

Help guests go home safely

The holidays — a time for celebration, fellowship, cheer — and the annual holiday parties at home and at work. And, as police will tell you, the results are usually partygoers who overstepped their limits of alcohol ... overstepping their lanes of traffic.

In an effort to help reduce the number of these drivers on the nation's highways (drivers who endanger others as well as themselves) the American Society of Safety Engineers offers the following suggestions for an enjoyable, sensible holiday party.

1. Have an ample variety and supply of food for partygoers and encourage its consumption. Food, such as sandwiches and hot snacks may not

only aid in the absorption of liquors but, more importantly, will help to space the number of drinks being consumed. (It usually takes the body one hour to rid itself of the alcohol of one drink.)

2. Provide a professional server or responsible person to serve measured drinks. This avoids the heavy-handed bartender. A partygoer can more easily judge his/her own consumption if each drink is standard size.

3. Offer drinks — don't force them. Don't pressure your guests into exceeding what they know to be their own limits for alcohol. Have plenty of non-alcoholic beverages on hand for the non-drinker.

4. Provide activities, such as dancing and/or games throughout the party. If people are busy with some activity, they usually drink much less. Again, this helps to spread out the drinks so that the body's blood-alcohol level doesn't build up as quickly.

5. Confine the party to a certain time frame. Always remember it takes the body one hour to rid itself of one ounce of alcohol. If the party is a "late one," remember to close the bar at least one hour prior to the time you feel the party will end.

6. The last drink offered should be coffee. Not because coffee sobers people up, but because the time spent

drinking coffee is time NOT spent drinking alcohol.

7. Keep intoxicated people from leaving the party; arrange for a ride home for them. One of the biggest favors you can do for your employees and/or friends is not to let them drive when drunk. Call a taxi for them or arrange for a ride in some other way. (In some areas, taxi companies or police departments will provide the rides during the holidays for those who are intoxicated.)

8. Encourage people not to drink beyond their limits. Cards are available through some local community groups for computing the blood-alcohol content by body weight and number of drinks consumed.



pilot light

Greg
Melikov

Tuna mousse: Unusual starter

The reviews were good for my chocolate mousse, more hot than cold, you might say. One person said she preferred that the texture be closer to pudding than cream. You can't please them all.

Then there was the cold cheese mousse that I attempted. Haha! I'd rather not discuss the results, but I will admit I didn't use enough gelatin. That didn't sit well with me. When I flop, I never throw in the crying towel.

The hot tuna mousse was a different story. I planned it as an unusual first course at a special dinner for five.

It didn't start out very promising. I broke the first egg yolk and some got in the white. That's a no-no because it inhibits beating whites to stiff peaks. Cold beaters will help, too.

I started again and reeled off four perfect separations. All went well. I used a deep dish pie plate because I don't own any molds. Maybe when I get fancy...

When the mousse was a rich brown on top, I placed it on the counter and let it cool several minutes. Then I run a rubber spatula around the mousse, covered it with a dinner plate, inverted and the results unmolded rather easy.

How good was it? We finished off the mousse and skipped the salad.

HOT TUNA MOUSSE

4 eggs, separated
2 cans (6-1/2 oz.) tuna, drained and flaked
1 container (8 oz.) sour cream
1 tsp. dry mustard
1/4 tsp. salt
Pinch of black pepper
2 tsp. Worcestershire sauce

In large bowl, let egg whites sit 1 hour. Preheat oven 350 degrees, slightly beat egg yolks and combine with rest of ingredients. Beat whites until stiff, gently fold in tuna mixture, turn into greased 10-inch pie plate, bake 35 to 40 minutes and unmold. Serves 8.

CHEDDAR CHEESE SAUCE

2 Tbsp. margarine
2 Tbsp. all-purpose flour
1 cup milk
Salt and black pepper to taste
1/4 tsp. dry mustard
1 cup shredded Cheddar cheese

In medium saucepan, melt margarine, remove from heat and stir in flour until smooth. Gradually add milk, stirring, then salt, pepper and mustard. Bring to boil, stirring, reduce heat and let simmer 1 minute, add cheese and stir until melted. Serve over sliced tuna mousse.

Treat hostess to creamy candy

A perfect gift for a party hostess is a pretty tin or holiday-wrapped box of Remarkable Fudge and Caramel Pecan candies.

These treats are creamy and delicious, and easy as one-two-three to prepare in a microwave oven. Holiday get-togethers call for generous hospitality and good things to eat.

Greet well-wishers with a festive

tray of Holiday Shrimp Rounds. They can be prepared ahead so that they're ready to serve when the guests arrive.

REMARKABLE FUDGE

2 cups granulated sugar
1 5/4-oz. can evaporated milk (1/2 cup)
1/2 cup butter or margarine
1 12-oz. package semisweet chocolate chips (2 cups)
17 oz. jar marshmallow creme

1/4 tsp. vanilla
1/2 cup chopped walnuts

In 2-quart bowl, combine sugar and milk. Add butter or margarine. Cook, uncovered, at HIGH 5 minutes till mixture comes to a full rolling boil, stirring twice. Reduce setting to MEDIUM (5) and cook 6 minutes, stirring twice. Stir in chips till melted. Add marshmallow creme, vanilla, and nuts; stir until well combined. Pour into buttered 9-by-9-by-2-inch baking pan. Cool. Cut into squares. Makes 2 1/2 pounds candy.

CARAMEL PECAN CANDIES

3 Tbsp. butter or margarine
2 Tbsp. milk

1/4 tsp. ground nutmeg
Powdered sugar or Easy Penuche Frosting (below)

Heat oven to 350 degrees. Grease and flour rectangular pan, 13x9x2 inches. Bake cake mix as directed on package except — stir cinnamon, cloves and nutmeg into batter. Cool; sprinkle with powdered sugar or frost with Easy Penuche Frosting.

EASY PENCUCHE FROSTING

1/2 cup margarine or butter
1 cup packed brown sugar
1/4 cup milk
2 cups powdered sugar

Heat margarine in saucepan until melted. Stir in brown sugar. Heat to boiling over low heat; boil and stir 2 minutes. Stir in milk. Heat to boiling, stirring constantly. Remove from heat; cool to lukewarm. Gradually stir in powdered sugar. Place pan in bowl of ice water and stir until thick enough to spread.

SPICE CAKE
1 package yellow cake mix
1 tsp. ground cinnamon
1/4 tsp. ground cloves

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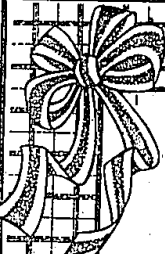


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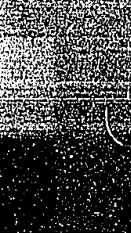
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