

# Cookies, fruitcake and dog biscuits, too

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**1 egg, beaten**  
**3 cups whole wheat flour**  
 In a large bowl, pour hot bouillon over oatmeal and drippings. Let stand 5 minutes. Stir in powdered milk, cornmeal and egg. Mix well. Add flour ½ cup at a time until a stiff dough is made. Roll into ½ inch thickness and cut into "dogbone" shapes. Bake at 350 degrees for 50 minutes. Turn oven off and leave biscuits in oven overnight to dry out.

## NO. 1 BASIC COOKIE DOUGH (Use as a base for cookies)

½ cup shortening  
 ½ cup butter or margarine, softened  
 1 cup sugar  
 2 eggs  
 1 teaspoon vanilla extract  
 2 ½ cups flour  
 2 teaspoons double acting baking powder  
 1 teaspoon salt

In a large bowl with the mixer at medium speed, cream the shortening and butter and sugar until light and fluffy. Beat in eggs, vanilla until well mixed. Add flour, baking powder and salt and continue beating at low speed until well mixed, scraping bowl occasionally. Wrap and refrigerate until well chilled, about 3 hours.

## SPRITZ COOKIES

1 recipe basic cookie dough  
 Preheat oven to 350 degrees. Lightly grease 2 large cookie sheets. Set aside. Prepare basic dough as directed but do not chill. Attach desired tip to a cookie press. Place ¼

of the dough at a time in the cookie press and press dough onto cookie sheets. Bake 10-12 minutes or until edges are lightly browned. Repeat with remaining dough. Makes 6 dozen.

## VIENNESE BATONS

1 recipe basic cookie dough  
 4 squares (1 ounce each) semi-sweet chocolate, melted  
 ¼ cup chopped nuts

Prepare basic cookie dough as directed. Preheat oven to 350 degrees. Grease two large cookie sheets. Divide dough into eight pieces. Roll each piece on a lightly floured surface into a rope ¼ inch wide. Cut into 2-inch pieces. Place on a cookie sheet ½ inch apart and bake for 12-15 minutes or until lightly browned. Repeat with remaining dough. Cool on wire rack. Melt chocolate on top of double boiler. Dip one end of the cookie baton into chocolate, then nuts. Place on waxed paper to harden. Makes about six dozen.

## CHRISTMAS STARS

1 recipe basic cookie dough  
 ¼ cup allred almonds  
 6 ounces candied cherries, halved

Prepare basic cookie dough as directed, refrigerate. Preheat oven to 350 degrees. Divide dough in half. On a lightly floured surface, roll out half to a ¼ inch thickness. Cut out dough with star-shaped cookie cutter (any cutter will do). Place cookies on an ungreased cookie sheet. Garnish with almonds and cherries. Bake for 10 minutes or until lightly browned. Repeat with remaining dough. Makes about seven dozen.

## clarification

Matthew Prentice of Sebastian's recipe for Pumpkin Cheesecake, that appeared in the Monday, Nov. 20, issue, should have specified that the ingredients given make two cheesecakes.

The recipe for Pizza Casserole, in Betsy Brethen's Family-Tested Winner Dinner column Monday, Nov. 13, should have called for two 14-ounce jars of pizza sauce instead of one. The Winner Dinner Winner was Pauline Uzelac of Bloomfield Hills.

The recipe for Spaghetti Alla Carbonara, in Betsy Brethen's column Monday, Oct. 2, calls for raw eggs that are not cooked afterward.

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# Homemade baby foods a fresh start

Continued from Page 1

The cooked applesauce is immediately popped into four-ounce plastic pouches and stored in the freezer. A sample portion tasted sweet with a delicate apple flavor. "These products taste like they are supposed to," she said. "I'm sure it is very exciting for the babies."

Currently she offers apples and pears in her pureed fruit line. She stopped selling bananas because they turn brown very quickly and she refused to use any kind of preservative.

Sipple maintains that her quick-steamed foods are nutritionally superior to jarred baby foods, which undergo long processing times. All the Fresh Start products are packaged in individual plastic pouches, which can be stored in the freezer up to two months and warmed in hot water or the microwave.

VEGETABLES, including carrots, peas, green beans and squash, also receive careful scrutiny. The sample Fresh Start sweet potatoes were smooth and flavorful. Baby dinners include chicken or beef stew, meatless spaghetti, chicken or rice with carrots, and spinach with pasta and veggies.

Sipple has adopted some of her family recipes and developed others, which must meet her guidelines. No

eggs or dairy products are used because many toddlers are allergic or sensitive to them.

The steams are prepared from scratch. While the chicken simmers, Sipple steams the carrots, peas and potatoes. When all the ingredients are cooked they are pureed and packaged.

"When you look at a jar of baby food the first ingredient is water and the second is flour," she said. "Mine have no fillers, no extras and no silly calories. I use brown rice in my chicken-and-rice dinner because it's more nutritious."

The second-step dinners have more texture and are geared to toddlers with teeth.

Currently Sipple has 20 regular customers in Franklin, Southfield, Livonia, Westland and Plymouth. They include both women who work outside the home and busy, full-time homemakers who are active in volunteer activities. Some are people who used to make their own baby food but no longer have time to do so.

MARY BETH RYAN of Plymouth Township likes the fact that Fresh Start Foods are free of salt and sugar. She buys several varieties for her 10-month-old son Nicholas, who enjoys them.

"This seems the healthy way to go," said Ryan, 32, who saw Fresh

Start Foods advertised in a newspaper. "They are fresh and convenient and don't cost any more than the supermarket (jarred baby foods)."

According to Sipple's price list, the pureed fruits and vegetables cost 33 cents per 2 ½-ounce serving. Beef and chicken are priced at 60 cents per 2 ½-ounce serving. All dinners cost 55 cents for a 4-ounce portion.

Second-step foods, with a little more texture, cost 55 cents for a 4-ounce portion. All orders are home-delivered, with a \$10 minimum order. Sales tax and a \$1 delivery charge also apply.

A typical \$10 order would be 30 pouches of various fruits and vegetables, or 12 steams and six non-meat dinners. "I prefer to deliver not more than a two-week supply be-

cause of freshness, and in order to be able to address any problems," Sipple said.

CURRENTLY SIPLE is working on new products, such as a teething biscuit sweetened with fruit juice. She also hopes to develop new marketing strategies, including hiring more delivery people, or selling her products in gourmet or health-food stores.

Some people have suggested that Sipple sponsor parties, where guests could try the products and place their orders directly. "But everything I would do would have to work into my philosophy," she said.

For more information about Fresh Start Foods, write P.O. Box 2181, Dearborn 48123.

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