

# Try a natural foods buffet

Instead of shuffling back and forth to the kitchen at your next party, plan a bountiful buffet, all made in advance. Enjoy your party and your guests.

A few suggestions and recipes from Puerto Rico might help. This menu should serve 8-10.

Start your party out swimmingly:

**AVOCADO BOATS**

1 can (13 oz.) red madriese consommé  
1 envelope unflavored gelatin  
1/4 cup cold water  
1 envelope instant beef broth  
4 medium ripe avocados  
Lemon juice and wedges for garnish

Heat consommé. Soften gelatin in cold water. Stir into hot consommé along with instant beef broth. Pour into shallow pan and chill until firm.

Halve avocados. Remove pits and brush surfaces with lemon juice. Chop firm consommé finely and heap into avocados. Garnish with remaining chopped consommé and lemon wedges.

Other easy and tasty appetizers might include an assortment of cheeses and crudités (various cut-up raw vegetables) with a dip combining yogurt and mayonnaise flavored with rum, Tabasco, grated horseradish and curry.

A hot fish should be the star of your show. Serve one made with brown rice and a generous assortment of fish and shellfish:

**NEW WORLD PAELLA**

1 tsp. salt  
1 bay leaf  
1 cup beef or chicken broth  
2 1/2 cups water  
1 1/2 cups natural brown rice  
2 cloves garlic, chopped  
1/2 cup chopped onion  
1/4 cup chopped parsley  
1/4 cup olive oil  
1 cup cooked green peas  
2 whole canned pimientos, diced  
1 jar (1 1/2 oz.) whole clams  
2 lbs. firm white fish fillets, cubed (Use cod, haddock, snapper or sole. For richer flavor, try mackerel. Lobster, crab or crayfish may be used, according to taste and budget.)  
Seasoned flour  
10 small hard-shelled clams, steamed open (or use 10-12 mussel shells)  
1 1/2 lbs. large shrimp, cooked, shelled and cleaned, tails on  
1/4 cup bottled Italian salad dressing  
1 tsp. crushed red pepper

Combine salt, bay leaf, broth and water in large, heavy saucepan. Bring to a rapid boil. Stir in rice, cover, reduce heat and simmer about 45 minutes until rice is tender and liquid absorbed.

Heat oil in skillet. Stir in garlic, onion, parsley and green peas. Stir-cook three to four minutes. Using a slotted spoon, remove ingredients from oil, draining well. Reserve oil in pan for later use.

Stir sautéed ingredients, pimientos and jarred clams into rice. Spread rice mixture in a greased 14-inch paella pan or large, shallow casserole.

Dredge fish cubes in seasoned flour and brown in reserved hot oil. Drain on paper towels. Add fish to rice. Add clams (or mussels) and shrimp. Sprinkle with salad dressing and pepper flakes. Cover. About 20 minutes before serving, place in a 350-degree oven until heated through. Makes 8-10 servings.

Assorted muffins and a crisp salad may accompany the main dish. To climax the meal:

**MOCHA RUM PIE**

1 envelope unflavored gelatin  
1/2 cup rum  
3/4 cup milk  
3 eggs, separated  
1/2 cup sugar  
1/4 tsp. salt  
1 tsp. vanilla  
3/4 cup semi-sweet chocolate morsels  
1 tsp. instant coffee  
1/2 pint coffee flavored yogurt  
1 cup heavy cream, whipped  
1/4 tsp. cream of tartar  
1 9-inch baked pie shell

Sprinkle gelatin on rum to soften. Heat milk on top of double boiler, over simmering water. Beat egg yolks, sugar, salt and vanilla until very thick



# Stroganoff made easy

This pretty entree is even easier to make than creamed eggs since its base is condensed cream soup. But it's full of flavor with sour cream, mushrooms and onions adding spark to the protein source — eggs.

**EASY EGG STROGANOFF**

1 tbs. butter  
1 cup sliced fresh mushrooms  
1/2 cup chopped onion  
1 can (10 1/2 oz.) condensed mushroom soup, undiluted  
1/2 cup dairy sour cream  
2 tbs. dry sherry  
1 jar (2 oz.) sliced pimientos  
2 tsp. paprika  
8 hard-cooked eggs, wedged

Hot cooked noodles Parsley, optional

In medium saucepan over medium heat, cook mushrooms and onion in butter until tender but not brown, about 3 minutes. Stir in soup, sour cream, sherry, pimientos and paprika. Reduce heat to low.

Cook, stirring occasionally, just until mixture begins to boil. Reserve 4 egg wedges for garnish. Gently stir in remaining eggs. Heat to serving temperature.

Serve immediately over noodles. Garnish each serving with 1 reserved egg wedge and parsley, if desired.

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**MORE MONEY IN YOUR POCKET**

If you're expecting a tax refund this year, don't congratulate yourself. It means that you left the government money for the year — at NO interest. Now's the time to fill out a new W-4 form (Employee's Withholding Allowance Certificate) and increase the number of withholding allowances of \$1,000 each. Even if you don't expect a refund, it makes sense to look over your withholding patterns; new changes in the tax laws may indicate that less should be taken out of your income.

For instance, are you entitled to an Individual Retirement Account or a Keogh plan? What about your spouse? If both of you work, each of you can deduct up to \$2,000 from your income at tax time; it makes sense to add two allowances now. Indeed, the added cash in your pocket may help you fund the IRAs.

Consider the new deduction for two-income couples, that lets you deduct the percent of the income of the lower-paid spouse; working parents may also be entitled to child-care credits. Taken together, the credits and deductions may warrant more allowances, too.

Other reasons for adding allowances might be employee travel expenses that are not reimbursed (and other business expenses), moving expenses, even the expected saving due to income averaging. If either spouse, or a dependent, is blind or over 65 years old, more allowances can be taken.

Most of the exemptions on the W-4 form apply to annual income taxes, too — EXCEPT income averaging and dual wage earner deductions. Be careful not to withhold too much, or you may find yourself in trouble by April 1982.

Another tip: if you work two jobs that total more than \$28,700, you may have overpaid on your Social Security tax. This can be applied to any income tax that you owe.

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