

Make mealtimes easier with main-dish tunafish turnovers

With a savory filling and a flaky wrapper of puff pastry, main dish turnovers easily turn tuna into a nutritious and low-calorie meal that can be prepared in less than 30 minutes. Turnovers with Mustard Sauce, an updated version of traditional English meat-filled pastries, have less than 300 calories each and are convenient to make with frozen vegetables and frozen puff pastry.

Broccoli frozen in cheese sauce adds an accent of color and refreshing flavor to the filling of this meal-in-one dish, and does not even need to be cooked first. The broccoli and sauce are simply thawed in the cooking pouch, then combined with the other ingredients, including tuna, hard-cooked eggs and dry mustard.

Each ounce of the broccoli flavors the filling and keeps it moist while baking.

The tuna-broccoli mixture is wrapped in puff pastry crust, which is simply to prepare with frozen puff pastry sheets. While the pastries are baking, a zesty mustard sauce is heated in a sauceman to serve with the warm turnovers.

TUNA TURNOVERS WITH MUSTARD SAUCE

10-oz. pkg. cut broccoli frozen in a cheese-flavored sauce
 2 (7-oz.) cans water packed tuna, drained
 2 hard-cooked eggs, chopped
 1/4 cup chopped onion
 2 tbs. pickle relish
 1/4 tsp. dry mustard
 11 1/2-oz. pkg. frozen puff pastry, thawed
 1 egg yolk plus 1 tablespoon water

MUSTARD SAUCE

2 tbs. margarine or butter
 2 tbs. flour
 1/2 tsp. salt
 Dash cayenne pepper
 1 cup milk
 1 tbs. prepared mustard

In bowl of hot water, thaw unopened broccoli pouch for 15 to 20 minutes.* Heat oven to 450 degrees. Grease 2 cookie sheets. In large bowl, combine tuna, eggs, onion, pickle relish and dry mustard; fold in thawed broccoli.
 On floured board, roll out each pastry sheet to 12-inch square; cut each sheet into four squares. Spoon about 1/4 cup tuna mixture evenly between squares. In small bowl, combine egg yolk and water; brush small amount on pastry edges to help seal. Fold pastry diagonally; crimp edges with fork to seal.

Prick top of turnovers with fork; brush with remaining egg wash. Place on prepared cookie sheets. Place in oven and immediately reduce oven temperature to 40 degrees; bake for 20 minutes or until golden brown.

Meanwhile, in small sauceman, melt margarine. Stir in flour, salt and cayenne pepper; cook until mixture is smooth and bubbly. Gradually add milk; cook until mixture boils and thickens. Stir in mustard. Serve with warm turnovers, 8 turnovers.

TIP: Broccoli pouch can be thawed in the microwave oven. Microwave on HIGH as directed on the package for 3 to 4 minutes.



Tuna Turnovers with Mustard Sauce are easy to prepare and at 300 calories each are a low-cal version of an old English meal pastry.



Beer flavors almost anything

Beer just might be the second oldest drink. It dates back to the general region of Asia Minor known as Mesopotamia. One of the first products early man made from harvested grains was beer.

Beer is mentioned in pre-Biblical writings. Noah took some aboard his ark. Babylonians thought enough of the golden brew to name a goddess for it. The Egyptians elevated beer to the stature of a national drink and the Hameses dynasty had a royal brewer.

Beer traveled west, thanks to the civilizations of the Greeks and Romans. The beer produced in the United States evolved from the brew brought to the Colonies by the English and, later, the Germans, who have influenced American beer tastes no end.

Beer also served as a cooking ingredient for centuries. I've cooked with it long before the industry saw the "light."

What would chili be without a can or two of beer? Likewise, beans. I like to use it as a marinade because the fibers of tough meat are no match for the liquid.

Beer is excellent in batters, especially for

fish filets. Beer perks up dips and salad dressings — so "hops" to it.

BEERED TACO

1 lb. ground beef
 1 envelope (1 1/4 oz.) dehydrated onion soup mix
 1 container (8 oz.) sour cream
 1/2 cup beer
 1/2 cup chili sauce
 1 Tbsp. white vinegar
 Hot pepper sauce to taste

In container with lid, combine onion soup mix and sour cream. Stir in remaining ingredients. Use as salad dressing or cover, chill several hours and stir before serving as dip. Yields 2 1/2 cups. Serve with chips or raw vegetables.

and whisk into batter. Thoroughly dip filets in batter and fry in hot oil until desired doneness. wedges. Serves 4.

BEER BATTERED FISH FILLETS

1 egg, separated
 1/2 cup beer, at room temperature
 1/2 cup all-purpose flour
 2 Tbsp. cornstarch
 1/4 tsp. salt
 1 1/2 lbs. fish filets
 1/4 cup cooking oil

In mixing bowl, combine egg yolk and beer, blending well. Beat in flour, cornstarch and salt; let stand 1 hour. Beat egg white until almost firm

Creamy dips to do ahead

Don't be in the kitchen while your guests are enjoying themselves in your living room. Plan your open house around a trio of creamy dips that are done ahead quickly and serve themselves right after the door bell rings.

CREAMY TOMATO-CHEESE DUNK

1 can (10 1/2 ounces) condensed tomato soup
 1 1/2 cups shredded sharp Cheddar cheese
 Italian or French bread cubes

1. In 1 1/2-quart sauceman over medium heat, combine soup and cheese. Heat until cheese melts, stirring occasionally.

2. Pour into 1-quart candle-warmer dish to keep warm while serving. Spear bread with fork or toothpick; dip bread into dip. Makes 2 cups dip.

CURRIED CHEESE DIP

1 can (11 ounces) condensed cheddar cheese soup
 1 package (8 ounces) cream cheese, softened
 1/2 cup chopped pitted ripe olives
 3 tablespoons finely chopped sweet pickle
 2 teaspoons curry powder
 Chopped parsley
 Assorted vegetable dippers

1. In medium bowl with mixer at medium speed, gradually blend soup into cream cheese until mixture is smooth.

2. Stir in olives, pickle and curry powder.

3. Cover; refrigerate at least 2 hours. Garnish with parsley. Serve with vegetable dippers. Makes 2 1/2 cups.

CHILI CHEESE DIP

1 can (11 1/4 ounces) condensed chili beef soup
 1 package (8 ounces) cream cheese, softened
 3 tablespoons finely chopped onion
 1 tablespoon finely chopped green pepper
 1/4 teaspoon hot pepper sauce
 Assorted crackers
 Tortilla or potato chips

1. In medium bowl with mixer at medium speed, gradually blend soup into cream cheese until mixture is smooth.

2. Add onion, green pepper and hot pepper sauce.

3. Cover; refrigerate at least 2 hours. Serve with crackers or chips. Makes 1 1/2 cups.

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