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HOLIDAY ENTERTAINING FOR TODAY'S LIFE STYLE

The joy and enchantment of the holidays are here. While traditions of celebration have changed through the years, the events we celebrate remain unchanged. The joy of a bountiful harvest, the warmth of religious observances, and the renewed spirit of the new year are anticipated and enjoyed in our country and around the world.

This may be the one time each year we relax our calorie-counting. However, good nutrition and calorie control needn't be sacrificed. These menus for a gala meal and a light fare of snacks and hors d'oeuvres are all festive, delicious and healthy. Take note of these important nutritional facts and make your holiday entertaining both delicious and nutritious:

- **FLAVORFUL DUCKLING** that is low in cholesterol and sodium and relatively low in fat and calories. The production of this tasty entree has doubled over the past 10 years, a tribute to its increasing popularity.
- **RICE**, also low in calories, fat and sodium, is an excellent source of complex carbohydrates and is probably served with more holiday meals worldwide than any other food. Plain or seasoned, rice goes well with any meal.
- **IDAHO-OREGON SWEET SPANISH ONIONS**, another star in the low calorie department, also contain a goodly amount of calcium and vitamins A and C, plus significant amounts of iron and B vitamins. These Gentle Giants with golden bronze skins and a light sweet taste are available nationwide September through March.
- **ELEGANT PECANS**, once used mainly in desserts, now add their special flavor and crunch to casseroles, salads, vegetables and hors d'oeuvres. They are high in fiber and are a good source of protein, iron, calcium and the B vitamins. Pecans are also rich in potassium and phosphorus.

MENU I

Spiced Pecans
Sweet Spanish Onion Wraps
Ham & Cheese Pinwheels
Steamed Spinach Rolls
Duckling Empanadas

SPICED PECANS

- 2 egg whites
- 2 tablespoons Worcestershire sauce
- 3 cups pecan halves
- 1/3 cup firmly packed brown sugar
- 1/3 cup sugar
- 1-1/2 teaspoons curry powder
- 1/2 teaspoon ground ginger
- 1/4 to 1/2 teaspoon ground red pepper
- 1 teaspoon salt, optional

Preheat oven to 325°. In mixing bowl beat egg whites with Worcestershire sauce. Add pecans and stir to thoroughly coat. Combine remaining ingredients in large mixing bowl. Add pecans; stir until all are evenly coated with sugar mixture. Spread, separating nuts as much as possible, in large, lightly greased baking sheet. Bake 10 minutes; stir; bake another 10 minutes. Cool and separate nuts. Store in airtight container. Yields 3 cups.

HAM & CHEESE PINWHEELS

- 2 cups cooked rice
- 2 packages (3 ounces each) cream cheese (room temperature)
- 1/4 cup crumbled bleu cheese
- 1/4 cup sour cream
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon seasoned pepper
- 1/8 teaspoon garlic powder
- 3 or 4 drops hot pepper sauce
- 1/2 cup finely chopped pecans
- 2 tablespoons chopped chives
- 8 baked or boiled ham slices (6x4x1/16 inch) or 12 slices (4x4x1/16 inch)

Combine rice, cream cheese, bleu cheese, sour cream, and seasonings. Blend until smooth and fluffy (use food processor, blender, or electric mixer). Add remaining ingredients except ham. Mix thoroughly. Divide mixture evenly and spread on ham slices. Roll up, forming 6-inch or 4-inch rolls. Cover each ham roll tightly with plastic wrap. Refrigerate until firm. Unwrap and slice in 1-inch pieces. Makes 48 pieces.

SWEET SPANISH ONION WRAPS

- 3 medium Idaho-Oregon Sweet Spanish onions
- 1 cup cooked rice
- 1 cup ground or finely chopped cooked duckling
- 1 tomato, diced
- 1 clove garlic, minced
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 tablespoon chopped fresh mint, OR 1 teaspoon dry mint leaves
- 1 tablespoon olive oil
- 1/2 cup beef broth
- Juice of 1/2 lemon
- Yogurt, fresh mint and lemon wedges for garnish

Peel onions and cook in boiling water to cover for 20 minutes. Drain and cool. Slice one side of each onion, lengthwise, and carefully remove layers of onion to form "wraps" for duckling mixture. For filling, combine rice, duckling, tomato and seasonings. Place a spoonful of filling in each onion shell and roll to hold filling. Pour olive oil, broth and lemon juice into large skillet. Add onion wraps, arranging in single layer. Simmer 15 to 20 minutes. Serve with yogurt, fresh mint and lemon wedges, if desired. Makes about 2 dozen.

STEAMED SPINACH ROLLS

- 3/4 to 1 cup finely chopped cooked duckling meat (giblets, neck, etc.)
- 1/4 cup each chopped Idaho-Oregon Sweet Spanish onion and celery
- 1 cup bean sprouts, rinsed, drained, and chopped
- 2 cups cooked rice
- 2 eggs, slightly beaten
- 2 to 3 tablespoons soy sauce
- 1/2 teaspoon each powdered ginger and seasoned pepper
- 1/4 teaspoon ground black pepper
- 1 clove garlic, minced
- 1 package (10 ounces) fresh spinach

Combine all ingredients except spinach. Cover and refrigerate 1 hour or more. Place spinach in a colander; blanch with boiling water. Drain and pat dry. Place a spoonful of duckling mixture on large spinach leaf, or on 2 smaller ones and overlap. Roll, tucking in sides. Place seam-side down in lightly buttered shallow baking pan. Repeat until all mixture is used. Cover and bake at 375° for 10 minutes, or until steaming. Serve warm or at room temperature with a dipping sauce of your choice, if desired. Makes about 3 dozen rolls.

