

# The Eccentric Newspapers

## Shopping Cart

classifieds inside

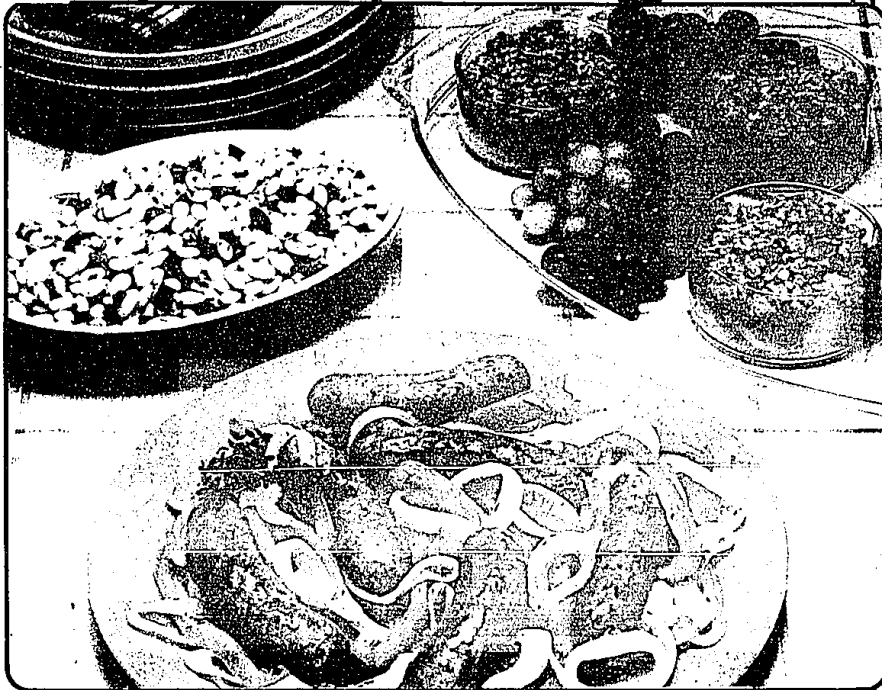
Monday, January 5, 1987 O&E

(BWT, R6, S)B

**GREAT**

**GAME**

**FARE:**



### Italian Sausage With Peppers And Onions

- 2 large (about 1 pound) red peppers
- 1 medium (about 8 ounces) Spanish onion
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 3/4 teaspoon dried thyme leaves
- 6 fresh Italian sausage links (about 1-1/2 pounds)
- 1/2 cup water
- 1/2 cup dry white wine

Cut peppers in twelve wedges. Cut onion into 1/2-inch slices; separate into rings. Cook peppers in olive oil in large frying pan over medium heat 10 minutes, stirring frequently. Add onion, garlic and thyme and continue cooking 18 minutes, stirring frequently. Meanwhile place Italian sausage and water in another frying pan. Cover tightly and cook over medium heat 10 to 12 minutes, turning once. Remove cover and continue cooking 15 to 18 minutes or until cooked through and browned, turning occasionally. Remove sausage from frying pan. Pour off drippings. Increase heat to medium-high; add wine to deglaze pan, scraping up brown pieces. Add vegetables and return sausage to frying pan, stirring to coat with sauce. Continue cooking 2 to 3 minutes or until sauce is slightly reduced and thickened. Makes 6 servings.

*Note:* One and one-half pounds continuous link Italian sausage may be cut into 6 pieces and substituted for the Italian sausage links.

### Party Sausage Tray

- 1-1/2 pounds assorted sliced deli meats (bologna, cotto salami, old fashioned loaf, smoked ham, mortadella, hard salami)
- 6 ounces thinly sliced Swiss cheese
- 6 ounces thinly sliced colby cheese
- 3 tomatoes, thinly sliced
- 1 medium red onion, cut into 1/8-inch slices
- Assorted breads, sliced

Arrange sliced deli meats, sliced cheeses, tomatoes and onion on large serving platter. Serve with assorted breads. Makes 8 servings.

### Marinated Bean Salad

- 3-1/3 cups drained, cooked great northern beans, navy or small white beans\*
- 1/4 cup chopped green pepper
- 2 green onions, thinly sliced
- 1/3 cup olive oil
- 2 tablespoons each white wine vinegar and lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Dash bottled hot pepper sauce
- 2 tablespoons minced parsley

Combine beans, green pepper and onion; set aside. Combine oil, vinegar, lemon juice, garlic, salt, pepper and hot pepper sauce; blend well. Pour over bean mixture. Marinate at least 1 hour or overnight. Serve at room temperature if made ahead and chilled. Add parsley just before serving. Makes 4 to 6 servings.

