

Monday, January 19, 1981



APRÈS SPORTS IT'S "WHAT'S COOKING?"

EVERYBODY COMES HOME CHILLED and hungry as a bear, sniffing the air to see what's cooking to help stave off starvation. Sound familiar? It's the scenario of many a cold weather weekend when the gang's been out skating, jogging, bicycling, even skiing, expending energy and working up appetites.

A big batch of pancakes or hamburgers might be a quick solution for the immediate family, but if guests are involved a more substantial meal is in order. This needn't be complicated however, or demand lots of your time and energy. Preparation should be done as much ahead of time as possible.

Serve buffet-style so that the atmosphere has a casual chic. Here's the occasion to use your sturdy pottery instead of china, Art Deco plastic-handled stainless flatware, and colorful plastic serving pieces, such as Tupperware's pretty yellow serving container with removable strainer.

This is one meal that need not be taken at the table if everyone finds it more fun to sit around a televised football game or on pillows in front of the fire. Using sturdy, unbreakable plastic mugs takes the worry out of hot drinks balanced precariously on crowded snack tables.

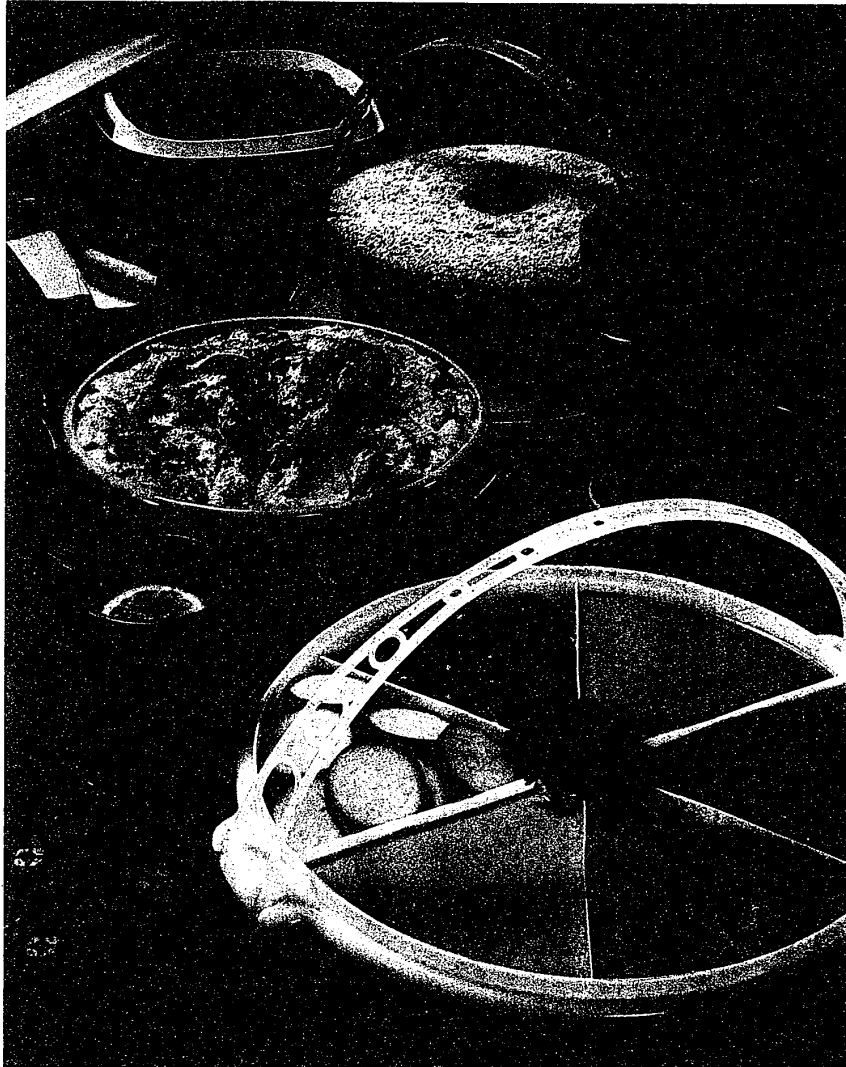
A steaming drink is *de rigueur* for cold hands and parched throats, in fact a delicious one with substance such as Mulled Cider Punch delivers taste and pick-me-up without alcohol—all the family can enjoy it.

