



pilot
light
Greg
Melikov

Anyway you cook it or slice it, it's still meatloaf

I've prepared meat loaf in a skillet. I've made meat loaf in a slow cooker. But I've decided that my favorite way to cook meat loaf is in the oven.

You can prepare meat loaf just with ground beef or combined with pork or veal or both. I tried a veal loaf, but I didn't care for it. The texture wasn't right and the taste was on the bland side.

I've tried an all-pork loaf, but it shrinks too much and tastes on the overly spicy side.

Combining beef with pork is your best bet. But stay away from those pre-packaged beef-pork combinations because you most likely will pay the same price for the pork sandwiched between the more expensive ground beef. I noticed on our shopping trip that the ground pork in the same meat case was selling for about half as much per pound separately as the combination.

Naturally, the leaner the beef you see, the less shrinkage. You can top your meat loaf with rings of green pepper or even onions. You can pour on

some ketchup, too, if you desire.

However, I prefer to add ketchup or hot sauce after the meat loaf bakes.

MEAT LOAF CREOLE

2 eggs, slightly beaten
1 envelope tomato-onion soup mix
1 cup water
1 1/2 tsp. salt
1 1/4 cups soft white bread crumbs
1 tbsp. butter
1/2 cup chopped green pepper
1/2 cup chopped celery
2 1/2 lbs. ground beef
1 lb. ground pork

Preheat oven at 350 degrees. In large bowl, combine eggs and soup mix, stir in water until well mixed. Stir in salt and bread crumbs. In skillet, melt butter and saute green pepper and celery 5 minutes. Add beef, pork, green pepper and celery 5 minutes. Add beef, pork, green pepper and celery to egg mixture and combine with hands. Use moistened hands to shape meat into loaf in

2-quart baking dish, bake 1 1/2 to 1 3/4 hours and remove to platter. Yields 10-12 servings.

MEAT LOAF HOT SAUCE

1 cup chili sauce
1/2 cup beer

Combine all ingredients in small saucepan and heat through, stirring. Yields 1 1/2 cups. Serve sauce over meat loaf.

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Ambrosia is ideal dessert

"Ambrosia," in the food sense, generally refers to a compote of oranges, coconut and pineapple.

According to the dictionary, "ambrosia" can be anything with especially delicious flavor or fragrance. The word originated in days of mythology, when ambrosia meant "food of the gods" and was thought to impart immortality. Hence, an "ambrosial offering" has come to be something magnificent, supremely good or simply divine.

This delicious dessert could refer to any of those definitions, except for the immortality claim. Della Robbia Ambrosia is a refrigerator dessert molded in a springform pan lined with ladyfingers. The filling is a creamy combination of canned vanilla pudding, gelatin and fruits.

This refreshing, light dessert is the perfect grand finale to a company meal.

DELLA ROBBIA AMBROSIA

1 pkg. (3-oz.) orange-pineapple gelatin
1 can (11 oz.) Mandarin oranges
1 can (17 1/2 oz.) vanilla pudding
1 can (8 1/2 oz.) crushed pineapple
1 carton (8 oz.) frozen whipped topping, thawed
1 1/2-2 pkg. ladyfingers
Toasted coconut

Drain Mandarin oranges; reserve liquid. Add water to make 1 cup. Heat juice/water to boiling, then add gelatin, stirring to dissolve. Cool and refrigerate just until the thickness of unbeaten egg white. Blend in pudding until smooth. Add drained Mandarin oranges (save a few for garnish) and undrained pineapple. Gently fold in whipped topping. Line bottom and sides of 9-inch springform pan with ladyfingers. Fill gelatin mixture into mold. Chill for several hours until firm. Before serving, garnish with reserved orange sections and toasted coconut. To serve, remove sides of pan and slice into slim wedges. Yield 12-14 servings.

Pack a salad

With just a little planning, salads can be packed and toiled to work or school. Use convenient ingredients like a can of chunky white chicken, hard-boiled eggs, fresh vegetables and salad greens.

Be sure to pack the salad dressing separately and toss just before serving.

SPINACH SALAD

1 can (5 oz.) chunk white chicken
2 cups fresh spinach torn in bite-sized pieces
1 cup sliced fresh mushrooms (about 1/2 pound)
2 hard-boiled eggs, sliced
1 small onion, sliced
1/2 cup bottled low-calorie Italian salad dressing

In large bowl, combine chicken, spinach, mushrooms, eggs and onion. Toss salad gently to coat lettuce. Makes 4 cups or 3 servings.

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