginger-bread mix
1-1/2 cups sour cream
3 tablespoons sugar
1 teaspoon vanilla
1/2 teaspoon cinnamon

Drain fruit cocktail and reserve syrup. Grease a 13 x 9 x 2-inch rectangular cake pan and dust with flour. Mix gingerbread according to package directions using reserved fruit syrup for part of required liquid. Turn into pan. Bake at 350 degrees F. about 20 minutes. Remove from oven, let stand about 10 minutes. Whip sour cream until fluffy. Beat in sugar, vanilla and cinnamon. Fold in drained fruit cocktail. Spread over cake in pan. Bake 10 minutes longer. Cut cake into squares or bars and serve warm or cool.

BAKED QUINCES

Select ripe fruit of a good yellow color. Quinces are generally used for jelly and preserves, but they may also be baked. They are available from October to December. They combine well with oranges and cranberries.

Wash and dry fruit; peel, cut in halves or quarters and core. Place in a baking dish and sprinkle with granulated or brown sugar and some grated orange rind. Pour orange juice over the fruit to a depth of about 1/4 inch in the baking dish; or top quinces with sliced oranges or cranberry sauce and add water to a depth of 1/4 inch.

Cover and bake in a slow (300-degree) oven for about two hours or until quinces are tender and red.

Back in the jellies section of the book, quinces are listed with fruits that do not require added pectin for jelly making. Because ripe fruit has more flavor and green fruit has more pectin, it is suggested that a mixture of the two be used.

When commercial pectin is added, a short boil method is used. Fruits with an ample supply of pectin require a long boil method.

QUINCE JELLY

Wash thoroughly, discarding any spoiled parts. Cut quinces into quarters or eighths. Do not remove pectin or cores, for these contain most of the pectin. Place in a saucepan; add enough water barely to cover fruit. Bring to a boil and boil gently until fruit

is tender. Do not mash.

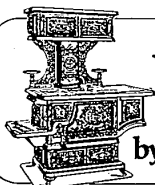
Strain cooked fruit through several thicknesses of cheesecloth or a Canton flannel bag. A wire mesh strainer may be used to hold the cheesecloth or the bag over a bowl or pan until the juice drips through. Do not squeeze the bag. If pulp is forced through, the jelly will be cloudy.

Measure the quince juice into a broad-bottomed saucepan or kettle. Bring the juice to a vigorous boil then add 1/4 cup sugar for each cup of juice. Stir until sugar dissolves. Cook the mixture rapidly until jellifying point has been reached, about 10 to 15 minutes; then remove immediately from heat. Overcooking will make a gummy jelly; undercooking a sirupy one.

THE JELLY TEST: As the juice-sugar mixture nears the jellifying point, test frequently. Dip a spoon into the boiling mass, remove and allow the juice to drip from the side of the spoon. As it nears the jellifying stage, it will drip from the spoon in two drops 1/4 to 1/2 inch apart. When the jellifying point has been reached the two drops will run together and drop off in a single blob.

Skim the surface of the jelly and pour immediately into hot, sterilized jelly glasses, holding the pot close to the glass while pouring to avoid incorporating air bubbles. Fill the glasses to within 1/2 inch of the top; the jelly shrinks as it cools.

Immediately pour a thin layer of melted paraffin over the surface of the jelly. Allow the jelly to cool thoroughly, then cover the glasses and store in a cool place.



The Warming Oven by Emily Watson

The whole telephone conversation boiled down to a single question: "What do you do with quinces?"

Ida Nairo's daughter Kathy and her husband had bought a new old home out in the township. On the back end of the property were several fruit trees — apple, pear, cherry — and one bearing a fuzzy greenish gold fruit that the young couple could not identify. It turned out to be a quince tree, and Kathy wanted to know if anything edible could be made out of the dry, mouth-puckering fruit.

Last fall, the Presbyterian women had a bushel or so of quinces donated for their bazaar. They were big sellers as additions to harvest and holiday centerpiece arrangements. The quince has a heavenly aroma that adds a new dimension to a bowl or basket of fruits.

And quince jelly is a rare and pleasing spread for breakfast muffins or hot toast.

The Salem Cook Book, published in 1923, seemed a good place to start. It is a collection of recipes assembled and edited by the Ladies Auxiliary of the

Second Congregational Church, Salem, Mich. The canning, pickling and preserving section had two quince honey recipes but not one for jelly. The Salem ladies assumed everyone knew as much about cooking as they did, so they didn't waste any space on instructions.

MRS. CLAYTON DEAKE's quince honey recipe is brief and to the point: Four large quinces, grated; four pounds sugar, one quart water; cook until thick. Place in cups or glasses.

The second recipe has no attribution. It is simply, "contributed."

QUINCE HONEY: Take ripe quinces; wash peel and quarter them, then grind fine in food chopper. Have a rich, thick syrup made from granulated sugar and water; have the syrup boiling and stir in ground quinces; boil until thick and clear. Put in glass cans and seal while warm.

The old Woman's Home Companion Cook Book has a recipe for baked quinces: