

Recipes for relaxing relationship

Recently, I received the following letter in the mail:

Dear Gundella,
You keep giving out recipes to adjust each, and put them into a romantic or sexy mood. I don't need any aphrodisiacs I don't have any trouble getting all the lovemaking I want.

What I need is something to make him spend time with me doing other things, like just watching TV together, or playing Scrabble, or working a jigsaw puzzle.

I want a little friendship, and a relaxed relationship when we aren't making love.

How about some recipes to make him comfortable, and content just to hang around when there's nothing exciting going on? Do you have any of these?

Well, dear reader, it just so happens that I do.

Don't ask me why, but desserts made with breakfast cereals will do the trick.

Here are several recipes for cookies, cakes and pies using both hot and cold cereals.

The Cream of Wheat cake, the oatmeal cake and the apple crisp pie are my favorites. They really work.

Caution to mothers: These are great to feed your children and teenagers, and to keep them happy at home. But don't serve them any after they are 18 years of age, or they will never leave and get out on their own.

OATMEAL CAKE

1 1/2 cup boiling water
1 cup brown sugar
3/4 cup shortening (1/2 use butter-flavored Crisco)
1/4 teaspoon cinnamon
1/4 teaspoon allspice
1/4 teaspoon nutmeg
1 teaspoon baking soda
2 teaspoons vanilla
1 cup quick Quaker oats
1 cup white sugar
2 eggs
1 1/2 cup flour
1/2 teaspoon salt
3/4 cup raisins

Pour boiling water over the oatmeal, and let it stand one-half hour. Add brown sugar, white sugar, shortening, eggs, spices and vanilla. Cream together well. Do this by hand. Do not use an electric beater. Add soda, salt, flour and raisins, and mix together well. Do not use beater.

Pour into a 9-by-13-inch pan that has been greased and dusted with flour. Bake at 350 degrees for 30-40 minutes, or until done.

Frosting (I think this cake is great without frosting, but if you want to frost it, use this recipe.)

1 cup brown sugar
1 teaspoon vanilla
1 1/2 to 2 cups powdered sugar

Keep batter and topping in the fridge

AP - Keep the batter and streusel topping in the refrigerator for up to seven days for freshly baked muffins any day of the week.

COFFEE-CAKE MUFFINS

1 1/4 cups all-purpose flour
1/2 cup quick-cooking rolled oats
1/4 cup packed brown sugar
1 1/2 teaspoons baking powder
1/4 teaspoon pumpkin pie spice
1/4 teaspoon salt
1 slightly beaten egg
1/2 cup milk
1/2 cup cooking oil
1/2 cup chopped walnuts
Streusel Topping (recipe follows)
non-stick spray coating

In a medium mixing bowl stir together flour, rolled oats, brown sugar, baking powder, pie spice and salt. Make a well in the center. Combine egg, milk and oil. Add all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in 1/2 cup chopped walnuts. Transfer to an airtight container. Cover and store in refrigerator for up to seven days.

Streusel Topping: Mix 2 tablespoons chopped walnuts, 2 tablespoons flour and 1 tablespoon brown sugar. Cut in 1/2 tablespoon margarine. Place in airtight container and store in refrigerator.

To bake: Spray muffin cups with non-stick coating. Without stirring batter, fill muffin cups 3/4 full. Sprinkle 1 teaspoon nut mixture over each muffin. Bake in a 400-degree oven 20 to 25 minutes or until brown. Remove from muffin pan. Serve warm. Makes 12.

Nutrition information per muffin: 182 cal., 4 g pro., 21 g carb., 10 g fat, 26 mg chol., 113 mg sodium.

Leave a clean trail.



kitchen witch

Gundella

1/2 cup milk
2 tablespoons solid shortening

Boil milk and brown sugar together until syrupy. Cool thoroughly, and add vanilla and shortening. Stir in powdered sugar until spreading consistency. Spread on cake after it has cooled.

FLAKE-NUT COOKIES

1/4 cup shortening
1 egg
1/4 cup flour
1/4 teaspoon salt
2 cups Wheaties, corn flakes or other flaked cereal
1/2 cup brown sugar
2 teaspoons vanilla
1/2 teaspoon baking powder
1/2 cup coarsely chopped nut meats

Mix ingredients together in order, and drop by spoonfuls on a lightly greased cookie sheet. Bake at 350 degrees for approximately 10 minutes.

