

The Warming Oven

by Emily Watson

Ed Zuckerman was home for Thanksgiving with his parents, Louis and Rochelle Zuckerman of Farmington Hills. Ed is a contributing editor to Rolling Stone magazine but he also is president of Killer Bee Honey Corp. in Cambridge, Mass. The business venture grew out of a writing assignment so the two are not exactly unrelated.

Ed's company is marketing South American killer bee honey in the United States. He believes a jar of the honey — at less than \$5 — is the perfect gift for person on your Christmas list who has everything. He told us all about it at lunch the day before Thanksgiving.

Concern that the notorious killer bees were spreading and heading for United States via Latin America and Mexico prompted Ed's assignment to French Guiana. He interviewed some American entomologists who were in South America studying the killer bee situation.

As he was having tea with one of the biologists and his wife, Ed dipped some honey into his brew and asked, "Is this from the killer bees?" It was.

The African bees which were brought to Brazil in 1956 by a scientist escaped from his research station breeding with the European-type honey bees of the area, the feisty, easy-to-temperament of the African bees soon became predominant.

Ed says a single sting isn't any more dangerous than that of your ordinary honey bee, unless a person is allergic to bee stings. But the Africanized bees operate as a mob. If one gets excited, they all get "worked up" and a hundred or more stings can be fatal to animals as well as humans. So the term "killer bee" evolved.

Their honey is dark and has a fruity flavor. Ed says the slight coffee taster could be from the coffee blooms where they gather their nectar. It's easy to imagine all kinds of exotic jungle flowers visited by the bees when you savor the thick honey.

I asked Ed where one could buy the killer bee honey in our area. He said Hudson's has it on order and should have it very soon; in Birmingham it is at Quarten's market and Continental Gourmet; in Southfield, Healthy Jones has it; and in Plymouth, the Wine and Cheese Barn is expecting delivery this week.

FOR ALL THOSE SPECIAL friends and neighbors whom you want to remember at Christmas very special gifts, a day in your kitchen and a visit to the store may solve all your problems. An apothecary jar filled with your own Roquefort dressing, teamed with a bottle of celery vinegar will please any salad-loving friend. Put both in a plastic bowl suitable for salad washing or even serving. Tie them up in a checkered dish towel. Just add a sprig of holly and they're ready for Christmas giving.

Your list should include red, green and gold foil for wrapping cookies, individual fruit cakes and jars of Christmas marmalade or mincemeat. Add a few clear plastic boxes, some small candy cans and ribbon and you're in business.

Now to the kitchen.

CELERY VINEGAR

Add two-thirds cup minced fresh celery leaves and one small grated onion to one pint cider vinegar. Let stand for two or three weeks, then strain through a fine sieve.

For gift giving, pour into fancy wine or liqueur bottle.

ROQUEFORT MAYONNAISE

1 pint mayonnaise
8 tsp. chili sauce
2 tsp. crumbled Roquefort or blue cheese
¼ tsp. tarragon

Blend all ingredients well. Pour into apothecary jars, label, and tie neck with ribbon.

INDIVIDUAL FRUIT CAKES

1 lb. walnuts
1 lb. pitted dates
¾ lb. candied cherries
1 lb. candied pineapple, diced
¾ cup all-purpose flour
¾ cup sugar
½ tsp. baking powder
½ tsp. salt
3 eggs, well beaten
½ tsp. almond extract

Combine all the nuts and fruit in a large bowl. Only the pineapple is diced; the nuts and other fruit are left whole. Sift the flour with the salt, baking powder and sugar. Roll thoroughly using hands, so that all the fruit and nuts are well-coated with the flour. Mix the beaten eggs with the almond extract and fold into the fruit mixture. Blend well.

Pack in foil baking cups, filling them well. Bake in 300-degree oven for 40 minutes. Yields about 30 small cakes.

NOTE: These can be made well in advance. They keep well in a cool place or they can be frozen and kept for two or three months. Wrapped in foil and tied to the Christmas tree, the little fruit cakes are ready gifts for holiday guests.



Say "Good morning" with nutritious breakfast dishes (clockwise from top right): corned beef hash and egg bake, pockets full of fruit, biscuit bonus, "Good morning" rolls and lemon cheese Danish.

