Peanut butter panelists face sticky dilemma

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But alas, even the best-laid plans of inice and men go awry when two of the judges who will remain anonyof mice and men go away when the of the judges who will remain anonymous for fear of sticky retaliation, noticed two of the brand names. So much for secrecy.

THE TASTING BEGAN with samples of the "Big Three" brands of peanut butter — Jif, Skippy and Peter, Pan. Katle Brinker thought Jif "stuck to the top of the mouth" while Matt Amans agreed and added that

Dawn Virant and Jamie Patterson both felt that Skippy was too thick

and "plain" tasting while our oldest judge Suzanne Daines rated Peter Pan with a bland tasting score of 1. All in all, the Big Three scored an average railing of 22 out of a possible 45. One of the most interesting results came when our panel tested PB number 4, Arrowhead. A natural food product, it sells locally of more than \$3.90 per pound, Justin and Sean Toubey, whose parents advocate natural products, thought this costly variety was "too sweet" for their prized paintes, Jordan Brinker piped in his two cents worth and scored this product by slugging down

a Coke and issuing an exasperated "too thick" rating of 2.
What turned out to be the most natural and most expensive variety of peanut butter was demoted to an overall score of 18 by our judges who were still hoping to taste something appreciably better. Maybe next time we'll line up some natural food fars with hopes of giving this peanut butter a higher rating.
Granted, with the judges fresh from their negative rating of Arrowhead, it may have been unfair to offer Smuckers next as the sacrificial peanut butter. Slathered with low ratings, Smuckers peanut butter was

characterized as "bland" and "tasteless" by judge Dawn Virant. Jordan Brinker was quick to criticize this brand as "the worst of the lot." With a score of 15 points, let's bope Smucker's does better with its jelly.

AFTER REFILLING the gobiets with palate cleansers of the their choice, the judges went on to taste a relatively unknown peamt butter, Farmer Jack's bouse brand, "Town Pride." By far the least expensive of the tol, it was greeted with accolades from the panel. Stacey Nece jumped up from her chair and exclaimed this sandwich to be just right." Kinda ilke Goldilocks testing

Matt Amans, one of two dissenters rated it "saity" and gave it a 2. Su-zanne Daines disdained its faste alto-gether and rated it at 1. With an overall rating of 35, the Town Pride brand was leading the peanut butter pack so far.

pack so far.

Next, we offered Velvet peanut
butter to the panel. Emerging with
an overall score of 19, Velvet should
certainly feel proud that they beat
out the Big Three. However, our
judges thought this brand was too
thin and lacked a strong peanut

taste.

The final attempt at woolng the judges taste buds was made with the contents of a five-pound tin stamped with the USDA seal. This peanut butter was secretly accepted as a participant because, although it isn't sold to the general public, it's available to school kitchens. Used to feed the masses, it ends up not only as peanut butter sandwiches but also in school desserts. It fared exceptionally well with our panel, achieving comments like "this is the best from Justin Touhey while scoring an admirable 28% points on our taste test meter.

In praise of Momma's meat pie recipe

Continued from Page 1

Gonlinued from Page 1
wine.) Then, sait in 2.4 teaspoons of
sage. (I like a lot, Mamma uses about
2 to 10, Mamma uses about
3 to 10, Mamma uses about
3 to 10, Mamma uses
4 to 10, M

ENGLISH COTTAGE PIE Serves 4-6 1 large onion, chopped coarsely

2 thep, butter 3 large carrots, finely chopped 1 tap, fresh parsley

15 tsp, dried thyme 15 tsp, sage 3 cups mashed pointoes 16 cup grated parmesan 1 clove garlie, minced

5% on grated parmesan
1 clove garlle, minced
2 lbs, ground beef
2 tbsp. tomato parte
4% tsp. chervil
1 bay leaf, crumble
5% cup dry red whe
5% cup grated ebeddar
Preheat oven to 375°. Sautee onion
and garlle in butter until limp. Add
the beef and cook, breaking up the
meat until browned. Stir in carrots,
tomato paste and all the berbs. Add
the wine and soason with salt and
popper. Simmer gently for 30

pepper. Simmer gently for 30 minutes. Spoon the mixture into a well-buttered baking dish. Spread the mashed potatoes over the top.

