

# Holiday RECIPES



## Grandma's recipes go modern

(NC) — It's hard to improve on Grandma's Christmas pastries, but here's a new wrinkle that might make you a legend in your own time. Let's begin with something made from nature's soybean... Use PAM cooking spray on baking sheets and your delicate party baking won't break. Spray PAM in the pan before cooking fillings so they won't stick.

Here's a Christmas recipe your family is sure to enjoy.

### Poached Pears in Pastry

- 8 medium whole pears with stems
- 1 1/2 cups brandy
- 1 cup orange juice
- 1 tablespoon lemon juice
- 1/2 teaspoon whole cloves
- 3 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1 cup shortening
- 6-7 tablespoons ice water
- PAM® no-stick cooking spray
- 1 egg, beaten
- 1 tablespoon milk
- 2 teaspoons cornstarch
- 1 tablespoon water



Peel pears and core from blossom end using a corer, leaving stems intact. Simmer brandy, orange juice, lemon juice and cloves 5 minutes. Add pears. Poach pears in simmering brandy mixture until tender, about 20 minutes. Remove pears and drain well, reserving poaching liquid, cool pears completely. Combine flour and salt. Cut in shortening until particles are size of peas. Gradually stir in ice water until dough forms. Wrap dough in wax paper and let stand a few minutes. Roll dough about 1/8-inch thick on lightly floured board or canvas. Using a pastry wheel, cut eight 4 1/4-inch circles. Cut remaining dough into 1/4-inch wide strips. Place a pear in centre of each circle. Press dough up and around base of pears. Starting from base, wrap strips of dough around pears, moistening with cold water to seal each strip. (Each pear will resemble a Christmas tree). Spray baking sheets with PAM. Place pastry covered pears on baking sheet and brush with combined egg and milk. Bake in 425°F oven for 25 to 35 minutes or until golden. Cool on racks.

In saucepan sprayed with PAM, combine cornstarch and 1 tablespoon water. Add reserved poaching liquid and heat, stirring constantly until thickened. Garnish pears with candied mint leaves attached to food picks, if desired. Serve with warm sauce. Makes 8 servings.

For the free booklet "101 Cooking Tips and Other Tricks" write: PAM, P.O. Box 7, Station U, Toronto, Ont. M8Z 5A5.

### STRAWBERRY YUMMIES

- 1 cup flour
  - 1/2 cup butter
  - 1/2 cup brown sugar
  - 1/2 cup chopped walnuts
- Mix until crumbly.

Press 3/4 of the mixture into a 9" x 9" greased pan. Bake 350° for 20-25 mins. Cool then crumble into a 9" x 13" pan.

Beat 1 large pkg. dream whip or cream till stiff.

In another bowl put 1 cup sugar, 3 tsp. lemon juice, 2 egg whites, 1 10 oz. pkg. (semit-) defrosted) strawberries beat 20 mins. Fold in dream whip. Spread over crumbs. Sprinkle reserved crumbs on top. Freeze for at least 10 hours. Serve from the freezer.

—Mrs. V. Birtley  
54 Joycelyn Cr.  
Georgetown

### TROPICAL DREAMS

- 15 graham wafers - rolled
- 1 cup chopped nuts
- 1 cup chopped dates
- 1/2 cup glazed Red & Green cherries mixed
- 15 marshmallows, cut fine
- 1/4 cup Carnation Milk

Mix first 4 ingredients together, add marshmallows and milk; mix together form rolls. Roll in wax paper, refrigerate. Cut in slices as needed.

—Mrs. J. Banton  
R.R. 3 Georgetown

### CANDY CANE COOKIES YIELDS 3 DOZEN COOKIES

- 1/2 cup butter or margarine
- 1/2 cup shortening
- 1 cup icing sugar
- 1 egg
- 1 1/2 tsp. almond extract (or peppermint extract)
- 1 tsp. vanilla
- 2 1/2 cups flour
- 1 tsp. salt
- 1/2 tsp. red food colouring

Preheat oven to 375°. Mix butter, shortening, sugar, egg and flavourings. Blend in flour and salt. Divide dough in half; blend food colouring in one half. Shape 1 tsp. of dough from each half into a 4" rope. For smooth even ropes, roll them back and forth on a lightly floured board. Place ropes side by side, press together lightly and twist. Sit on an ungreased cookie sheet; curve top of cookie to form a handle. Bake about 8 minutes until lightly browned.

**OPTIONAL:**  
Crush 1/2 cup of peppermint candy and 1/2 cup sugar; sprinkle immediately on baked cookies.

—Mrs. S. Holbiski  
50 Rosemary Rd.  
Acton

## Few calories, more time during the holidays

(NC) — The table plays an all-important role in holiday season celebrations. But with elaborate meals, there is tedious scrubbing of pots, pans and utensils... and the risk of consuming too many calories. For minimizing cleaning chores and, at the same time, reducing or totally eliminating usage of fat in food preparation, use PAM, the low calorie vegetable cooking spray.

PAM is a natural coating made of lecithin, a soybean extract. PAM stops food from sticking and makes the preparation of any meal easier. Without taste, it adds no fat and virtually no calories to meals.

For frying, oven-cooking, barbecuing, spit-roasting, pressure-cooking, double-boilers, casseroles, a touch of PAM keeps food from sticking. For whoever is watching their weight, PAM permits you to reduce your intake of oil or butter without having to spend hours soaking, scouring, or cleaning cookware. A quick rinse and sponging, and all food traces disappear. Even the fragile skin of fish won't stick.

In baking, PAM also provides invaluable services. One spray of PAM and the pin, mixing bowl, beater blades, whisk, and mold won't stick. Results: quick wash, no mold to grease and less calories.

### Banana Date Cake

- PAM® no-stick coating spray
- 1/2 cup pitted dates
- 2 1/2 cups enriched cake flour
- 1 1/2 cups sugar
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons baking powder

- 1/2 teaspoon salt
  - 1 teaspoon cinnamon
  - 1/2 teaspoon nutmeg
  - 1/2 cup shortening
  - 1/2 cup buttermilk
  - 1 cup mashed ripe bananas
- Coat a fluted 10-inch tube pan with PAM; set aside. Spray kitchen shears with PAM. Cut each date into 6 pieces. Toss dates with a little flour so pieces do not stick together.

Sift together flour, sugar, baking soda, baking powder, salt, cinnamon and nutmeg into mixing bowl. Add shortening, buttermilk and bananas. Beat 2 minutes at medium speed with electric mixer. Fold in dates. Pour batter into pan. Bake in 350°F oven 40 to 45 minutes or until cake tests done. Cool in pan 5 minutes. Invert onto cake rack. Gently lift off pan. (Makes 12 servings.)

### ICED ORANGES IN BRANDY

- 8 large oranges plus a little juice
  - 1/4 cup sugar
  - 1 cup Brandy
  - 1 cup chopped dates
- Stand the oranges, on a plate remove the rind and white pith, using a serrated edge knife, cut the oranges into segments. Remove the membrane. Place on a deep plate with a little orange juice. Pour brandy over sprinkle sugar on top. Put in fridge for 2/3 hours. To serve divide orange slices between six glasses, spoon over juice and sprinkle with chopped dates.

—Mrs. V. Birtley  
54 Joycelyn Cr.  
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