Fast break breakfasts

The morning meal is enjoying a renaissance as we discover the nutritious importance, as well as the sheer pleasure, that comes with a serene family breakfast. Even if breakfast has turned into a morning rush hour, a little night-before preparation will get everyone off to a good start in no time.

Homemade biscuits, rolls and sweet rolls are a breakfast tradition. But today's time schedules call for shortcuts. Ready-to-bake biscuits and rolls are the smart, quick, easy way to

achieve home-baked flavor without the time of baking from scratch.

For a quick, satisfying breakfast, serve hot-from-the-oven biscuits that take only minutes to bake, with a choice of nutritious spreads that you have made the night before.

For a fast start in the morning, make pocket breads the night before. To serve, fill with fresh fruit and yogurt. You'll have a

well-balanced breakfast that is especially appealing to teenagers.

When there's more time, try sausage corned beef hash and egg "pie" with a biscuit border which takes only minutes to assemble. A lemon cheese braid, made with refrigerated crescent roll dough, may become a specialty of the house for weekend brunches. It makes a fabulous hotbread which looks and tastes as if it were made by a professional.

CORNEED BEEF HASH AND EGG BAKE

1 can (10 biscuits) Refrigerated
Buttermilk or Country Style Biscuits
15-oz. can corned beef hash
5 eggs
Salt and pepper
Prepared chili sauce or catsup

Heat oven to 350°F. Grease 9-inch pie pan. Separate dough into 10 biscuits. Arrange biscuits in petal-like shape around sides of pie pan, pressing slightly to get biscuit edges. Spoon corned beef hash into pan. Make 5 deep "wells" in corned beef. Place 1 egg in each well. Sprinkle with salt and pepper. Bake at 350°F. for 25 to 30 minutes or until biscuits are golden brown and eggs are cooked to desired firmness. Serve immediately. Pass chili sauce or catsup. 5 servings.

NUTRITION INFORMATION PER SERVING		Percent U.S. RDA	
Serving Size:	1/5 of recipe	Per Serving	
Calories	360	Protein	29%
Protein	19 g	Vitamin A	16%
Carbohydrate	29 g	Vitamin C	0%
Fat	18 g	Riboflavin	16%
Sodium	1058 mg	Niacin	16%
Potassium	285 mg	Calcium	6%
		Iron	23%

LEMON CHEESE BRAID

8-oz. pkg. cream cheese, softened
1 egg, separated
1/3 cup golden raisins
1/4 cup sugar
1 teaspoon grated lemon peel
1/2 teaspoon vanilla
8-oz. can Refrigerated Quick Crescent Dinner Rolls

Heat oven to 350°F. Combine cream cheese, egg yolk, raisins, sugar, lemon peel and vanilla, mix until well blended. On ungreased cookie sheet, unroll dough into 2 long rectangles. Overlap long sides to form 13x11-inch rectangle; firmly press perforations and edges to seal. Spoon cheese mixture down center of rectangle. Cut twelve 1 1/2-inch slashes about 1-inch apart down each side of rectangle. Bring each strip up over filling, crossing alternate side strips, to form braided appearance. Brush top with beaten egg white. Sprinkle with additional sugar, if desired. Bake at 350°F. for 20 to 23 minutes or until golden brown. Cool about 30 minutes before serving. Refrigerate any leftovers. 8 to 10 servings.

NUTRITION INFORMATION PER SERVING		Percent U.S. RDA	
Serving Size:	1/10 of recipe	Per Serving	
Calories	202	Protein	6%
Protein	4 g	Vitamin A	8%
Carbohydrate	19 g	Vitamin C	*
Fat	12 g	Thiamin	6%
Sodium	331 mg	Riboflavin	7%
Potassium	80 mg	Niacin	3%
		Calcium	2%
		Iron	4%

*Contains less than 2% of the U.S. RDA of this nutrient.

CINNAMON FRUIT BREAKFAST COBBLER

(NOT ILLUSTRATED)
20-oz. can apple fruit filling
3 tablespoons raisins
9.5-oz. can Refrigerated Quick Cinnamon Rolls with Icing

Combine fruit filling and raisins in 8 or 9-inch square pan. Set oven to 375°F.; place pan in oven and heat for 10 minutes. Remove pan from oven. Top with rolls, cinnamon-icing-up. Return to oven; bake 20 to 25 minutes or until rolls are golden brown. Spread icing over rolls. Spoon into serving dishes. Serve with milk or half-and-half. 8 servings.

