Chef Larry finds custard is soothing

STIRRED CUSTARD

SCHREED CUSTARD
(Creme Anglaise)
2 cups milk
4 vanilla bean or 1 teaspoon vanilla
extract
4 egg yolks
3 tablespoons sugar

It using vanilla bean, bring milk to a boil with the bean in a heavy-bottomed saucepan, remove from heat and allow to stand or 16 minutes to infuse the flavor. If using extract, it is added later, bring milk without flavoring to a boil. In a medium bowl, beat yolks and sugar together until thickened and lemon colored. Add milk, stirring to combine well. Turn mixture into a double boiler and return to saucepan and cook over very tow heat, stirring that thickens, about 10 minutes. Hemove from heat and 16 desired, strain into a clean bowl set over a bowl of ice to stop cooking. If using vanilla extract, stir in now. Use immediately or cover with plastic wrap laid directly on the surface to prevent skin from forming.

BAKED CUSTARD 2 eggs 2 egg yolks

15¹² cups milk 3 tablespoons sugar Vanilla extract or fresh grated nut-meg to taste Proheat oven to 350 degrees. In a medium bowl, beat eggs, egg yolks, milk and sugar. Stir in a drop or two of vanilla or a sprinking of nature, Strain through a sieve into a 1-quer baking or souffle dish. (Individual cups can be used, if desired).

Set pan in a larger pan filled with enough hot water to reach ballway up the sides of the baking dish. Bake until just set, about 30-35 minutes. Serve warm or refrigerate and serve chilled with crystallized sugar top.

To make creme caramel, combine in cup sugar with \(^1\) cup water in a small heavy saucepan. Sitr only until it dissolves, then stop stirring. Hoise heat to a boil and boil, without stirring, for 3-10 minutes or until it turns a light brown.

Pour into the bottom of 1-quart baking or souffle or individual dish and proceed to top with prebaked baked custard. Follow baking instructions.

Cool and refrigerate overnight for best results. Invert onto a platter or plate before serving.

Children make healthy snacks

Peanut butter is an old-time fa-vorite for both children and adults. The traditional peanut butter and jelly sandwich can be updated by us-ing a flour tortilla and adding many delicious ingredients in place of bread and jelly.

To make a peanut butter burrito, warm the tortilla according to package directions. Spread the desired amount of peanut butter on the warmed tortilla. Top with some of the following accompaniments to make a special treat and fold into a burrito.

Honey Sesame seeds Banana, thinly silced Apple, cored and thinly silced (squeeze fresh lemon julce over silces to prevent from browning) Applesauce Carrot, grated Canned pineapple, crushed or silced,

drained drained Chopped drived fruit Chopped nuts, such as pecans, wal-nuts and almonds Coconut, shredded

Try a few of these combinations when making your burritos or use any of the above items to make your own creation.

Tropical Peanut Butter Burrito: banana, crushed pineapple, almonds sprinkled with shredded coconut. Autumn Harvest Peanut Butter

Burrito: applesauce, chopped wal-nuts, grated carrots sprinkled with

cinnamon.

Honey Sesame Burrito: honey and sesame seeds.

EASY CHEESECAKE

crust 1 '5 cup vanilla wafer crumbs 55 cup melted butter

Filling One 8-ounce package cream cheese One 16-ounce Ricutta cheese % cup sugar % teaspoon vanilla extract

4 cup warm water 1 unflavored gelatin packet 52 pint heavy cream 14 cup sugar

Optional toppings Shaved chocolate Crushed plueapple Berries Chopped maraschino cherries

Place muffin cup liners in muffin

pan.
In a medium bowl, combine cookele crumbs with melted butter. Mix well. Press I tablespoon of cookele crumb mixture into the bottom of each liner or the bottom and sides of a failed.
In a large bowl mix the first four

ingredients. Best with an electric mixer until well blended, and smooth. Combine warm water and gelatin has a smolotod. Best until been sometimed by the smolotod state of the s The cheesecake can be eaten plain or topped with your favorite topping.

CEREAL SNACK MIX cups toasted out cereal, such as section

Cheeries
1 cup honey-roasted peanuts
15 cup marshmallows
1 cup chocolate-covered raisins

Add all ingredients to a large mix-bowl. Mix well. Store in airtight ing bowl. Mix wen. 5000 . container. Makes 5 ½ cups.

