

Culinary Outlook

Ten minute microwaving produces hot, tasty lunch

Too busy to go out for a proper lunch? Tired of soggy sandwiches, greasy take-out burgers or, worse yet, calorie-laden snack packs of cookies?

If you're among the 49 percent of working Americans who have access to a microwave oven, a hot, nutritious, inexpensive lunch is only a touchaway.

A 1986 Huper Survey indicated that women were more likely to have a microwave at work than men (54 percent vs. 45 percent) and were also more likely to use it to heat up food (40 percent vs. 27 percent).

Some supermarkets carry as many as 100 different frozen microwavable entrees, ranging from a sturdy pedestrian meatloaf with mashed potatoes to sophisticated

chicken à l'orange. Some are particularly suitable for lunch.

Tyson Foods now offers 12 different international chicken entrees, with selected vegetables and made-from-scratch sauces and seasonings.

Here are some tips from Tyson on what to look for in a nutritionally balanced frozen entree:

- Three ounce portion of protein — chicken, lean meat or cheese
- Serving of rice, potatoes, pasta or bread — for a more satisfying meal
- Vegetable — to get vitamins, calcium and fiber.
- If you're watching your weight, select an entree that is 300 calories or less.
- For dessert, add a piece of fresh fruit.



DESK TOP LUNCHEON can be elegant, nutritious and slimming, too. Tyson Chicken Piccata provides three ounces of marinated and grilled chicken in a zesty lemon butter sauce, new potatoes and broccoli all for less than 300 calories. Heat the entree in your office microwave and lunch is ready in 10 minutes!

JUST DESSERTS

With summer just around the corner, even the most enthusiastic of home bakers tend to say *au revoir* to their pie pans and cookie sheets for the duration of the warm weather, opting instead for desserts which are light — ices and ice creams, frozen mousses, fresh fruit.

Before you bid farewell for the summer to baking equipment, recipes and products, why not indulge yourself in some last-minute concocting. Then, turn your oven off, wipe your brow, and enter into the rites of summer!

What may begin small can turn into a pre-summer baking binge. If so—or may be because you simply want a change—you may find yourself searching for new recipes.

Those below cover many of the areas of baking, and call for a wide range of ingredients so there's sure to be at least one that tempts you off even the best-intentioned diet.

Banana Nut Bread is a not too sweet baking powder loaf; Melt-in-your-Mouth Cookies are rich, buttered and redolent of almond and cinnamon.

Both recipes are reproduced from a recently published volume, *Moments of a Cook: Yesterday and Today* (Atheneum) by Mildred O. Knopf, a charming volume that is, in effect, a memoir in recipe form, with recollections interspersed.

Childhood memories

The recipes reflect Knopf's childhood gustatory experiences (her mother's cook was an Austrian, trained in the Emperor's kitchen), and her wide-ranging, cosmopolitan life, as well as her own sense of taste and style.

Another culinary *grande dame* is Camille Glenn, whose book, *The Heritage of Southern Cooking* (Workman Publishing) is a testament to the flavorful regional cooking of the American south.

The recipe for Charleston Shortbread Cookies, reproduced below, is indicative of the sort of dessert recipes Glenn offers her readers.

Chocolate lovers dream

If you can never get enough chocolate, the final recipe, for Chocolate Brownie Pie, may be your idea of heaven. This rich confection is the creation of Lee Bailey, who is as well-known for his sense of style as he is for his cooking.

It's reproduced from his most recent cookbook, *Good Parties* (Clarkson N. Potter, Inc.), which is liberally illustrated with full color photos of his culinary creations, plus the sort of dishes and tableware he loves.

Far more than simply a cookbook, *Good Parties* is a statement of Bailey's approach to entertaining, and a celebration of good taste.

BANANA NUT BREAD

Serves 8

- 1/2 pound butter
- 1 cup sugar
- 2 eggs
- 4 to 5 ripe bananas
- 2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup chopped pecans

Preheat oven to 350°

FIRST: Cream 1/4 pound butter with 1 cup sugar until smooth. Add 2 eggs, one at a time. Mash 4 to 5 ripe bananas and beat them into the butter mixture. Be careful not to leave any lumps. Everything must be very smooth.

SECOND: Sift 2 cups flour with 1/2 teaspoon salt and 1 teaspoon baking powder. Gradually add to the banana mixture. Fold in 1/2 cup chopped pecans.

THIRD: Butter and flour a 9 x 5-inch loaf pan. Fill with the batter and place in the preheated oven. Bake for 1 hour. A nice surprise.

MELT-IN-YOUR-MOUTH COOKIES

Makes 60

- 1/2 pound sweet butter, at room temperature
- 1/2 cup sugar
- 2 eggs
- 1/2 cup sifted flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- Grated rind of 1/2 lemon
- 1 teaspoon lemon juice
- Sugar and cinnamon or pecan halves

Preheat oven to 350°

FIRST: Place 1/4 pound sweet butter in a cake mixer, gradually add 1/2 cup sugar. Separate one of the eggs and reserve the

white. When the butter and sugar are smooth, add 1 egg yolk and 1 whole beaten egg. Work continuously until blended.