Mix the cheeses together and sprinkle over the potatoes. Bake 10 minutes until cheese is melted and golden. If you wish, you can pop it under the broiler to brown.

BEEFSTEAK, KIDNEY AND OYSTER PIE

OYSTER PIE
1 rolled ple crust
1 dozen oysters or 8 oz. jar
34 lb. veal or beef kidney
2 lb. beef stew meat
35 cup seasoned flour
36 cup onlons, chopped
146 cups rich beef stock
1 then parales dash marjoram salt and pepper to taste 6 thsp. butter or beef suct 15 lb. mushrooms, sliced

2 tsp. Worcesterskire
Dash cloves
Open oysters and place them in a
bowl with their liquid. Chill. Clean
the kidney, spilt, remove the fast and
large tubes and cut into W-indeh
allecs. Cut the beef stew into chunkr,
roll the kidney, and beef in seasoned
flour. Melt the sued or butter in a
heavy skilled, brown the beef and
kidney in the same pan. Add the
mushrooms and sautec briefly. Add
the beef broth, bay leaf, parsiey,
Worcestershire, cloves and
marjoram, sail and pepper to state.
Cover and simmer over join to state.
The same is to state the state of the state of

over the top. Moisten and pinch the edges to seal. Cut a steam hole in the center, glaze the top with egg wash and bake at 450° for 10 minutes, lower the heat to 375 and continue

CHICKEN POT PIE

akinned and boned
fi tsp. sail
2 tsp. butter
1½ caps chicken broth
fi cap frozen carrots, thawed
fi cap frozen peas, thawed
fi cap frozen peas, thawed
fi cap frozen peas, thawed
fi cap dry sherry or wine
fi cap dry sherry or w

sait and sautee in butter for one minute on each side. Add the chicken broth, cover and simmer for 15 minutes. Remove the chicken, cut into strips, save the broth for the

In a small saucepan, bring the broth to a boll, add the sherry. Stir together the cream and the cornstarch and whiak into the boiling mixture. Add the tarragon, salt and pepper to taste. In a prepared uncooked crust, layer chicken, the carrots, then peas, pour the sauce over that and sprinkle with shredded swiss cheese. Cover with top crust, preheat oven to 425°. Bake at 425 for 5 minutes, then lower to 350 for 30 minutes.

Time to mail baked gifts is now

Can the calendar be right? The holidays are just around the corner. Sending a homemade backed gift is a generous expression of your love. To avoid a box full of crumbs or indistinguishable pieces of "whatever," be sure that you package the gift of

tinguishable pieces of whitever, be sure that you package the gift of food properly.

Look over recipes and select foods that travel well. Avoid delicate cookles and cakes, foods that require refrigeration or heavily frosted items. Many drop cookles, bar cookles or roul; filled cookles travel better than catter cookles.

fruit filled cookles travel better than cripy cookles.
Softer cookles such as chocolate chip or sugar cookles are hard to ship. Expect some crumbling and breakage with them. Home-baked cookles have a shell file of about one week since they have a higher land water content than commercial cookles and of course don't contain any preservatives. Freshness will be assured if your cookles are quickly packed and shipped after they have cookled.
When packaging, wrap two cook-

orical and simple are they accolled.

When packaging, wrap two cookles together back-to-back in plastic or foil. Bar cookles can be cut and wrapped individually of left in one large piece to be cut later. Wrap all foods in plastic wrap before putting them in a box. If you're sending breads and cakes, back them in foil pans, remove while cooling, then slip

back in the pan for mailing. Don't pack the food product hot because of moisture condensation.

