

Make some sourdough starter to use, and share

See Larry Janes' column on Taste front.

SOURDOUGH STARTER
1 package dry yeast or 2 1/2 teaspoons
2 cups water (110 to 115 degrees)
2 cups flour
1 tablespoon sugar or honey
Dissolve the yeast in the warm water. Too hot water will kill the yeast so be careful. Mix in flour and sugar or honey. Beat until smooth. Never use a metal container or spoon. Put in a warm place over-

night. In the morning, place half the starter in a scalded jar with a tight cover. Store in a cool place. Stir 2-3 times a day or for 6-10 days or until bubbly.
To store: transfer to a jar, cover and refrigerate.
To use: Bring desired amount to room temperature before using.
To replenish: Reserve 1 cup of starter. Stir in 1/4 cup flour, 1/4 cup water and 1 teaspoon sugar or honey. Cover and let stand 1 day at room temperature or until bubbly, then refrigerate.
If not used within 10 days, stir in

1 teaspoon sugar or honey, repeat every 10 days until used.
HERMAN STARTER
1 cup sugar
1/2 cup warm water (110-115 degrees)
2 tablespoons or 2 packages active dry yeast
2 cups milk
2 cups all purpose white flour
Sprinkle 1 tablespoon sugar over water. Sprinkle yeast over that and set in warm place to double for 10 minutes.

In a sealed glass or crockery container, mix milk, remainder of sugar, flour and yeast mixture. Stir with a wooden spoon.
Cover loosely and allow to rest overnight at room temperature.
Next day, refrigerate loosely covered. Stir daily. On the fifth day, remove 1 cup of starter for baking. Take another cup out for a friend, then feed the remaining Herman — one cup flour, 1 cup milk, 1/4 cup sugar. Stir well.
Keep refrigerated in the same container. Feed Herman every fifth, 10th, 15th, 20th, 25th and 30th day of the month. If you're not using

Herman for baking, only give him 1 tablespoon of sugar every fifth day.
FRIENDSHIP CAKE
Herman starter. Place in a large bowl as Herman will grow, and on the first and fifth days, add 1 cup flour, 1 cup sugar and 1 cup milk. Stir daily. On the 10th day, take out 3 cups. Keep 1 cup for yourself to make Friendship cake, and give 1 cup Herman Starter to 2 friends (with recipes)

3 eggs
1/2 cup vegetable oil
1 cup Herman starter
1 cup assorted fruits — apples, bananas, nuts, raisins, crushed pineapple, etc.)
Mix all ingredients except Herman and fruit until smooth. Fold into Herman, then add the fruit. Pour into a well greased and floured 13 by 9 inch pan or tube pan and bake at 350 degrees for 65 minutes.

FROSTING
1/2 cup soft butter
1 teaspoon cinnamon
1 cup brown sugar
1 teaspoon flour
Mix and spread over the cake. Place under the broiler for five minutes to melt and bubble. Cool and remove from the pan.

Cut fat in beef stroganoff, tuna casserole

See related story on Taste front.

Substitute mock sour cream for sour cream, and add more veggies, to cut the calories in beef stroganoff from 775 per serving to 503.

STROGANOFF PRIMAVERA
1 1/2 cup green beans
1 1/2 cup yellow beans
3 carrots, peeled
18 ounces top round steak, cut into 2-inch strips
1 1/2 cups sliced fresh mushrooms
3/4 cup sliced onion
1 garlic clove, minced
1 tablespoon olive oil
1 1/2 cups beef stock or bouillon
3 tablespoons tomato paste
1 tablespoon cornstarch

1/2 cup Mock Sour Cream (recipe follows) or "Lean Cream" by Land O'Lakes
1 1/2 tablespoons flour
12 ounces broad cholesterol-free egg noodles, cooked, drained
Cut green beans, yellow beans and carrots into 2-inch julienne pieces. Steam vegetables until tender-crisp, about 5 minutes. Coat a frying pan with non-stick spray. Over medium heat, brown top round steak. Remove to a plate. In the same pan, saute mushrooms, onion, garlic in 1 tablespoon olive oil just until edges brown. Cover and reduce heat to low. Cook 5 minutes. In a small bowl, combine beef stock or bouillon, tomato paste and cornstarch. Stir this into mushroom mixture and heat until sauce thick-

ens slightly.
In a cup, combine Mock Sour Cream or "Lean Cream" and flour. Remove frying pan from heat. Stir in sour cream mixture. Stir in warm cooked beans and carrots and beef so all ingredients are combined. Serve over noodles. Makes 6 servings, one cup each.
Recipe from "Lose Weight Naturally Cookbook," Rodale Press, 1992.
MOCK SOUR CREAM
1 cup low-fat cottage cheese
2 tablespoons skim milk
1 tablespoon lemon juice
Using food processor or blender, process all ingredients until smooth. Can be added slowly to hot food, if called for. Makes 2 servings, 1 tablespoon each.

Substitute tuna packed in spring water for tuna packed in oil, and Parmesan cheese for cheddar to cut tuna casserole from 425 calories per serving to 266.29.
TUNA CASSEROLE
12 ounces cholesterol-free egg noodles, cooked, drained
1 can cream of broccoli soup
1 cup broccoli, cooked and drained
1/4 cup grated Parmesan cheese
1/2 cup white table wine
1 can light tuna in spring water
1/2 cup nonfat skim milk
Combine all ingredients and pour into greased casserole dish. Bake at 350 degrees for 30 minutes.
Recipe by Anne Meek.

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Weighty from page 1B

overeat. We didn't have McDonalds or a lot of cakes."
When her three sons were growing up, she always had a platter of raw vegetables waiting for them to snack on before dinner.
Winnie and her husband have a healthy lifestyle. They exercise regularly, and since his surgery, Dick doesn't skip meals, and has become more conscious of what he eats. For breakfast Dick and Winnie will have a glass of grapefruit or orange juice, a bowl of Raisin or All Bran cereal with skim milk. They eat lots of salads, and Winnie uses extra light

margarine. When she cooks chicken or turkey, she always takes the skin off. Instead of steak, she'll cook strips of beef. When she makes spaghetti sauce or soup, she lets it chill overnight, and skims the fat off the next day.
Making the change to a low-fat diet was harder for Karen Konkell, who describes her husband as a "meat and potatoes man." She serves red meat no more than once a week, and has added more chicken and fish to her family's diet. Halibut and orange roughy are their favorites. She bakes the fish, and puts it under the broiler briefly to finish it off.

To lose the weight, which she's kept off now for seven months, Konkell said, she started measuring portions and kept a daily log of what she ate. "You tend not to put a candy bar into your mouth when you have to write it down," she said.
"My motivation was turning 40. I didn't want to look or feel like I did," said Konkell, who has a teenage daughter and three part-time jobs.
To lose weight, she started exercising regularly, cut back on fats, and started eating three or four servings of fruits and vegetables a day. She switched from

white to whole-grain bread, ate less meat, and filled up on fruits and vegetables instead.
Here are some suggestions for cutting the fat in your diet. Instead of ice cream, choose lowfat frozen yogurt. Angel food cake is low in calories too.
Konkell pours off as much oil as she can from salad dressings. Pat Lundy, senior program coordinator at the Birmingham YMCA, doesn't put any oil in her salad dressings. She uses flavored vinegar instead. It works really well with coleslaw — just toss before serving.

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