

# Celebrating Easter in style: It's a sign of spring

It's little wonder that for centuries ham has remained the favorite choice for Easter dinner. It is easy to prepare, impressive to serve and oh, so delicious to eat. To keep the tradition flourishing, this year select an economical smoked half ham and top it with a spicy rum glaze. While Rum Glazed Baked Ham offers old-fashioned flavor and goodness, it is especially easy to prepare. Most hams on the market today are already fully-cooked and need only be heated to serving temperature. No pre-cooking preparation, no watching and no basting are required.

Regal Rice and Asparagus will complement the ham in royal fashion. It's a simple-to-make casserole featuring asparagus spears and hot, fluffy rice in a sour cream and Cheddar cheese sauce. Preparation, which begins with cooked rice, can be done well in advance so that the casserole needs only to be heated through just prior to serving. Over 99 percent of the rice sold in the United States is grown here. Rice is almost as American as apple pie—the dessert for this holiday meal.

To bring the Easter meal to a joyful conclusion, delight diners with Golden Glazed Apple Pie. Delicately flavored Golden Delicious apples from Washington state are an excellent choice for the filling since they hold their shape extremely well when cooked and resist darkening better than most apple varieties. The single-crust pie is topped off in style with an orange marmalade glaze and eye-catching meringue kisses.

The enjoyment of the Easter ham needn't end with the holiday meal for the leftovers can be the start of a variety of delicious and economical main dishes. Ham 'n Apple Fried Rice is a bonus entree so tasty that no one will suspect it's a budget stretcher. Pieces of cooked ham and thin wedges of Golden Delicious apple team up in a rice and egg mixture that's uniquely flavored with apple juice and summer savory.

## Rum Glazed Baked Ham

5 to 7-pound smoked half ham 1-1/2 teaspoons imitation rum extract  
1/2 cup light corn syrup 1/8 teaspoon ground allspice

Place ham, fat side up, on rack in open roasting pan. Insert roast meat thermometer so bulb is centered in thickest part. Be careful that bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (325°F) until the meat thermometer registers 130°F to 140°F for "fully-cooked" half ham (18 to 24 minutes per pound); 160°F for a "cook-before-eating" half ham (22 to 25 minutes per pound). Combine corn syrup, rum extract and allspice in a small saucepan and cook slowly 2 to 3 minutes. Remove from heat. Brush ham with warm glaze 20 minutes before end of cooking time.

## Regal Rice and Asparagus

2 pound, fresh asparagus, trimmed\* 1/2 cup dairy sour cream  
4 cups cooked rice, cooled 1/2 cup milk  
1 teaspoon salt 1-1/2 cups shredded sharp Cheddar cheese, divided

1 to 2 dashes ground red pepper  
Cook asparagus only until tender-crisp; drain. Combine rice, salt, pepper, sour cream, milk, and 3/4 cup cheese. Spoon half of the mixture into a buttered shallow 2-1/2 quart baking dish. Reserve 4 asparagus spears for garnish, arrange remaining asparagus on mixture. Spread remaining rice mixture over asparagus. Sprinkle with remaining cheese. Bake in moderate oven (350°F) 20 minutes. Garnish with reserved asparagus and continue baking 10 minutes or until hot and bubbly. 6 servings.

\*2 packages (10 ounces each) frozen asparagus spears (blanched) or 2 cans (14-1/2 ounces each) asparagus spears (drained) may be substituted.

## Golden Glazed Apple Pie

6 or 7 Golden Delicious apples, pared if desired  
2 teaspoons lime or lemon juice  
1/4 cup flour  
1 teaspoon ground cinnamon  
1 teaspoon grated lime peel  
Dash salt  
1 (9-inch) unbaked pastry shell  
2 tablespoons butter or margarine, melted  
1/3 cup orange marmalade, melted  
Meringue Kisses\*

Cure and thinly slice apples to equal 7 cups; toss with lime or lemon juice. Combine flour, cinnamon, lime peel and salt; add to apples, tossing lightly. Arrange apples in pasty shell; drizzle butter evenly over top. Bake in hot oven (400°F) 35 minutes or until apples are tender and juice is bubbly around the edge. Spoon marmalade over hot apples. Cook completely. Garnish with Meringue Kisses just before serving. Extra Meringue Kisses may be passed. Makes 1 (9-inch) pie.

\*Meringue Kisses: Beat together 2 egg whites, 1/2 teaspoon almond extract and 1/4 teaspoon salt and cream of tartar until stiff peaks form. Gradually add 1/2 cup sugar; beat until stiff peaks form and sugar is dissolved. Drop meringue by spoonfuls or pipe with pastry tube on baking sheet lined with heavy paper. Bake at 250°F, 1 hour; turn off heat and allow to dry in oven, with door closed, 1 hour. Remove from oven and cool thoroughly on rack. Makes about 12.

Note: Meringue Kisses may be prepared ahead of time; store in an airtight container.