Choose a sturdy container that is the right size for the quantity of food being mailed. This will help eliminate extra shifting. Avoid glass containers that could be used in giving food gifts, such as fresh vegetable trays, coffee or shortening cans, oatmeal and cornmeal tubes and foil pans. (Don't use meat trays unless brand new and meat has never been on them.)

Decorate the container with col-

orand new and meat has nevel occur
on them.)
Decorate the container with colored foil, wrapping paper, felt, ribbon or yarn. Cushion the bottom and
top of the gift box with shareded tissue paper or newspaper. This will
not be a problem since the food is all
sauuggly wrapped in plastic or foil.
After filling the container with food,
fill in extra space with puffed rice,
puffed wheat, poporan or marshnellows. Place a lid on top of the gift
container.

lows, Place a lid on top of the girt container.

Place the gift container in a strong heavy corrugated box (3-4 inches wider and deeper than gift box). A layer of filler on the bottom of the packing box will act as a cushion. Use additional shredded pa-per or excelsior for other empty spaces. When sending two (2) or more gift boxes inside one mailing

Presents Our

box, be sure to layer packing material between them.
Wrap with heavy paper and mark "Fragile, Handle with Care" or "Perishable." Mail early. Allow enough time for your package to arrive for the holidays.

It isn't recommended to send bomemade sausage and cheese through the mail. It's safer to send these products purchased at a speci-ality shop. The processing of the sau-sage and cheese enables the com-mercially made product to be mailed without refrigeration.

Oatmeal and corumeal tubes make pretty and practical containers for cookies and and ythat can be band delivered to cookies and candy will will work to the land and the fact and the cookies and candy will will be cookies and candy will only the cookies and candy will only be cookies and candy with foll. Extend several inches as we the top and turn down over the lip of tube. A plastic bag may be used as a removable inner lining also.

Consider giving new, useful containers, such as bread on a bread-board or cookies on a cookie sheet or tray. A ship new cookie sheet would be a welcomed gift for anyone. Cover them with clear plastic wrap and decorate them with a ribbon or bow. It is always a nice gesture to share your recipes to the recipiept can prepare the item. On the card make serving suggestions and storage hints that would be helpful and make the gift complete.

Homemade food gifts, whether sent by mail or given in person, seem to taste especially good because your care and attention haven't been spared. Baking a gift doesn't require knowledge of a propersize or color — just delicious enjoyment for everyone.

Special care in wrapping your gift will help assure the food arrives tooking good enough to eat. Plan your holiday baking and give your gift of love with pride.

Gumbo pleases palates

AP — What makes a real gumbo
— okra or file powder? You can
start an argument anywater in Louisians with that question. Regardless
of which is used, real gumbo is always made with a roux — a mixture
of flour and oil cooked until it's
toasted a dark red-brown color. To
serve gumbo like a Louistana native,
put a big secop of hot cooked rice in
a shallow bowl or plate with a rim
and spoon the gumbo over it.

SERFOOD GUMBO

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-BROTHER KH 710

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and multi-colored patterns st and automatically.
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1 teaspoon suit ¼ teaspoon ground black pepper ¼ teaspoon ground red pepper 1 bay leaf

ways made with a roux — a mixture of flour and oil cooked until it's consisted a dark red-forwa color. To serve gumbo like a Louisiana native, but a big scoop of hot cooked rice in a shallow bowl or plate with a rim and spoon the gumbo over it.

SEAFOOD GUMBO

1 pound forote nhelied shrimp 6-onnee package frozen crabment is cup coling oil 2 cupa chopped onlon 1 cup chopped green pepper and spot serve pepper and serve peppe

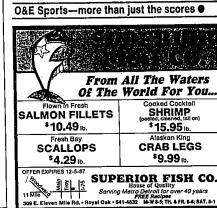
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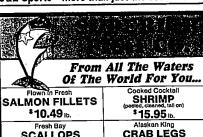
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