SECOND: Sift the following dry ingredients: 1/2 cup flour, 1/2 teaspoon baking powder, and 1/2 teaspoon salt. Gradually add to the butter-egg mixture. Flavor with 1 teaspoon vanilla extract, 1/4 teaspoon almond extract, the grated rind of 1/2 lemon, and 1 teaspoon lemon juice.

THIRD: Grease and flour a cookie sheet. Use a 1/2-teaspoon-size measuring spoon to scoop out the dough, placing the scoops 3 inches apart on the cookie sheet. Flatten each scoop with a butter spreader dipped in the reserved egg white. Sprinkle each with a mixture of cinnamon and sugar or, if preferred, center each with a pecan half. Place the pan in the preheated oven and bake for 8 to 10 minutes. Watch, as ovens vary. Remove the cookies from the oven, but wait a minute before transferring them to cooling racks.

TIPS TO CUT DOWN ON CHOLESTEROL

Studies have shown that lowering your level of blood cholesterol can significantly lessen your risk of coronary heart disease and heart attack. Altering eating patterns, such as cutting down on fat, especially saturated fat, can help lower cholesterol.

Here are tips from the *Mazola* corn oil, the first official sponsor of the U.S. Race Walking Team and a sponsor of the 1988 U.S. Olympics:

- Buy lean cuts of meat.
- Remove skin and fat from poultry before cooking.
- Trim fat from meats before cooking.
- Instead of basting with butter, use corn oil such as Mazola, high in polyunsaturated fats. Polyunsaturated fats help lower blood cholesterol.
- Avoid vegetable oils that contain palm kernel or coconut oils. They are high in saturated fats. Corn oil isn't.
- Substitute skim or low-fat milk for whole milk.
- Think twice before breading foods.
- Limit your egg consumption.

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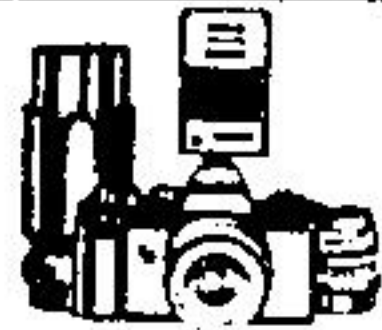


Photo Tips

by Peter Moss

CONCERTS

The preferred film for shooting concerts is Kodak Ektachrome 160 film (1136).

The reasoning behind shooting a concert on this particular type of film is two fold:

First Ektachrome 160 film is not a daylight sensitive type film. (2) You say! Ordinarily the film that you use to shoot your pictures is balanced or sensitive to daylight, which is normally considered to be 5000°K type film. Now, Ektachrome 160 is sensitive to light in the 3200°K range. Great you say, but how does this help me?

Well if you shoot daylight type film in 3200°K type lighting you will get image, no problem, however the image that you do get will be very very warm in colour rendition. By saying warm in colour I mean everything will look very red/yellow rather than natural in your finished photo. By using Ektachrome 160 which at 3200°K just happens to be the same colour balance as all theatrical type lighting you will now have achieved the proper colour match.

Almost all professional and amateur theatrical productions will be lighted with lights of the 3200°K family.

Two important considerations for the use of Ektachrome 160 are as follows: First, please remember that Ektachrome is slide film so that later on you will have to make prints from the slides and also you cannot shoot this film in ordinary daylight without the use of a light conversion filter or your end result will be images that are very very cold blue in colour!

Secondly, because Ektachrome is a slide film in the E-6 family of chemistry you have an important bonus. This film, nominally rated at an ASA (ISO) of 160, can be "pushed". In other words when you get to your concert seat and check out your shooting area for lighting and find that you will be working with less light than you had hoped for, your day is not lost. Why? Because you can "push" this film you can gain extra film speed without giving up too much in quality and in grain in your film. By "pushing" I refer to the ability to re-rate the ASA to a higher value; i.e. if you find that at 160 ASA you can not obtain a shutter speed that enables you to safely hand hold your camera you can now re-set your ASA dial to ASA 320 (the dot before the 400 mark) and try for a suitable new reading at the higher rate. If at the new film speed you have a comfortable shutter speed (1/60 1/125) you are set and ready to shoot. If at 320 ASA you still cannot obtain reasonable shutter speeds you can still go one more step - up to ASA 640!

What you are in effect doing is underexposing your film but because of the unique chemical process used in Ektachrome your slides will be overexposed to balance out the finished product. This is a classic "two wrongs making a right" and a right that makes a big plus for you the photographer.

You must remember these facts: You must shoot the roll at the one ASA (you cannot switch from 160 ASA to 640 then back to 160 again). You must advise the staff where you process your film what you have done to the film so that they can process it properly and finally this rule does not apply to colour negative films, believe it or not there are a different set of rules for negs.

Next week: Colour negs and your choice of lenses.



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