

SIMPLE SUPPERS WITH ALL-AMERICAN HEROES

Do you remember the long-ago conversations at family gatherings? To your young ears, the stories of sewing bees that yielded colorful patchwork quilts, of down-home dinners that ended with Grandma's apple pie all seemed so special and so far away. Sewing bees may be hard to find today, but when the homemaker wants to get out of the fast lane, here are simple down-home dinners to lure the family out of the fast food line.

Alaska Salmon 'n' Rice combines textures, flavors and colors in a one-dish entree that's easy on the cook and a delight to the diners. Ever-popular Alaska canned salmon adds color and nutrition to this rice and broccoli dish touched with curry. Climax the meal with a memory-making Deep Dish Golden Apple Pie. Golden Delicious is the ideal apple for this favorite. Naturally sweet, it needs less sugar in baking, and it cooks well, holding its shape better than other varieties.

For the undecided—chowder or cheese soup?—Salmon Chowder au Gratin is the answer. It's a delectable duo of both canned salmon and cheese, and it pairs beautifully with Calico Apple Salad. The latter starts with Golden Delicious apples, adds the sweet tang of orange slices, the crunch of pecans and celery, tops it all off with Creamy Orange Dressing, and new stories of the good-old-days are in the making.

These simple suppers are prepared with convenience foods of the best kind. There's no waste in versatile Alaska canned salmon, and it's an important source of high-quality protein, vitamins and minerals. Golden Delicious apples are in convenient packages of their own... their skins are tender and seldom need peeling, and modern storage methods make them available from one harvest to the next.

Alaska salmon, spawned in the icy waters of our most northern state, and Golden Delicious apples, developed from a chance seedling and now grown in the mineral-rich soil of Washington State, are typically American products. If, as Webster affirms, a hero is one of achievement and quality, they are the All-American heroes of these simple suppers.

ALASKA SALMON 'N' RICE

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| 1 can (7-3/4 oz.) salmon | 3 tablespoons butter or margarine |
| 2 cups cooked rice | 2 cups cooked rice |
| 2 hard-cooked eggs, halved | 1 package (10 oz.) frozen broccoli spears, thawed, drained and chopped |
| 1 cup chopped onion | Salt and pepper |
| 1/2 cup each chopped celery and green pepper | |
| 1/2 to 1 teaspoon curry powder | |

Drain and flake salmon; reserve liquid. Add water to reserved liquid to equal 1/3 cup. Remove egg yolks; sieve and reserve for garnish. Coarsely chop egg whites. Sauté onion, celery, green pepper and curry powder in butter. Add salmon, rice, broccoli and reserved salmon liquid. Salt and pepper to taste. Heat gently until thoroughly heated; stir occasionally. Garnish with yolks. Makes 4 to 6 servings.

DEEP DISH GOLDEN APPLE PIE

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| 6 to 8 Golden Delicious apples, pared if desired | Dash ground cloves |
| 1/4 cup packed brown sugar | 1/2 cup raisins |
| 2 tablespoons flour | 2 tablespoons each orange juice and butter or margarine, melted |
| 1/2 teaspoon ground cinnamon | Pastry for single-crust (9-inch) pie |
| 1/4 teaspoon each salt and ground nutmeg | |

Core and thinly slice apples to equal 7 cups. Combine sugar, flour, spices and salt. Stir in apples, raisins and orange juice. Place in 2-inch deep 9-inch baking dish. Dot with butter. Roll pastry to 11-inch diameter; adjust over apples. Tuck in edges and flute, pulling points of fluting over side of dish to secure crust. Decorate with apple-shaped pastry cutouts if desired. Cut vents. Bake at 400°F. about 1 hour or until crust is golden and filling is steaming. If necessary, cover partway through baking to prevent overbrowning. Makes 6 servings.



Convenient canned salmon and snappy-fresh Golden Delicious apple combine easily with cooked pasta and walnuts to make a light yet satisfying main dish salad. A tangy Mustard Dressing, used to marinate the pasta, flavors this new hero.

SPRINGTIME PASTA SALAD

(Not Pictured)

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| 1 can (7-3/4 oz.) salmon | 1/2 cup chopped walnuts |
| 2 cups drained, cooked sea shell pasta | 2 tablespoons each chopped green onion and parsley |
| Mustard Dressing | Salt and pepper |
| 1 Golden Delicious apple, diced | |

Drain salmon, reserving 2 tablespoons liquid for dressing; break into chunks. Marinate pasta in Mustard Dressing at least one hour. Combine pasta with salmon, apple, walnuts, green onion and parsley; salt and pepper to taste. Makes 4 to 6 servings.

Mustard Dressing: Combine 2 tablespoons each reserved salmon liquid, olive oil and white wine vinegar, 1 teaspoon Dijon mustard, 1/2 teaspoon sugar, 1/4 teaspoon salt and dash of pepper; mix well. Makes about 1/3 cup.

Warm and hearty open-face sandwiches feature our heroes, flavorful canned salmon and crunchy chopped Golden Delicious apple, accented with pickle relish and onion. Topped with cheese and broiled 'til bubbly, they make simple but delicious fare.

