SAVE 30

SAVE (34°)

Lamb is favorite for the holidays

Each season has its holidays, every holiday its traditions, each with resounding echoes of ancient caston and helife.

Feasts and religious services typity many a celebration, while the preparation of holiday declicaberalds the festive occasion. Most often the types of ood served are in themselves a legacy, reflective of the hore and legend surrounding a given feast. Easter is one surch occasion, whose tradition of serving either lamb or ham is rooted in the religious practices and beltles of ancient days.

In many parts of the world, lamb is by far the most popular robice for Easter dinner, bearing as it does the greatest significance as a symbol of this holy feast.

most popular choice feaster dinner, hearing as it does the greatest significance as a symbol of this holy feast.

The Easter lamb may be seen in pictures and images in the homes of every central, and eastern European family. The old prayers for the blessing of the lambs can be a seen that the property of the blessing of the lambs can benedictine monastery, Bobbio, in Italy.

Two hundred years later Rome adopted it, and thereafter the main feature of the Pope's Easter dinner was, for many centuries, roast lamb.

After the 10th century, in place of the whole lamb, smaller pieces of meat were used. Thus to-day many a festive Easter table features the classic crown roast of lamb accompanied by mint jelly or garnished with spicy apple risks with the ancient prayers and their nosating them for the feast is carried on even to such years and the roasting them for the feast is carried on even to go and the lamb in relation to Buckly one in saft centuries it was considered a backly one to meet a lamb, especially at Easter time.

A posular superstition prevailed that the devil,

lucky omen to meet a lamb, especially at Essuer
A popular superstition prevailed that the devil,
who could take the form of all other animals, was
never allowed to appear in the shape of a lamb
because of its religious symbolism.
Leaving lamb lore for a moment, let us not forget the pig, which has always been a symbol of
good luck and prosperity among the Indo-Europeans. It is thus an age-old custom, handed down
from pre-Christian times, to eat the meat of this
animal on festive occasions.
The eating of ham on Easter also is attribute to
the survival of a father bigoted custom of early
England, whereby the eating of gammon of bacon
and ham were decreed by William the Conqueror,
in opposition to the Semitic practice of abstaining
from pork.

in opposition to the seames year.

William preferred ham to bacon, and his liking has become our cestom. Whether sugar-cured or smoked or both, baked or boiled, its pink coloring, succellent flavor and pleasing aroma makes it adelicious option for any Easter dinner.

icious option for any Easter dinner. Ham or lann — your own family tradition will make the choice. If it be lamb, then the following recipe for a classic crown roast from "The West American Cuisine," by the editors of Metropolitan Home (Harmony Books), suggest a perfect way to serve that special Easter roast.

CROWN ROASTS OF LAMB
Serves 12
2 crown roasts of lamb, each with 2 racks
of 6 lamb ribs
Salt

ot i lamb ribs
Salt
I thep, fresh chopped or I tsp. dried
crumbled resemary
I thep, fresh chopped or I tsp. dried
crumbled treemary
I thep, fresh chopped or I tsp. dried
crumbled thyme
Freshly ground black pepper
Lamb I trimmings from the roast, ground
I i-lb. loaf firm white bread, crumbled
's-cup melted butter
I's cups orange joice
2 tart cooking apples, peeled and diced
I cup chapped dried apricots
's-tsp. ground nutureg
I large onloss, boiled, peeled and mashed
's-cup methed butter
I large onloss, chopped

Preheat the oven to 350 degrees. Season the crown roast with salt, rosemary, thyme and pep-per. In a heavy skillet, saute the ground lamb trimmings over medium heat until brown and crumbly. Discard the excess fis.
 To make the fruit stuffing, combine ½ of the coded lamb trimmings in a large bowl with the bread crumbs, butter, orange juice, apples, apri-cots, and nutines.

3. For the vegetable stuffing, mix the remaining ingredients and the other half of the cooked lamb trimmings in a separate bowl.