NUTRITION INFORMATION PER SERVING		Percent U.S. RDA	
Serving Size:	1/8 of recipe	Per Serving	
Calories	182	Protein	3%
Protein	2 g	Vitamin A	*
Carbohydrate	35 g	Vitamin C	*
Fat	4 g	Thiamin	8%
Sodium	285 mg	Riboflavin	4%
Potassium	93 mg	Niacin	5%
		Calcium	*
		Iron	5%

*Contains less than 2% of the U.S. RDA of this nutrient.

SAUSAGE TART

(NOT ILLUSTRATED)
1 lb. bulk pork sausage
3/4 cup water
1 tablespoon margarine or butter
1/4 cup milk
3/4 cup mashed potato flakes
2 tablespoons sliced green onions
8-oz. can Refrigerated Quick Crescent Dinner Rolls

1 egg, beaten
1 tablespoon grated parmesan cheese

Brown sausage in medium skillet; drain. Heat water and margarine to boil in small saucepan; remove from heat. Stir in milk and potato flakes; let stand 30 seconds. Stir potatoes and onions into sausage. Heat oven to 350°F. Separate dough into 4 rectangles. On an ungreased cookie sheet, overlap long sides of 2 rectangles to form a square; firmly press perforations and edges to seal. On waxed paper, repeat with remaining 2 rectangles. Spoon sausage mixture over dough on cookie sheet, spreading to within 1/2 inch of edges. Cover with remaining dough square. Seal edges well. Brush with egg; sprinkle with parmesan. Bake at 350°F. for 18 to 20 minutes or until deep golden brown. 4 to 6 servings.

NUTRITION INFORMATION PER SERVING

Serving Size:		Percent U.S. RDA	
1/6 of recipe	Per Serving		
Calories	358	Protein	17%
Protein	11 g	Vitamin A	4%
Carbohydrate	22 g	Vitamin C	4%
Fat	25 g	Thiamin	28%
Sodium	835 mg	Riboflavin	14%
Potassium	251 mg	Niacin	13%
		Calcium	4%
		Iron	10%

GOOD MORNING ROLLS

9.5-oz. can Refrigerated Quick Cinnamon Rolls with Icing
1 apple, peeled, cored and sliced into 7 rings
4 maraschino cherries, halved or 1 tablespoon raisins

Heat oven to 350°F. Grease a cookie sheet. To form crescent shape, arrange 8 rolls, cinnamon-topping up and slightly overlapping, on prepared cookie sheet; replace any loose topping. Place slice of apple between each roll. Bake at 350°F. for 18 to 22 minutes or until golden brown. Spread warm rolls with icing; garnish with cherry halves or raisins. 8 rolls.

NUTRITION INFORMATION PER SERVING		Percent U.S. RDA	
Serving Size:	1/8 of recipe	Per Serving	
Calories	127	Protein	3%
Protein	2 g	Vitamin A	*
Carbohydrate	21 g	Vitamin C	*
Fat	4 g	Thiamin	7%
Sodium	282 mg	Riboflavin	3%
Potassium	40 mg	Niacin	4%
		Calcium	*
		Iron	4%

*Contains less than 2% of the U.S. RDA of this nutrient.

POCKETS-FULL-OF-FRUIT

10-oz. can Refrigerated Big Flaky Biscuits
Banana slices
Pineapple chunks
Mandarin orange segments
Strawberry slices
Vanilla yogurt

Heat oven to 400°F. Separate dough into 10 biscuits. On large ungreased cookie sheet, press out 5 biscuits to form a 5-inch circle each. Brush outer edge of circles with water. On waxed paper, press out remaining 5 biscuits to form 5-inch circles. Place 1 circle over each biscuit on cookie sheet; press edges firmly to seal. Bake at 400°F. for 8 to 10 minutes or until golden brown. Cut each pocket bread in half. Open pocket; fill with fruit. Top with yogurt. 10 servings.

NUTRITION INFORMATION PER SERVING		Percent U.S. RDA	
Serving Size:	1/5 of recipe	Per Serving	
Calories	241	Protein	8%
Protein	5 g	Vitamin A	6%
Carbohydrate	47 g	Vitamin C	54%
Fat	4 g	Thiamin	20%
Sodium	594 mg	Riboflavin	13%
Potassium	348 mg	Niacin	12%
		Calcium	6%
		Iron	10%