DUCKLING EMPANADAS

- 3/4 to 1 cup finely chopped cooked duckling meat (giblets, neck, etc.)
- 1/2 cup each chopped onion, celery, and green pepper
- 1 medium tomato, peeled and chopped
- 1/4 cup raisins, plumped
- 1 cup cooked rice
- 1/2 teaspoon ground cumin
- 1 clove garlic, minced
- 1 egg, slightly beaten
- 1/8 teaspoon ground red pepper
- Salt to taste
- 2 cans (10 count each) refrigerated biscuits

Combine all ingredients except biscuits. Mix thoroughly. Cover and refrigerate 1 or more hours. Separate biscuits and roll each one into a rectangle or oval about 7 inches long and 3 inches wide. Cut in half crosswise. Place a spoonful of filling on one-half of each piece of dough. Wet the edges with water and fold the other half over, pressing edges firmly to seal filling. Make a small slit in each pastry to allow steam to escape. Bake at 400° about 15 minutes, or until golden brown. Makes 40 empanadas.

FESTIVE FILLED SWEET SPANISH ONIONS

- 3 medium Idaho-Oregon Sweet Spanish onions
- 2-1/2 tablespoons melted butter or margarine, divided
- 1 chicken bouillon cube
- 1/2 cup boiling water
- 1 package (10 oz.) frozen green peas
- 1 can (2 oz.) sliced mushrooms, drained
- 2 tablespoons chopped pimiento
- 1/4 teaspoon marjoram leaves

Peel and halve onions. Place in large skillet with 1-1/2 inches boiling salted water. Return to boil; cover and simmer 20 to 25 minutes or until onions are tender. Drain. Remove center sections of onions and chop 1/4 cup for filling. (Refrigerate or freeze remaining centers to season gravy, stews or soups.) Brush onion shells with 1-1/2 tablespoons butter and keep warm. Dissolve chicken bouillon in 1/2 cup boiling water. Add peas; cook 5 minutes. Add mushrooms, pimiento, remaining 1 tablespoon butter, marjoram, and reserved 1/4 cup chopped onion. Heat well. Spoon vegetables into onion shells. Serve immediately or keep warm until serving time, basting with cooking liquid from peas. Makes 6 halves.

PECAN APPLE CAKE

(This recipe should be prepared ahead of time)

- 4 cups peeled, cored and chopped apples
- 1 cup raisins
- Brandy
- 2 cups sugar
- 1/2 cup vegetable oil
- 2 eggs (room temperature)
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground mace
- Dash ground nutmeg
- 1 cup chopped pecans
- Whipped cream and chopped pecans, for garnish

In a large bowl, mix apples and raisins; cover fruit with brandy, and soak overnight. Drain apples and raisins and set aside. (Reserve brandy for another use.) Pre-heat oven to 325°. In a large mixing bowl, combine sugar, oil and eggs. Sift together dry ingredients and add to egg mixture. Stir in apples, pecans and raisins; mix well. Pour into greased 9x13-inch baking dish. Bake for one hour. Cool. To serve, cut into squares and top with whipped cream and chopped pecans. Makes 12 to 15.

MENU II

Relish Tray
Duckling Imperial
Fluffy White Rice
Festive Filled Sweet Spanish Onions
Pecan Apple Cake

DUCKLING IMPERIAL

- 1 frozen duckling, defrosted
- Salt and seasoned pepper
- 2 to 3 slices Idaho-Oregon Sweet Spanish onion
- 1-1/2 cups duckling broth
- 1-1/2 tablespoons cornstarch
- 1 teaspoon curry powder
- 1 clove garlic, minced
- 1/4 cup dry white wine
- 1 can (15 ounces) sliced peaches (drain, reserve syrup)
- 2 tablespoons snipped fresh parsley
- 3 cups hot cooked rice

Cut along both sides of duckling's backbone. Remove and reserve backbone. Cut each remaining portion of duckling in half to make quarters. Remove wing tips. Reserve. Wash, drain, and dry duckling quarters. Prick skin all over with sharp fork or knife. Sprinkle lightly with salt and seasoned pepper. Arrange skin side up on a rack in roasting pan. Bake at 325° for 1 hour. Meanwhile, place backbone, wing tips, neck, and giblets in saucepan. Add 2 cups water, onion, salt and seasoned pepper to taste. Cover and cook until giblets are tender. Drain; reserve liquid and meat. Freeze meat for later use. Combine cornstarch, curry powder, garlic, 1/2 teaspoon salt, and 1/2 teaspoon seasoned pepper. Add wine and blend. Bring duckling broth and syrup from peaches to a boil. Add cornstarch mixture. Cook, stirring, until clear and thickened. Brush duckling quarters with broth mixture. Turn duckling skin side down and brush with mixture. Bake 15 minutes. Turn skin side up, brush with mixture, and bake 15 minutes longer, or until drumsticks are tender. Add peaches to broth mixture. Heat gently. Stir in parsley. Serve duckling with beds of fluffy rice. Spoon sauce over duckling. Makes 4 servings.