SALMON APPLE SANDWICHES

(Not Pictured)

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| 1-1/4 cups shredded Monterey Jack cheese, divided | 2 tablespoons each sweet pickle relish and chopped onion |
| 1 can (7-3/4 oz.) salmon, drained and flaked | 1 teaspoon prepared mustard |
| 1 Golden Delicious apple, core and chopped | Dash pepper |
| 3 tablespoons mayonnaise | 4 slices toasted, buttered whole wheat bread |

Combine 1/4 cup cheese with remaining ingredients except toast; mix thoroughly. Spread mixture on toast; sprinkle with remaining 1 cup cheese. Broil 6 to 8 inches from heat 1 to 2 minutes or until cheese is melted. Makes 4 servings.

Food additives: What should be done about them?

This is the sixth in a series of 15 articles exploring "Food and People." In this article, Jere E. Goyan, dean of the school of pharmacy, University of California-San Francisco, analyzes the effectiveness of the measures designed to protect us from harmful food additives. This series was written for Courses by Newspaper, a program of University Extension, University of California, San Diego, with money from the National Endowment for the Humanities.

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food and people

of convenience foods. At the center of the controversy are the Food and Drug Administration (FDA), the government gatekeeper responsible for protecting us from harmful substances and the 1958 food additive amendments to the Food, Drug and Cosmetic Act.

THIS LEGISLATION defined food additives as substances reasonably expected to be a component of food. This definition has two legal exceptions: those substances "Generally Recognized As Safe" (GRAS), and those that had received prior sanction by the FDA or the Department of Agriculture. These categories were established so that hundreds of additives already commonly found in the food supply in 1958—including the most heavily used, sugar and salt—would not require new approval. An additional section of the 1958 legislation has been responsible for much of the subsequent controversy surrounding food additives. Known as the Delaney Clause, after the congressman

who introduced it, it specifies that no food additive be allowed which has been demonstrated "to induce cancer in man or animal."

FALSE ASSUMPTIONS

The 1958 legislation assumed that food additives that had been used were safe and that probably only a few substances could cause cancer in humans. Subsequent laboratory experiments suggested otherwise: Some common substances proved to be carcinogenic (cancer-causing) when given in massive doses. In 1969, questions were raised about the possible carcinogenicity of one of the 514 substances originally on the GRAS list: cyclamate, an artificial sweetener. Cyclamate was therefore removed from the list and banned from use as food. President Richard Nixon then ordered a re-evaluation of the safety of all GRAS list substances. That study, recently completed, raised concerns

about 24 of the additives on the list. Included were the possibility that excessive intake of caffeine causes birth defects and that the amount of salt in our food should be decreased because of its possible contribution to high blood pressure.

IN ANOTHER case, in 1978, sodium nitrite, a previously sanctioned substance used to prevent botulism in meats, was reported to induce cancer in laboratory animals.

The FDA was thus faced with a law that required the removal of nitrite from foods although the substances served a public health purpose.

Re-evaluation of the study showed that nitrite itself is probably not a carcinogen, although nitrosamines formed from nitrites in the presence of protein are.

Thus, it has been possible to keep nitrite in the food supply while attempting to identify other preservatives to replace it. These examples, along with the brouhaha over the proposed removal of saccharin from the market, made it clear that the assumptions of 1958 were flawed. Prior use is no guarantee of safety, and many chemicals are at least weakly carcinogenic.

"ACCIDENTAL" ADDITIVES In addition to regulating deliberate additives, the FDA also attempts to protect us against substances accidentally added to or present in the food supply.

For example, aflatoxin, which is produced by a fungus growing on many grains, is a common contaminant known to cause cancer in laboratory animals.

The FDA has established an aflatoxin tolerance limit in grains that can be marketed.

The reasoning is that such accidental contaminants should be allowed, if present, in small amounts that do not present an appreciable health risk. Otherwise, large quantities of nutritious food might have to be destroyed.

Pesticides also appear accidentally in final food products. The food crops on which specific pesticides may be used and the amount that will be tolerated in the final product are tightly regulated.

A third example of accidental food additives are drugs used in animal feed that appear in the final food product. Again, the amounts allowed are regulated to keep them well within safe limits.

PROBLEMS OF REGULATION

Part of the problem in any proposed regulatory action regarding food additives involves the difficulty of demonstrating cause-and-effect relationships in low-acid canned foods, since almost everyone has been sick shortly after eating some "canned" food.

However, in dealing with a substance that is a weak carcinogen, such as saccharin, there is only a small chance

that any given individual will be affected.

Furthermore, it may be many years before the effect (cancer) occurs, and it will not be possible to link definitively any one case of cancer to the additive, only an increase in rate.

Many people therefore believe they should have "freedom of choice" regarding whether they should eat a potential carcinogen. The difficulty is that few Americans are able to judge arguments based on probability.

Some have suggested modifying the Delaney Clause, rather than removing it entirely. A modified Delaney Clause could "approve" a substance that would not increase the risk of cancer to anyone by more than one in a million. Such a provision would result in some substances that would have to be removed under the present Delaney Clause remaining on the market. But that change still would not allow approval of saccharin.

APPROVING NEW ADDITIVES

There is also the problem of approving new additives. In order to obtain such approval, the sponsor must determine that the substance works for the purpose intended and that the concentration in the final food product can be measured.

The substance must be tested in at least two species of animals in large