## Ham 'n Apple Fried Rice

(Not Pictured)

1 pound cooked ham, cut into 1/4-inch slices  
1 cup water  
1 cup uncooked rice  
1 medium onion, chopped  
1/2 cup chopped celery  
3 tablespoons butter or margarine  
1 teaspoon summer savory  
1/2 teaspoon salt  
2 tablespoons snipped parsley  
Brown rice, onion and celery in butter in large frying-pan. Sprinkle savory and salt over rice mixture; stir in apple juice and 1 cup water. Bring to a boil. Reduce heat, cover tightly and simmer 15 minutes or until rice is tender and liquid is absorbed. Meanwhile, cut ham slices into 1-inch pieces; fold into cooked rice. Beat together eggs and 1 tablespoon water. Make a well in center of ham and rice mixture. Pour eggs into well and cook quickly, stirring constantly, until partially set. Stir in ham and rice; fold in apples. Cover tightly and cook slowly 5 minutes. Fold in parsley. 6 servings.

2 tablespoons butter or margarine  
1 to 2 teaspoons curry powder  
1 Golden Delicious apple, cored, coarsely chopped  
1/2 cup chopped onion  
1/2 cup sliced celery  
1 cup uncooked rice  
1/3 cup raisins  
2 cups apple juice  
1 teaspoon salt  
1/2 cup dry-roasted cashew nuts, halved

Melt butter or margarine in large frying-pan. Stir in curry powder; add chopped apple and cook slowly 2 minutes, stirring constantly. Remove apple and set aside. Add onions and celery to frying-pan and cook 1 minute, stirring constantly. Add rice, raisins, apple juice and salt. Bring to a boil. Reduce heat, cover tightly and simmer 15 minutes or until rice is tender and liquid is absorbed. Gently stir in apple and nuts. 6 servings.

## Breast vs. bottle

### Which is better for infants and their mothers—and for society?

This is the 12th in a series of 15 articles exploring "Food and People." In this article, Derrick Jelliffe, professor of public health and pediatrics, and E.F. Patrice Jelliffe, lecturer and researcher, both in UCLA's School of Public Health, discuss the reasons for the concern over the growing use of baby formula in the Third World. This series was written for Courses by Newspaper, a program of University Extension, University of California, San Diego, with funding from the National Endowment for the Humanities.

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By Derrick Jelliffe and E.F. Patrice Jelliffe special writers

ALTHOUGH breast-feeding has increased in the last 10 years in industrialized nations, its rapid decline among poorer peoples poses a major public health problem throughout the world. Breast-feeding is extremely desirable in all communities, however affluent, but in poor circumstances it becomes vital for survival.

It has been estimated that more than 10 million babies a year suffer ill health as a result of the decline in breast-feeding. UNICEF has estimated



## food and people

a possible one million deaths from this cause annually.

A broad program of education for the general public, as well as specific measures aimed at health professionals and infant formula companies, are necessary if we are to reverse this trend.

Bottle-feeding with formula seemed modern, scientific, and in tune with urban life from the 1920s through the 1950s. But research has increasingly shown that human milk differs in almost every respect from formulas based on cow's milk.

BREAST MILK is a higher complex living fluid, which has been modified and adapted over the course of human evolution to suit the particular needs of the human baby.

Breast milk differs from formulas in its biochemical composition (including the type of protein, fatty acids, minerals and enzymes present). Breast milk also contains antibodies and white cells that protect the infant against infection

as well as anti-allergic properties that are lacking in formulas.

The process of breast-feeding also differs from that of bottle-feeding: The intimate process of nursing helps to form a closer mother-child relationship.

Nevertheless, adequate bottle-feeding is possible provided three requirements are met: Parents must have sufficient money to purchase enough formula, reasonable home hygiene (including storage and, particularly, a clean water supply), and sufficient education and understanding to prepare formula correctly.

These requirements can usually be met in Western Europe, Australia, North America, and similar areas where most people are relatively well-to-do.

## BOTTLE-FEEDING AMONG POOR

In poor, disadvantaged areas, however, the necessary income, hygiene and

education are frequently lacking. This is true for pockets of poverty in otherwise affluent nations (such as some Indian reservations in the United States or urban slums in Europe) as well as for the majority in less developed countries.

For most people in the Third World, adequate bottle-feeding may require 50-75 percent of their basic salaries, and home hygiene and water supplies are very poor. Consequently, extremely diluted formula is often given, using contaminated water and a filthy bottle and nipple.

The result is frequently diarrheal disease and marasmus (starvation). Unfortunately, in many developing countries this situation is on the increase in the slums that are mushrooming around large cities.

On a national level, a large-scale decline in breast-feeding means a large-scale expenditure for breast-milk substitutes that can amount to millions of dollars and further strain the balance of payments.

In addition, breast-feeding has the effect of spacing out the intervals between child births, as many lactating women cease to menstruate for 18 months or more. This natural form of birth control is lost when breast-feeding is abandoned.

The reason for the decline in breast-



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