

Holidays go vegetarian with these tempting dishes

See related story on Taste front. The Vegetarian Holiday Tasting Extravaganza sponsored by the Metropolitan Seventh-day Adventist Church will be 11:30 a.m. to 3:30 p.m. Sunday, Nov. 21, at the Metro SDA Church, 16585 Hagerly Road, Plymouth. The cost is \$6 per adult, \$2.50 per child (ages 6-12). Advance purchase of tickets required. For information, call 420-3131; for tickets, call 261-1976.

MEATLESS LOAF

- 1 20-ounce can vegetarian burger (Available in some grocery and health food stores)
- 1 medium onion, finely chopped
- 6-7 slices whole wheat bread, cubed
- 1/2 stick margarine
- 2 cups low-fat cheddar cheese, shredded

- Eggbeaters equal to 4 eggs
- 1 teaspoon garlic powder
- 1 teaspoon sage
- Topping
- 1/2 cupetchup
- 1/4 cup brown sugar
- 1/2 cup water

Preheat oven to 350 degrees. Sauté onions until soft. Add cubed bread to pan with onions and mix until soft. In large bowl, mix all ingredients together. Pat into ungreased baking dish (either 7 by 11 or 9 by 13 pan).

Mix topping ingredients together. Cover loaf with topping. Bake uncovered at 350 degrees, 50-60 minutes.

Recipe submitted by Lorraine Lane.

SOUTHERN SWEET POTATO CASSEROLE

- 3 cups sweet potatoes, boiled and mashed

- 2 beaten eggs or 4 egg whites
- 1 teaspoon vanilla
- 1/4 cup butter or margarine
- 1/4 cup (or cut to 1/8 cup) sugar
- 1 cup evaporated milk
- Topping
- 1 cup (or cut to 1/2 cup) brown sugar
- 1/2 cup flaked coconut
- 1 cup chopped pecans
- 1/2 cup melted butter or margarine

Mix first six ingredients together and place into a casserole dish. Mix topping ingredients and spread over contents. Bake at 350 to 375 degrees for 30 minutes. Serves 6-8.

Recipe submitted by Jeanie Weaver.

PUMPKIN TORTE

- 1 1/2 cups graham cracker crumbs
- 1/4 cup sugar
- 1 stick melted margarine

- 2 eggs
- 8 ounces cream cheese
- 1/2 cup sugar
- 1 (1 pound) can pumpkin
- 3 egg yolks, beaten
- 1/2 cup sugar
- 1/2 cup milk
- 1 1/2 teaspoon salt
- 1 teaspoon cinnamon
- Dash of cloves
- 1 envelope Knox gelatin, dissolved in 1/4 cup cold water
- 3 egg whites
- 1/4 cup sugar

Mix graham cracker crumbs, 1/4 cup sugar and margarine and pat into slightly greased 9 by 13-inch pan. Beat and pour over crumbs; eggs, cream cheese and 1/2 cup sugar. Bake at 350 degrees for 20 minutes. Cool well. Mix pumpkin, egg yolks, 1/2 cup sugar, milk, salt, cinnamon and cloves. Cook over medium heat until thickened (about 10 minutes). Remove from heat and add dissolved

gelatin to pumpkin mixture. Cool thoroughly. Beat egg whites until stiff, slowly adding 1/4 cup sugar. Fold into cooled pumpkin. Pour over cream cheese mixture. (If desired, bake at 400 degrees for 15 minutes to cook egg whites). Chill until firm. Top with layer of Cool Whip.

Note: Egg whites may be substituted for egg yolks; low-fat cream cheese may also be used if desired.

Recipe by Jeanie Weaver.

DONNA THOMAS'S SUCCOTASH CHOWDER

- 6 tablespoons butter or margarine
- 2 medium celery stalks, minced
- 1 medium onion, minced
- 1 large green pepper, diced
- 1/2 cup all-purpose flour
- 2 cups water
- 1 7/8 to 1 3/4 ounce can of tomatoes

- 1 16-ounce or 17-ounce can of lima beans
- 2 cups half-and-half
- 1 tablespoon chopped parsley

About one hour before serving, in a five-quart Dutch oven or saucetpot, melt butter or margarine over medium heat. Add celery, green pepper and onion. Cook until vegetables are tender, stirring occasionally.

Stir in flour until blended. Gradually stir in water. Cook, stirring frequently until thickened, about 10 minutes.

Drain tomatoes; pour liquid into soup mixture. Chop tomatoes and add to soup. Add corn with liquid, lima beans with liquid and half-and-half.

Cook over medium heat until mixture is heated through, stirring occasionally. Sprinkle with parsley. Makes about 10 cups or 14 servings.

Recipe submitted Jennifer Thomas.

First aid attempts may save some real kitchen disasters



LOIS THIELEKE

disasters and turn the food into a new creation.

There are some emergency supplies to have on hand for sudden catastrophes. Dried onions can get you out of many unexpected crisis. Blend vegetables can be helped with the addition of dried onion, or a topping can be made for casseroles when combined with crushed chips or corn flakes, besides you may have just run out of fresh onions.

Parmesan cheese can hide a multitude of problems as it tastes good on salads, cooked vegetables, fish and meats. An emergency meal can be made with a can of cheese sauce or cheese soup. Heat and pour on toast for instant "Waldorf" herb, or pour over vegetables or stir into a tasteless casserole.

Lemon juice livens up "tired" vegetables and fish. Use lemon juice on fruit slices, avocados, parsnips or any food that will darken after cutting. A box of instant mashed potatoes is handy for a thickener for watery soup or stew.