\*Two cans (about 16 ounces each) great northern, navy or small white beans may be substituted.

### Grape And Pear Crisp

- 3 cups grapes, halved and seeded if necessary
- 1 can (29 ounces) pear slices, drained
- 2 tablespoons flour
- 1 tablespoon packed brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- Oatmeal Streusel Topping
- Sweetened whipped cream

Toss grapes, pears, flour, brown sugar, lemon juice and peel until fruit is well coated; spoon mixture into 6 (6 ounces each) individual soufflé or custard cups. Top with Oatmeal Streusel Topping. Bake at 375° F. 20 minutes or until topping browns. Serve with whipped cream. Makes 6 servings.

*Oatmeal Streusel Topping:* Combine 3/4 cup uncooked old-fashioned oats, 1/3 cup each flour and packed brown sugar, 3/4 teaspoon ground cinnamon and 1/8 teaspoon salt; mix well. Cut 1/3 cup butter or margarine into oatmeal mixture; stir in 1/2 cup chopped nuts. Makes about 2-1/2 cups.

## WINNING MENUS

Cold winter weekends are meant for inviting a crew of friends over to watch a football bowl game or trying out the latest board game. Here are two menus that score winning points for easy, hearty entertaining.

### ITALIAN SAUSAGE WITH PEPPERS AND ONIONS MARINATED BEAN SALAD GRAPE AND PEAR CRISP

Savory Italian sausage adds international flavor to this classic combination of bright red peppers and sliced onion. Equally at home on a crusty French roll or served with eggs for Sunday brunch, it adds Italian pizzazz to American fun.

Continue the Italian theme with a marinated bean salad. Beans are fast becoming a premier choice for flavor, economy and health. Choose canned beans for super easy preparation or start with dry beans. See below for soaking and cooking directions.

And give a prize to whoever guesses the secret ingredient in crunchy, satisfying Grape and Pear Crisp, still warm from the oven. Grapes bake into sweet, juicy morsels that have a tang and texture all their own.

\* \* \* \* \*

Keep this menu on the sidelines for those last-minute decisions to have friends over after work. Whether you watch sports or a favorite classic movie on the VCR, you won't have to miss a minute with this almost instant meal.

### PARTY SAUSAGE TRAY BARBECUED BEAN CASSEROLE CHOICE OF BREADS CONDIMENTS: MUSTARD, MAYONNAISE, OLIVES, PICKLES FRESH GRAPES

What could be simpler than an attractive plate of cold cuts? Stop at a deli or supermarket on the way home and choose from the wide variety available: bologna, salami, ham, pepper loaf, ham and cheese loaf, beerwurst and mortadella. Put out a few interesting mustards, olives and a selection of pickles for guests to sample as they assemble their own sandwiches.

Keeping cans of cooked beans in the pantry guarantees speedy meal preparation. Pinto or kidney beans bake for 1-1/2 hours with a quickly assembled spicy sweet-sour sauce that complements the menu.

Finish with a bowl of some of the eight varieties of ripe California grapes available. They make great grape-by-grape snacking, and satisfy the inevitable case of the "munchies" and the thirst of play-by-play excitement.

### How To Cook Dry Beans

#### Soaking Tips

*Preferred Method:* Wash one pound dry beans. Add 10 cups hot water; boil 2 minutes. Remove from heat; cover and soak 4 to 12 hours or overnight.\* Drain, rinse and cook.

*Quick Method:* Wash one pound dry beans. Add 10 cups hot water; boil 2 to 3 minutes. Cover and set aside 1 to 4 hours. Drain, rinse and cook.

#### Cooking Tips

Drain and rinse soaked beans; put into large kettle. For each pound of beans add 6 cups hot water, 1 to 2 tablespoons shortening or vegetable oil and 2 teaspoons salt. Boil gently with lid tilted until tender.

\*Beans are more digestible when soaked for a longer period of time.

### Barbecued Bean Casserole

- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 3-1/3 cups drained, cooked pinto, pink, red or kidney beans\*
- 1 can (about 16 ounces) tomatoes
- 1 can (8 ounces) tomato sauce
- 2 tablespoons cider vinegar
- 2 tablespoons each packed brown sugar and prepared mustard
- 2 tablespoons chopped chiles
- Generous dash cayenne pepper

Saute onion and garlic in oil. Add beans, tomatoes, tomato sauce, vinegar, sugar, mustard, chiles and cayenne; mix thoroughly. Pour into 2-quart baking dish; cover and bake at 350° F. 1-1/2 hours. Makes 10 to 12 servings.

\*Two cans (about 16 ounces each) pinto, red or kidney beans can be substituted.