How to be sure that fish is fresh

AP — Here are some tips to help make sure the fish you buy is safe

 and fresh:
 Buy from a reputable, popular dealer to be assured of good turnover of stock.

Buy fish that is well-chilled, on ice at about 33 degrees.

• The eyes of whole fish should be bulging and bright and shiny, not

 Skin should be moist, scales shiny. Gills should be red or nink.

• The flesh should be firm to the touch. Filets should be firm and glis-

Honey-apple grog is not overly sweet

AP — Here's a honey of a hot beverage for a cold-weather get-to-gether. Kids love the spicy, not-too-sweet taste. For a group of adults, add rum, if you wish.

If you like the flavor of honey-sweetened foods, look for the honey bear symbol on any honey-sweeten-ed food, indicating that roal honey was used in making the product.

HONEY-APPLE GROG 4 cups apple cider or apple juice
4 cup crange juice
4 cup honey
2 tablespoons margarine or butter

new products

A line of new pressure cookers has been introduced by Presto. The mod-els feature a handy guide printed on the handle listing cooking times for many copular foods.

the handle listing cooring times to many popular foods.

The cover locking system allows pressure to build only when the cover is closed properly, prevents the cover from being opened until pressure is safely reduced and shows at a glance when there is pressure within the unit. The pressure regulator regulator

glance when there is pressure within the unit. The pressure regulator maintains proper cooking pressure

• Fish that smells "fishy" proba-bly has gone bad. Fresh fish smells

 Eat the fish within 24 hours. Do not freeze fish unless you are absolutely certain it has not been previously frozen.

Shellfish should be alive and leady

ively in the salve and lively in the new book, "Fish: The Basics," Shirley King suggests shopes go to the market willing to buy whatever fish is freshest. "The depressing fact is that most of our fish reach is after many days out of water, but if fish are properly handled they can still be excellent," she writes.

One 2-inch stick cinnamon I tenspoon finely shredded orange ¼ teaspoon ground nutmeg ¼ to ¾ cup light rum (optional)

In a large saucepan bring all ingredients except rum to boiling; reduce heat. Simmer, uncovered, for 5 minutes, If desired, stir in rum just before serving. Makes 9 to 10 serv-

Nutrition information per ½-cup serving: 109 cal., 0 g pro., 22 g carb., 3 g fat, 0 mg chol., 33 mg sodium. U.S. RDA: 10 percent vit. C.

to be than anywhere else in the world, "a cools are rediscovering the pleasurer of baking their own Room. Our flashcaped lifestyles make it impossible for most of us to bake all the bread we use daily, but as a special treat for your family and yourself, you should do it as often as possible.

It's really not as hard as it sounds. I don't care for the modern automated bread machines that do the whole job for you.

Cold winds can chill a person to he bone. It is often dark and dreary in the late afternoon when the fami-y returns home from work or

school.

Nothing is more welcome when
one opens the door than the aroma of
yeast bread rising, baking, or fresh
from the oven. It makes home seem

like a warmer, sweeter, cozier place to be than anywhere else in the world.

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THERE ARE hundreds and hun-

THERE ARE hundreds and hundreds of relegos for breads of all sorts. Whole grain breads are, course, very popular at this time. Space will not allow me to share all my favorites with you. But here, are a few good basic breads that anyone can make successfully. After you become more practiced, you may wish to try bradded loaves and variations such as vegetable breads. Any bread you can make as loaves at soils. These take less baking time, and many beginners seem to have better luck with them than with larger loaves.

other art, the more you practice, the better you become. And the appreci-ation of those who enjoy the finished product is one of your greatest rewards.

WHITE BREAD

This is my favorite basic white bread recipe. It is especially easy for an inexperienced cook to use: It makes beaufilul rolls and nice hamburger and hotdog buns. If you have trouble shaping and baking these, call me for help.

call me for help.
I tenspon sugar
¼ cup lukewarm water
I package dry granular yeast
4 cups boiled water, cooled to lukewarm
¼ cups sugar
1 ½ tenspons sait
2 tablespons melted shortening
11 % cups white flour

Cold winds blow; hot bread baking

It is cups white flour

Dissolve the teaspoon of sugar in the Ve-up of water and sprinde the yeast over it. Let stand for 10 minutes. Combine the softened yeast, water, sugar, salt, shortening and 6 cups of the floor. Beat until smooth.