A box of unflavored gelatin will help a "weepee" aspic, thin pudding or pie fillings. Always keep a can of evaporated milk on the shelf for an emergency. Besides using it in desserts or sauces you can make whipped topping. Keep lots of spices and herbs on hand to improve most any dish that needs a "pick me up."

Baking failures

What to do with possible failures. When your cake bakes unevenly, the edges look done but the center looks soggy, lower the temperature by 50 degrees and increase the baking time. Check it again in 15 or 20 minutes and see how it's progressing. If the cake is flat or soggy, you may have forgotten to put in baking powder. A fallen cake tastes okay so be creative. Cut the fallen cake into small chunks and mix with applesauce and serve with whipped topping. If a finished cake is top-sliced, slice the top off even and turn it upside down before frosting.

Cookies stuck to the cookie sheet can be fixed by running the sheet over a hot burner on the stove, or wrap the cooking sheet in a towel and let stand for a few minutes and try again. If the dough is sticking to the rolling pin and you don't want to add more flour, chill the rolling pin in the freezer. Sometimes cookies will become too hard, so store them in an airtight container with a glass of water, it should help soften them.

Breads of moisture appear on cream puffs if they are underbaked. Return to a turned off oven and let stand a few minutes with the oven door open. If the cream puffs collapse, slice off the top and remove the moist dough from the inside, put the top back on and return to the hot oven. Make sure the oven is turned off and leave the oven door open, wait a few minutes, they should dry out a little more.

Boiled icing that becomes too thick can be made thinner if you stir in a few drops of lemon juice or boiling water. Too thin boiled icing can be saved by adding a little powdered sugar. A few drops of vinegar will help a boiled icing

that becomes sugary. A meringue that 'weeps' has been cooled too fast. To avoid the weeping, turn the oven off and leave the meringue in the oven, it will cool on the oven coils.

Soggy bottoms on muffin or rolls can be avoided by putting the muffins on a rack to cool to the moisture doesn't settle to the bottoms. If they stick to the pan, set the muffin tin on a wet towel for a few minutes and try to remove muffins again.

A pinch or two of baking powder added to potatoes that you are mashing help make them fluffy. A slice of lemon added to the boiling water of old potatoes will prevent discoloring and helps to bring out the flavor. Raw potatoes can be used to absorb some of the salt from too salty soup. A few pinches of brown sugar will help cover up the salt taste without sweetening the soup. If possible, add a can of tomatoes to help the saltiness of soup.

Burned foods

Burned foods may or may not be a total failure. Speed is of the essence when dealing with burnt foods. Stop the food from cooking by setting the pan in cold water to stop the cooking fast. Then using a wooden spoon, remove all the food that doesn't cling to the pot and transfer to another pan.

Scrape out only that which comes easily. If the food has a burnt taste, cover the pan with a damp cloth and let stand about a half hour and taste again. If it has an unpleasant burnt taste, it's probably beyond repair. With quick thinking and practice, miracles can be accomplished in your kitchen.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Service, Oakland County office.

COOKING CALENDAR

To get your classes or events listed in this column, send terms to be considered for publication to: Keely Wyganik, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

COMMUNITY CENTER
Get ready for the holidays at the

Community Center, 24075 Farmington Road, Farmington. Easy and Elegant Appetizers, 7-9 p.m. Wednesday, Dec. 1, Kid's Christmas Kitchen Crafts, 4-9 p.m. Monday, Dec. 14. For registration information, call 477-8464.

CHEF LARRY
Healthy Holiday Seasons Eatings

Class and party, 7 p.m. Wednesdays, Dec. 1 and Dec. 8 at Stevenson High School in Livonia. Class sponsored by American Healthy Fitness. Call 537-7343 for information.

KITCHEN GLAMOR
Helen Coon demonstrates Oriental appetizers, 1 and 7 p.m. Nov. 16-19 at Kitchen Glamor stores.

Potatoes on parade for holidays

See Larry Jones' column on Taste front.

- MOMMA'S CANDIED SWEET POTATOES
- 5 medium sized sweet potatoes
- Salt to taste
- 1/2 teaspoon sweet Hungarian paprika
- 1/2 cup brown sugar
- 1/2 cup maple syrup
- 1/2 teaspoon fresh grated lemon and
- 1/2 teaspoon ginger
- 1/2 teaspoon butter or margarine
- Cook sweet potatoes in boiling

water to cover until fork tender. (about 30-40 minutes or until a metal fork inserted comes out easily). Peel and cut the potatoes lengthwise into 1/4-inch slices. Place the potatoes in a shallow greased baking dish. Season with salt and paprika.

Sprinkle with brown sugar and add maple syrup. Scatter lemon rind over the top and sprinkle with ginger and dot with butter. Bake uncovered at 375 degrees for 30 minutes, spooning some of the glaze over the top half way during the baking time. Serve immediately. Serves 5-6.

- POTATO CAKES
- 2 cups mashed potatoes
- 1 egg
- 1 tablespoon minced onion
- 1 tablespoon fresh dill or 1 teaspoon dried
- 1 tablespoon minced fresh parsley
- 1/2 teaspoon ground nutmeg
- 4 tablespoons butter
- Mix the potatoes with the egg and beat thoroughly until mixture is fluffy. Blend in the onion, dill and nutmeg and shape into 6 flat cakes. Heat the butter in a large skillet and brown the cakes in it until crisp and brown on both sides. Serves six.

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