Culinary Outlook

Apples get sweet-and-sour stuffing

By Alleen Claire **NEA Food Editor**

Your family will savor this quick, 4 different version of stuffed apples Cranberries add to the sweet-and- 1/4 sour taste created by the use of red

MICROWAVE COOKING

cabbage, brown sugar and lemon. You may use red wine vinegar in place of the lemon juice, if you prefer, for this microwave side dish. Cabbage and apples go well with ham or pork dishes

STUFFED APPLES

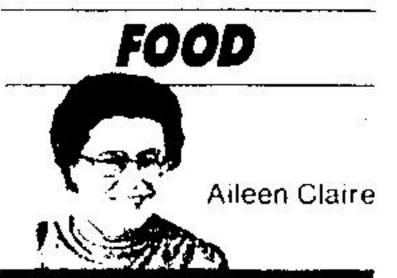
teaspoons lemon juice cup water red delicious apples, haived and cored cup chopped anian

clove garlic, minced tablespoons butter or margarine cups finely shredded red

cabbage cup fresh or frozen cranberries tablespoon light brown augar tlas nooqeest Dash pepper

Stir lemon juice and water in large, shallow, non-metal baking pan. Add apple halves, skin-side down. Cover loosely with plastic wrap. Microwave on High for 6 minutes. Drain off water Keep loosely covered

Meanwhile, place onton, garlic and butter in non-metal bowl; cover Microwave on High for 2 minutes. Stir in cabbage, cranberries, brown sugar, salt and pepper Cover and microwave at High for 3 minutes. Let stand 2 minutes. Spoon over apple halves. Serve with pork or ham. This kitchentested recipe makes 4 servings



kitchen-tested recipe makes about 1

PHILIPS

CORNER

Raw | getable Medley L small head cauliflower

2 medium carrots

I bunch radishes 2 bunches green onions

1 medium zwechini 2 stalks celery

Mustard Dill Dip

Celery Seed Dup

Cut caultflower into flowerets; wash and drain on paper towel. Peel carrots and slice diagonally; rinse and drain. Trim radishes and wash well: make into roses and crisp in ice water. Trum off root ends of green onions and peel off outer layer; trim leaving 2 inches of green. Rinse in cold water. Cut zuechini in half lengthwise, then cut into strips about 3 inches long, crisp in ice water. Trim ends from celery and cut each stalk

into 1/2-inch strips about 3 inches long; rinse and drain.

Arrange all these vegetables on a platter in a pleasing design, garnishing if desired with parsley or curly endive. Serve with Mustard Dill Dip and Celery Seed Dip. Makes 10 servings.

Mustard Dill Dip

Loup dairy sour cream I isp prepared mustard

Lisp dillweed 45 tsp Windsor Half Salt 12 isp prepared horseradish

(optional) Combine all ingredients in small bowl, surring until well blended. Chill at least 6 hours or overnight.

Makes I cup. Celery Seed Dip

I cup dairy sour cream I tsp celery seed 15 tsp Windsor Half Salt 15 isp dry mustard

Combine all ingredients and stir until well mixed. Chill at least 6 hours or overnight. Makes I cup.

Zesty sauces make the most of meat

By Alleen Claire NEA Food Editor

The outdoor chef likes to show off by using special sauces. Here is one inspired by zesty Chinese plum sauce to use as a baste for grilled pork, chicken, beef, hotdogs, hamburgers or any meat that's good cooked on the grill.

Make an extra batch to offer for dipping. You'll have a blend of East and West with every bite.

To marinate a steak quickly, use a marinade with kiwis. The enzymes in 1/2 kiwis can tenderize meats. Use mari- 2 nade to baste while grilling or serve on the side.

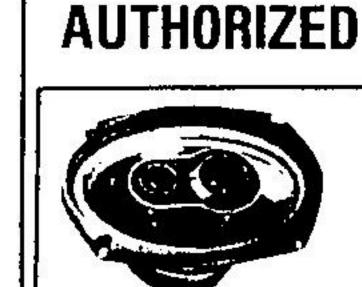
pepper. Stirring constantly, bring to a boil for 1 minute. Dissolve cornstarch in water; stir into mixture in saucepan. Cook and stir until thickened and clear. Store in covered container in refrigerator. Use as a basting sauce and glaze for barbecued or broiled meats. Serve additional sauce on the side for dipping. This kitchen-tested recipe makes about 135 cups.

BROILED KIWI STEAK

kiwis, (3 ounces each) pared, divided

cup apple juice tablespoons finely chopped

tesspoons Worcestershire



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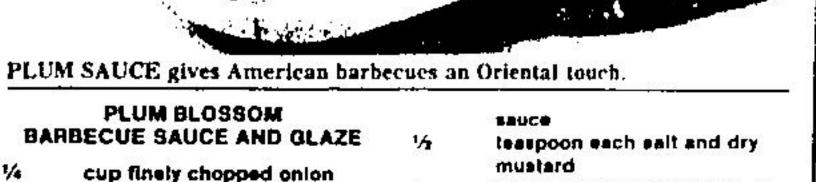


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ginger or 2teaspoone ground ginger clove gartic, minced tablespoon vegetable oil cup prune juice cup cider vinegar tablespoons sweet orange marmalade teaspoon crushed red pepper

tablespoons grated fresh

In saucepan, saute onions, ginger and garlic in oil until lightly browned. Stir in prune juice, vinegar, marmalade, crushed red pepper, salt and

tablespoon cornetarch

tablespoons water

teaspoon each salt and pepper

mustard

pound beef top sirloin ateak

Finely peel and chop I kiwi Combine chopped kiwi, apple Juice, onton. Worcestershire sauce, salt and mustard; mix well. Marinate steak in kiwi mixture 15 minutes, turn once after 5 to 7 minutes. Broil steak on both sides to desired degree of doneness, brushwith marinade during broiling. Slice remaining kiwi garnish steak with slices. This kitchen-tested recipe makes about 1 cup.

(NOTE: Combine remaining steak marinade with enough water to equal Leup. Add 15 teaspoon cornstarch and mix well. Cook and stir until thickened. Serve with Kiwi Steak This



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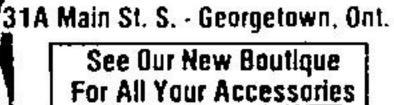
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