Cover and set it in a warm place to rise for about 11% hours. The sponge is ready when it is light and dubdy.

Next, mix in the remaining flour and knead the mixture until it no longer sticks to your fingers. Turn it out on a floured board and knead the mixture until it is smooth and satiny.

Place the dough in a bowl, cover and set in a warm place to rise until it is double in bulk. This should take about 2 hours.

Cut the dough in to 3 portions and shape into loaves. Place each loat it is double in bulk. Since each loat in well-greased loaf pan. Cover and set under the sum of th

RICH BASIC SWEET DOUGH

There are many ways of using this rich, sweet dough, such as in coffee cakes, doughnuts and rolls of various shapes. You can add raisins before baking and then glaze or frost the linished loaves for a delicious raisin bread. Sliced apples and cinnamon are nice, too.

2 teaspoons sugar % cup lukewarm water 2 packages dry granular yeast % cup scalded milk, lukewarm % cup flour



1/2 cup butter 1/2 cup sugar 2 whole eggs 2 wante eggs
3 to 4 egg yolks
1 teaspoon salt
1 teaspoon vanilla
Grated rind of 1 lemon
4 % to 5 cups sifted flour

Dissolve the teaspoon of sugar in lukewarm water, sprinkle the yeast over it and let stand until softened. Combine with the lukewarm milk and 4 cup flour.

and % cup flour.

Beat well, cover and let the sponge rise in a warm place until light and bubbly. Cream the butter with the sugar. Beat the whole eggs and egg yolks together along with the sail. Combine with the butter-sugar mixture and beat thoroughly. Stir in vanilla, lemon rind and sponge. Add the flour and knead in a bowl for about 10 minutes. This dough should be soft.

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dough should be soft.

Cover and let rise in a warm place until double in bulk. Punch down, knead a few times and let it rise again. Form into desired loaves or shapes. Baking time varies for the selected shapes. Loaves take longer than sale. than rolls. Bake at 375 degrees until done.

MULTI-GRAIN BREAD

This is a very heavy, truly exceptional bread. It's great toasted and is worth going to a health food store to shop for the special grains. The flavor is unbeatable.

package yeast
I tablespoon sugar
2 cups whole wheat flour
34 cups rye flour
34 cups wheat germ
34 cups wheat germ
35 cups which years
36 cups wheat germ
36 cups wheat germ
37 cup unprocessed bran
38 cups wheat germ
39 cups wheat germ % cup unprocessed bran % cup dry nonfat milk powder

% cap sunflower seeds (shelled, of course) course)
1 teaspoon salt
1 whole egg, slightly bearen
1 % cups warm water
% cup cracked wheat
% cup 'r-grain mixture (or millet)
1 tablespoon molasses
1 % tablespoons safflower oil

Add sugar to ¼ cup lukewarm water and sprinkle yeast over it. Led dissolve and soften. Pour into a large mixing bow and stir in sail, beaten egg. molasses and oil. Mix in dry milk powder and 2 cups whole wheatflour, along with remaining 1¼ cups warm water.

Cover and let stand until light and bubbly (1 to 1¼ hours).

Add remaining dry ingredients, and mix together well. Turn out onto-floured board and knead until dough is ready.

Really put your weight into knead-ing. Push it, turn it, pound it, beat up on it. The harder you work the dough, the better it will rise, and the better texture it will have.

Place kneaded dough in a greased bowl, cover and set to rise until it is double in bulk (about 1 to 1 1/2 hours).

When it has risen, punch it down and knead it a little more, and shape it into two loaves. Place these in pre-pared loaf pans, or shape into balls for large round loaves and place on well-greased flat pans.

Bake at 360 degrees until done (about 45 minutes, more or less).

Remove from the oven and brush with melted butter. Remove from pans and cool on a wire rack.

Note: You may call Gundella at 427-1072 for any special bread recipe, such as onlon, cheese or herb, that you want but cannot find.

For me, at least, there is great therapeutic value in making bread from scratch: seeing it rise, knocking out the air and punching it down.



formerly the Campus Mens Shop

a new name from an old friend