QUESADILLAS

QUESABLILLAS
5 flour tortillas
1 cup shredded Cheddar cheese
1 cup shredded Monterey Jack
cheese
'4 cup chopped mild green chilies,
optional
2 tablespoons butter, melted
4 tablespoons oil

Heat oven to 350 degrees. Wrap
the floor tortillas in aluminum folt
tightly and bake for 10 minutes until
they are softend. White tortillas soften, mix togethend. Place the mixture to the side.
Combine the cheeses in another bowl
and set aside.
To make the quesadillas, sprinkte
some of the combined cheeses on
half of each tortilla. Add 1 tablespoon of the chopped chilles if desired. Fold the tortillas over and
pinch to seal. Brush the tortillas with
the melted butter mixture.

The quesadillas can be either very young children I recommend the oven method.)

For the saute method, heat a large saute pan over medium-high heat. Cook until golden brown, about 2 minutes on each side. Keep cooking quesadillas warn in a preheated 200-degree oven on a cookie sheet.

degree oven on a cookie sneet.

For the oven method, preheat oven 375 degrees and place quesadiltas on an aluminum foll-lined cookie sheet and bake until the tops are golden, about 5 minutes.

Cut into thirds and serve with sal-

Note: For a different quesadilla, add sliced poached pear or apple to the tortillas before folding and omit the green chilies and salsa. Makes 15 triangles.

Stuffed potatoes are colorful

AP — For a colorful side dish, serve stuffed potatoes combined with diced red bell pepper and zucchini.

MICROWAVE STUFFED
POTATOES
4 large baking potatoes (about 10

4 large baking potators (
ounces each)
1 cup diced red bell pepper
1 cup diced succhini
14 cup fined succhini
14 cup fined with chopped onion
14 cup margarine or butter
14 cup hot milk
14 teaspoon salt
14 teaspoon white pepper

Scrub potatoes; prick each with a fork. Arrange potatoes in a circle on an absorbent towel. Cook on high

(100 percent power) 13 to 15 minutes, rotating 1½ turn after 7 minutes. Let stand on counter 5 minutes.

utes. Let stand on counter 5 minutes.

Meanwhile combine red pepper, zucchini, onion and 2 tablespoons of the margarine in a 1 14-quart mirowave-safe baking dish. Cook on bigh 4 to 6 minutes, stlering after 3 minutes. Cut potatoes in half lengthwise and scoop out centers, being careful not to break skins. Mash potates until light; whip in hot milk,
remaining margarine, salt and pepper. Site in vegetables. Spoon mixture into potato shells; place on a 12inch microwave-safe platter. Cook
on high 5 to 6 minutes or until beated
through. Makes 8 servings.

AP — Potenta can take your Italian-inspired cooking a step beyond pasta and pizza. A cooked coranneal mixture, polenta is a convenient make-ahead base to serve with meat or vegetable sauces. Potenta and sauce can be adapted for microwave cooking without changing the terrific Italian flavor.

MICROWAVE POLENTA

3 cups water 1 cup yellow cornmeal 1 cup cold water I teaspoon salt Olive oil Spicy Ment Sauce (recipe below)

In a 4-cup mlerowave-safe mea-

gether cornmeal, cold water and salt.

Slowly pour bolling water Into cornmeal mixture, stirring constantly with a wooden spoon until well-combined. Cook, uncovered, on high for 7 to 9 minutes or until mixture is kery thick and just bubbles in center, stirring every minute.

Spread cornmeal mixture in a greased 12-by-73-by-2-inch baking dish. Set saids to cool for 45 minutes; cover with plastic wrap and chill overnight.

To serve, cut into 24 squares.

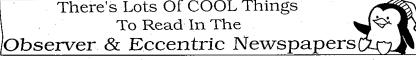
Polenta can be made in the microwave sure, cook 3 cups water on 100 pereven power (high) 4 to 6 minutes or
until boiling. Menowhibe, in a 2-quart
unicrowave-safe casserole sitr
unicrowave-safe casserole sitr
solth commend mixture, sitrring constantle with a wooden spoon until wellcombined. Cook, uncovered, on high
or 7 to 9 minutes or until mixture is
very thick and just bubbles in centers
sterring every minute.

Brush with olive oil. Cook in a large
skillet over medium-hos heat about
to 12 minutes per side until
to 12 minutes per side until
to 12 minutes on on mixture is
wery thick and just bubbles in centers
sterring every minute.

Crumble 1 pound ground beef or turkey into a 2-quart microwave-safe casserole. Add 24 cup chopped 9 g fat, 61 mg chol. 445 mg sodium.

naim and 2 cloves garlie, mineed, cook, covered, no 100 precent power high) 5 to 7 minutes, stirring once. Drain meat set aside. Wipe casserole with paper towels. In casserole combine 1 cup siliced cucchin, 1 cup chopped green pepper, one 8-sonce can tomato sauce, 2 table-spoons snipped paraley, ½ teaspoon ground cinnamon and £ teaspoon gr

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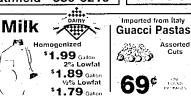


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