Hotline answers food questions

"Pood and Nutrition Hotiline. May I help you?" Is there a question about food and/or safety that has been bothering you? Today's column as a potpour to a few questions and the answern collected from the Oak-sand County Coperative Extension Service food telephone hotline and my mailbor. Hope this information answers a few of those burning questions.

Q. What is caster sugar and how do I use it?

A. Caster sugar is an English name for granulated sugar. English caster sugar is a slightly finer-grained sugar than our granulated sugar. Ordinary table sugar in the United States is a reasonable approximation. proximation.

Q. There are bugs in the cupboard.
What can I do to get rid of them?
A. A number of different types of
Insects can infect kitchens. The first
step in eliminating kitchen pests is a
thorough cleanop. Inspect all foodstulfs that could be infected. It is
better to discard infected foodstuffs
than to try to kill the insects found in
hem. Clean cupboards thoroughly
using a vacuum cleaner and a strong
soap solution. Place all foodstuffs in
tightly sealed containers. If after all



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this, the infestation is found to be widespread, use an insecticide suit-able to kill the particular insect. Read the labels.

Read the labels.

Q. Can I use dry lee in punch?
A. Yes, provided that certain precautions are taken. Dry lee must be
handled with clean gloves (leather or
gardening cloves) to prevent bilster
burns. Do not use mittens. The yarn
will stick to the dry Ice. Use only
small blocks of lee in a punch bowl.
Large pieces can sink to the bottunlereze the contents and crack the
punch bowl. Beware that no chips of
the yie care breaking loose in stre
punch bowl. Beware that no chips of
the punch. If lingested these would cause
burns in the mouth, esophaunch is
ladde out by one person rather than
a free-tor-all to guests. Be careful.

Q. Is there a remordy for fast-meli-

Q. Is there a remedy for fast-melt-ing homemade ice cream?

A. Add instant pudding or gelatin to the ice cream mix before freezing. The starch in the pudding or gelatin acts as a stabilizer in the frozen product. To achieve the perfect quality you'll need to experiment with your recipe. Start with ¼ of the small-size package of instant pudding or one teaspoon of unflavored gelatin softened in one tablespoon of but water. If the product still lacks the smooth, creamy feeling, add a little more for the next batch. (It's fun eating the mistakes.)

Q. Some of my aluminum pans are pitted. Are they still safe to use?

A. If your aluminum pots and pans are pitted, scrub the pan well with steel wool, and rinse thoroughly. When the pan is used in the future, be sure to use a brush to scrub out any food lodged in the pits. Do not store high-acid foods such as toma-

O. The boars and the meat next to the bones of cooked chicken are dark in color. Can this be esten?

A. This may be caused by the handling of the chicken prior to cooking. This to due to the book cooking. This is due to the blood moving into the itssues during freezing and thawing. Discoloration does not occur in fresh chicken, which is cooked or older birds where the bones are more dense. This is really a cosmetic problem, not a safety problem.

Q. How do you feel about cooking in the dishwasher?

A. What a waste of water and energy to cook a meal. I do not recommend this cooking technique. It is not safe. The temperatures are too low for safe cooking of potentially hazardous foods such as poultry and fish. Besides, where would you hide dirty dishes if you're going to be cooking in the dishwasher?

Call the Extension Service food holline, 858-0904, to ask your spe-cific question. We want to help all those questioning minds.

Turkey cuts quick to fix

AP — Turkey cuts cost a little more than some meats, but they're a high-protein, low-fat choice. They're quick to fix, too; four servings cook in just 8 minutes in the microwave. Skip the salt and sprinkle a cumis-peper blend onto turkey tenderloins for sit-up-and-take-notice flavor.

TEX-MEX TURKEY
TENDERLOINS
1 pound turkey tenderola slices, cut
about 1¼-inch thick
1 tesspoon ground cumin
¼ teaspoon pepper
1 isrge tomato, seeded and chopped
1 small zuechinl, chopped (about 1
cup)

cup)
2 green onlons, sliced (¼ cup)
One 4-ounce can diced green chiii
peppers, draimed
2 tablespoons vinegar
1 tablespoon sugar
1 tablespoons cornstarch
hot cooked rice (optional)

Rinse turkey; pat dry. Stir togeth-

both sides of tenderloins. In a 12- by 7 %- by 2-inch microwave-ase dish arrange turkey tenderloins. Cover with microwave-ase clear plastic wrap; vent by leaving a smail area unsealed at the edge of the dish. Cook on 100 percent power (high) for 6 to 7 minutes or until tenderloins are tender and no longer pink, rear-ranging once, Cover turkey with foil

ranging once. Cover turkey with foil the result of the res

Veal turnovers can be made ahead

Here's a recipe for a boliday hors teaspoon salt demonstrated recently at Kitchen Glamor. You can make this ahead of

VEAL TURNOVERS

For the Filling 2 Thep, butter or margarine 1 medium onion, chopped 5 ounces mushrooms, coarsely,

chopped
1 pound ground veal
1 cup tomato sauce
1 tsp. dry basil
1/2 tsp. dry marjoram
1/2 tsp. dry thyme

¼ tsp. dry thyme
¼ tsp. sai (or to taste)
¼ tsp. sground pepper
¼ pound splaach, cleaned, coarsely
chopped, cooked and well drained or
1 (10-ounce) package frozen chopped
splnach, defroated and squeezed dry.
¼ cop siliced almonds, lightly toastch

Melt butter or margarine in a large skillet, add onlon and must-rooms. Saute one minute stirring constantly. Add veal and stir to blend. Add tomato sauce, herbs and sait and pepper. Cook stirring over moderate heat until veal loses its pink color. Raise heat to evaporate excess liquid. Stir in spinach and almonds. Correct seasoning with sait and pepper. Chill before using.

PARNESAN
CREAM CHEESE PASTRY
8 owness (2 sticks) batter or margarine, softened
8 owness cream cheese, softened
% cup Parmesan cheese
2 % cup all-purpose flour
% tap, salt
% tap, paprika

Cream butter and cream cheese in mixer. Combine Parmesan cheese, flour, sall, and paprika. Gradually beat into butter and cream cheese until well incorporated. Divide into 2 portions. Wrap in platic wrap, flatten to diese and chill until firm enough to handle.

To Assemble Turnovers

1. Pastry 2. Filling
3. Egg glaze of 1 egg beaten with 1/4

Roll out pastry between two sheets of liahtiy floured parchment paper into a rectangle 1/2-inch

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Roll out pastry between two shoets of lightly floured parchment paper into a rectangle ¼ inch thick. Cut into 3-inch rounds or squares. Place a scoop of filling in center of each, fold over and press edges to seal using tines of a fork. Brush with

egg glaze and transfer to a baking

Place in freezer until firm, then transfer to plastic bags and return to freezer. To serve, place frozen turn-overs on lightly oiled baking sheets and place in 400-degree oven for 18-20 minutes or until golden brown.

Or you may bake the turnovers immediately in a 400-degree oven for 15-18 minutes, then cool, wrap and freeze. To reheat, place turnovers on a baking sheet and reheat in a 350-degree oven for 12-15 minutes.

NOTE: If desired pass your favor-ite mustard for dipping.



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