BREAKFAST COOKIES
(This recipe makes approximately 100 cookies)

1 cup sugar
1 cup solid shortening
1 egg
1 teaspoon vanilla
1 teaspoon salt
1 1/2 cup nut meats
1 cup Rice Krispies, corn flakes or

other crisp cereal
1 cup chopped dates or raisins (optional)
1 cup brown sugar
1 cup vegetable oil
1 teaspoon baking soda
1 teaspoon cream of tartar
3 1/2 cup flour
1 cup coconut (flaked or shredded)
1 cup quick oatmeal (uncooked)

Blend sugar, shortening, oil and eggs. Beat well. Add remaining ingredients. Drop by teaspoonfuls onto lightly greased cookie sheet. Bake at 350 degrees for 10-15 minutes.

CREAM OF WHEAT CAKE

(This cake contains no shortening and no flour)
1 cup Cream of Wheat
1/2 cup sugar
2 teaspoons vanilla
4 cups milk
4 eggs
bread crumbs

Cook Cream of Wheat and milk together until well thickened (approximately 20 minutes). Add sugar, Beat eggs, and add them to the Cream of Wheat mixture, blending well. Add vanilla.

Grease a cake pan (9-by-13), and line it with fresh, soft bread crumbs. I use about two slices of white bread, and crumb them in the blender.

Bake at 350 degrees until a knife inserted in the center comes out clean. Cool and cut into squares. This cake may be eaten as is, or served with a hot or cold application or 1-on-top topping.

APPLE CRISP PIE

1 unbaked bottom pie crust
2 tablespoons lemon juice
1 teaspoon cinnamon
1/4 teaspoon ground cardamom (optional)
sliced apples (enough to fill the pie shell)
1/2 cup white sugar
1/2 cup brown sugar
2 tablespoons flour

Toss apples with lemon juice, sugar, flour and spices until all slices are lightly coated. Place in unbaked pie shell, and cover with topping mixture.

TOPPING FOR APPLE PIE CRISP

1/4 cup quick oats
1/2 cup flour
1 teaspoon vanilla
1/4 cup brown sugar
1 teaspoon cinnamon
1/2 cup butter, margarine or butter-flavored shortening

Combine dry ingredients, cut in butter, margarine or shortening, and add vanilla. Sprinkle this mixture over the apples, and bake the pie in a 350-degree oven 45 minutes, or until done. Serve hot or cold, with ice cream or milk.

If you have any questions about these, or any other recipes, call Gundella direct at 427-1072 or write her at Box 434, Garden City 48135.

Quiz checks out shopping skills

AP - Test your grocery shopping savvy. Sharpen your shopping skills and make the most of your time and money when you shop for groceries. This short quiz will show how your shopping habits measure up.

1. Do you plan menus for several days or a week ahead?

Give yourself two points if you take time to plan menus before you shop. If you think you're too busy for this, remember that you'll save time in the store and avoid time-consuming extra trips to the store.

2. Do you shop with a list?

Score a point if you always prepare and follow a shopping list. Compile your week's menus first, then a list based on the menu plan. This helps avoid impulse buying and ensures that you have everything you need when you begin to prepare a meal.

3. Do you adjust menus and your list as you shop?

It's worth a point — and cash savings — if you're flexible enough to adjust your menus to accommodate good buys you may discover. For instance, when the price is right, buy boneless pork instead of beef for a stir-fry. Choose fruits and vegetables from those that are in season; they're cheaper and have peak flavor and nutritional value. Substitute frozen or canned vegetables when fresh are out of season.

4. Do you organize your list according to your supermarket? Give yourself an extra point if you list similar grocery items, such as produce, together and group foods according to their locations in your supermarket. This saves backtracking and lets you bypass aisles where there's nothing you need.

5. Do you check newspaper and magazine ads for specials and coupons?

Score a point and save money if you regularly note and take advantage of items on special. Sort coupons and group them according to the order of your list.

6. Do you know when your supermarket stocks shelves and counters?

For best selection, find out when your supermarket restocks the grocery shelves and meat and produce counters. Often that's early in the day. But many supermarkets now cater to evening shoppers and put out fresh produce and meats in the evening.

7. What's your top shopping speed?

Shop quickly. The longer you're in the store, the greater the chance for impulse purchases. To save time and money, avoid sections that offer items you don't need.

8. Do you shop before or after a meal?

Subtract a point if you shop when you're hungry. That's when anything to eat looks most tempting and it's hardest to resist extra. Avoid shopping with a hungry child; a snack first will make a youngster a better shopper, too.

9. Do you check the ends of the aisles for special promotions?

Keep your eyes open and score a point. Watch aisle-end displays for new products, unadvertised specials, and good buys on seasonal items such as canned cherries in February or barbecue sauce in July.

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