4. Put each crown roast in a shallow pan. Pack the center of one with fruit stuffing and the other with vegetable stuffing. Cover the stuffings with aluminium foil. Place the pans in the preheated over and roast for 1½ hours. The roasts should be brown and crist poutside, but the meat still pink inside. Cook the lamb for 2 hours if you like your lamb well done.

5. When the roasts are done remove from the

lamb well done.

5. When the roasts are done, remove from the oven and let them sit in their roasting pans for at teast 15 minutes to make carving easier. Carefully lift the roasts to warm serving platters. To carve, slice between the ribe.

If your choice is ham, the following recipe gives savery suggestions for serving a delicious whole baked ham.

BAKED WHOLE HAM 19-14 lb. smoked whole bone in ham (fully cooked or cook before enting)

Place ham, fat side up, on rack in open roasting

pan.
Insert meat thermometer so the bulb is centered in the thickest part.
Be careful that bulb does not rest in fat or on bone

bone.
Do not add water. Do not cover.
Roast in a slow oven (325 degrees) until meat thermometer registers 140 for fully cooked ham; 180 degrees for cook-before-eating type.
Allow 15-18 minutes per pound for fully cooked ham, 18-22 minutes per pound for cook-before-eating type. For a 5- to 7-pound ham, allow 18-24 minutes per pound for fully cooked type, 22-25 for cook-before-eating type.

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Beans on toast... sounds great

Meatless meals needn't be a problem if you take advantage of the things such as navy beans, cheese and eggs. They are all good sources of protein. Navy beans provide significant amounts of protein, fiber, calcium, iron and thiamin. In order for the Incomplete protein in dry beans to become complete, they must be combined with another protein source, such as meats, cheeses, seeds or grains. A meat which combines beans and cheese or adobread as an accompaniment is high in protein and low in cost.

low in cost.

Great Britain is a major market for Michigan
navy beans, and travelling there you soon learn how
much the British love their navy beans. Canned
baked beans, heated and served on toast, is a favorite tea-time menu item in restaurants across the
country.

The tear-time mean treat in restaurants across the country.

Blend together contents of a one-pound can of baked beans and one-third cup water. In saucepan, cook one-third cup chopped onion in 2 tablespoons butter until tender. Add bean mixture, one cup

Limit calories while

eating

out

grated sharp Cheddar cheese, 1 teaspoon prepared mustard and a pinch of garlie powder. Heat-until cheese melts, stirring otten. Serve on toast or English muffin halves.

If you haven't considered dried beans for salad, other than the familiar kidney bean salad, you might like this variation which uses navy beans, cheese and eggs.

cheese and eggs.

Combine two one-pound cans of beans in tomato sauce, well drained, with 1 tablespoon chill powder, half teaspoon each of salt and ground cumin, a quarter teaspoon of oregano, 3 drops of Tabasco and a dash of pepper. Silt to blend. Saute in a little butter just until crisp-tender, one medium green pepper and one onlon, both coarsely chopped. Silt to bean mixture with one-quarter cup sour cream, and one cup cubed cheddar cheese.

Serve on a bed of lettuce, garnish with sliced hard-boiled eggs. Add hot crusty French bread and a glass of cold fresh milk for a delicious luncheon.



With today's busy lifestyles, restaurants and fast foods seem to be taking over a good time of our mealtimes. Many restaurants serve large portions (more than we'd eat at home) and offer high calorie selections loaded with saturated fast, sodium and sugar. But according to Susan Rapoport, author of "Cooking Your Way To Bette Nutrition and Weight Control," you can still control what you eat as well as influence your family in the right direction by making wise food choices from the menu.

the menu.

Mrs. Rapoport, a registered dietician, is nutritionist for the Executive Health Section of the Department of Health at the Cleveland Clinic Foundation in Ohio.

She believes that how wisely we eat and drink can greatly affect the quality of our health.

as well as avoid extra calories when dinning out:

• If you plan to eat out, make a special effort to eat wisely the rest of the day.

If you plan to eat out, make a special effort to eat wisely the rest of the day.
Don't select a restaurant that conflicts with your commitment to healthy esting. "All-you can-eat" spots almost always and the property of t





SAVE 50

SAVE 19

SAVE 61º