Your hors d'oeuvres of *crudites*, cheese and meats are a night-before cinch when you arrange them in a sectioned plastic susan along with their dip, then seal the serving container tightly and refrigerate until ready to present to guests.

Prepare tangy Chicken Paprikash in the morning and store it in a sealed bowl in the refrigerator for the flavors to blend. Then, just add sour cream, reheat and serve. The colorful green noodles with poppy seeds are cooked quickly just before serving, then drained and prepared, and popped into a 2-1/2 quart plastic warmer casserole which holds them at serving temperature and strains off any excess liquid.

For more fun, provide a dessert that makes a lovely base for favorite toppings, in this case a wonderfully light and delicious combination angel-pound cake, with a choice of toppings you've made and stored earlier.

Is the weather chilly or damp outside for all the hardy exercisers? Not so in the house, where a hospitable repast awaits to warm and fill the inner person.



GREEN GARDEN DIP

- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/2 cup firmly packed fresh parsley leaves
- 1/2 cup firmly packed fresh spinach leaves
- 1/4 cup walnuts
- 2 tablespoons olive oil
- 1/3 cup plain yogurt
- 1 package (3 ounces) cream cheese, softened at room temperature
- 1/4 teaspoon ground cumin
- 1/8 teaspoon chili powder

In food processor or container of electric blender combine lemon juice and salt. Gradually add parsley and spinach; process until smooth. Add walnuts, blend until finely ground. Add olive oil in a steady stream while continuing to process. Add yogurt, cream cheese, cumin and chili powder; process until smooth. Chill. Serve in a sectioned plastic susan with cut-up raw vegetables.

Yield: 1 cup.

CHICKEN PAPRIKASH

- 4 chicken breasts, boned, skinned and split
- 6 tablespoons butter or margarine
- 1-1/2 cups chopped onion
- 2 tablespoons plus 2 teaspoons paprika, divided
- 2 whole cloves
- 1 pound fresh mushrooms, sliced
- 1 cup chicken broth
- 2 cups (1 pint) sour cream
- 2 tablespoons flour
- 1 pound green egg noodles, cooked according to package directions, drained
- 1 tablespoon poppy seeds

Slice chicken lengthwise into 1/4-inch thick strips. Set aside. In a large skillet, melt butter; saute onion over medium heat until just transparent. Reduce heat; add 2 tablespoons paprika and cloves; cook, stirring 2 minutes. Add mushrooms, cook 3 minutes. Add chicken and cook, turning frequently, until chicken turns white. Stir in chicken broth and cook about 15 minutes, until chicken is tender. In a small bowl, combine sour cream, flour and remaining 2 teaspoons paprika. Add 1/2 cup of liquid from skillet to sour cream mixture; stir until smooth. Add to skillet, mix well. Heat through but do not boil. Toss cooked noodles with poppy seeds. Serve with chicken.

Yield: 8 servings.

LIZA'S HEAVENLY POUND CAKE

- 1 cup butter or margarine, softened
- 2-1/2 cups sugar
- 6 eggs, separated
- 1 cup sour cream
- 1/4 teaspoon vanilla
- 3 cups unsifted all-purpose flour
- 1/4 teaspoon baking soda

In a large mixing bowl, cream butter and sugar until light. Add egg yolks, one at a time, beating well after each addition. Beat in sour cream and vanilla. Sift together flour and baking soda. Add to batter, 1/3 at a time, until well blended. In a small mixing bowl, beat egg whites until stiff. Fold into cake batter. Pour into a greased 10-inch tube pan. Bake in a 300°F oven 2 hours or until a cake tester inserted in cake comes out clean. Let cool in pan 10 minutes. Remove from pan and cool completely on a wire rack. Store in a plastic cake taker with flexible seal.

Yield: 1 10-inch cake.

MULLED CIDER PUNCH

- 2 quarts apple cider
- 3-1/2 cups orange juice
- 2 cups water
- 1/2 cup lemon juice
- 1/2 cup light brown sugar
- 1 cinnamon stick
- 1 teaspoon whole cloves
- 1 teaspoon whole allspice
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 lemon, sliced

In a large saucepot combine cider, orange juice, water, lemon juice, brown sugar, cinnamon, cloves, allspice, ginger and nutmeg. Bring to a boil, reduce heat and simmer 5 minutes. To serve, strain into a large punch bowl. Reserve cloves. Stud lemon slices with reserved cloves and float on top of punch. Serve in plastic mugs.

Yield: 3 quarts (12 1-cup servings).