

Hanukkah recipes can be easy to make

BY THE ASSOCIATED PRESS

In the November-December issue of the culinary newsletter "Cinnamon Hearts," visiting chef Dorothy Baldauf shares her recipes for Hanukkah. Hanukkah Fruit Fritters are easy to make, using a fresh banana and apple and canned, well-drained pineapple pieces. The recipe for Sweet Israeli Chicken is made with dried fruits and walnuts, but canned fruits or other nuts can also be used.

Note: Dried apples or pears, or canned fruits like mandarin oranges, or fresh peaches, oranges or tangerines may be used in place of the dried apricots or apricots and prunes. Other nuts like cashews, pistachios or hazelnuts may be used for variety.

HANUKKAH FRUIT FRITTERS

1 egg, beaten

1/2 cup milk
1 tablespoon melted butter
1 cup all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
2 tablespoons sugar
Vegetable oil
1 banana, sliced
1 apple, peeled, cored and thinly sliced
6 slices canned, well-drained

pineapple pieces

Prepare batter by beating together the egg, milk and melted butter.

Sift the dry ingredients together and blend with liquid ingredients. Beat until smooth and no lumps remain (flour may be added to make a stiff, but not dry, batter).

Heat vegetable oil to a depth of 1/2-inch in a large, heavy skillet.

(Note: Oil should be no less than 365 degrees F and should never be smoking. Let oil reheat between batches.)

Stir well-drained fruit slices into batter; drain, drop by full tablespoons into oil. Fry until brown on both sides.

Lift fritters out with a slotted spoon and dry on absorbent paper. Serve hot with a sprinkling of confectioners' sugar. Makes 6 servings.

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SWEET ISRAELI CHICKEN

2 pounds chicken, cut into small pieces
25 dried apricots, or apricots and prunes
4 ounces orange, apricot or pomegranate preserves or marmalade
1/2 cup chopped walnuts or almonds
1/4 cup olive oil
1/2 cup raisins
1/2 cup heavy grape juice or kosher blackberry wine
1 1/2 tablespoons vinegar
3 cloves minced garlic
1 large onion, thinly sliced
1/3rd cup honey
Preheat oven to 350 degrees F.
Rinse chicken pieces and pat dry. Place in a large roasting dish or casserole.

Combine the rest of the ingredients in a large bowl and mix well. Pour the mixture over the chicken. Bake for 1 1/2 hours or until golden brown, basting every 15 minutes. Add water, if necessary. Makes 6 to 8 servings.

Eating tips for holiday season

BY DR. BASIL LUKAC
NEW YORK UNIVERSITY
MEDICAL CENTER

A pinch of moderation and a dash of common sense can help prevent your holiday meals from becoming a recipe for heartburn and the discomfort that goes with it.

Heartburn is an irritation of the esophagus — the tube connecting the throat and the stomach. It is often caused by eating too much too quickly.

Ordinarily, after you swallow, food travels down the esophagus to the junction of the esophagus and stomach where there is a valve-like mechanism known as the lower esophageal sphincter. This muscular ring generally opens only to allow food into the stomach or to permit the escape of excess gas in the form of a burp.

When you overeat or eat too fast, you strain the capacity of the digestive tract to process the food and cause a buildup of pressure in the stomach.

This excess causes a buildup of pressure in the stomach that forces the opening of the lower esophageal sphincter. As a consequence, the acids and gastric juices used in digestion within the stomach reflux, or flow back into, and irritate the esophagus.

Pacing yourself and taking time to enjoy the food you eat can help prevent one part of the problem. But it's also important to monitor when and what you eat and drink.

If you want to reduce the chance of reflux, begin by avoiding an excess of alcoholic drinks or caffeinated beverages, such as coffee, tea or colas.

All of these drinks stimulate increased acid secretion in the stomach, and the greater the amount of acid present, the more the chance for reflux.

Alcoholic drinks pose additional problems because they serve as irritants to the digestive tract. Another step to avoid heartburn is to limit the amount of fried or high-fat foods that you eat — gravies, sausage stuffing and ham for example.

Despite their best intentions, many people overdo their holiday cheer. If this is the case, medications, such as antacids or histamine receptor antagonists, may be available over-the-counter, can provide relief.

Dr. Basil Lukac is a Clinical Assistant Professor of Medicine at NYU School of Medicine.

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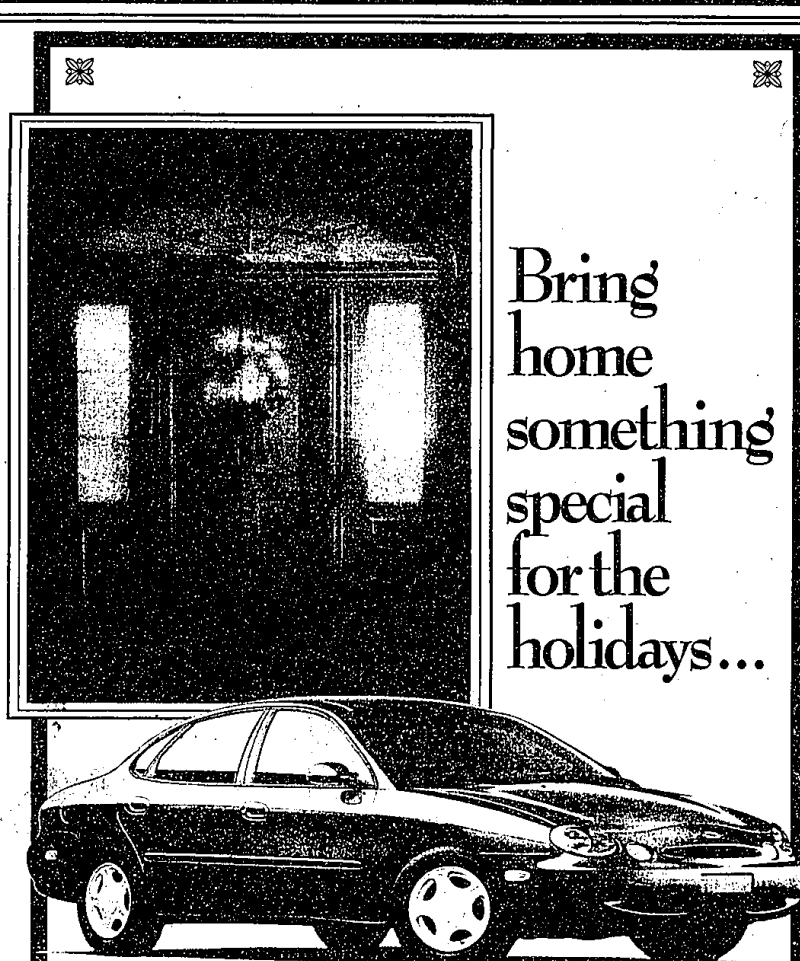
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