

# Culinary Outlook

## Apples get sweet-and-sour stuffing

By Aileen Claire  
NEA Food Editor

Your family will savor this quick, different version of stuffed apples. Cranberries add to the sweet-and-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**
- 2 teaspoons lemon juice
  - 1/2 cup water
  - 4 red delicious apples, halved and cored
  - 1/4 cup chopped onion
  - 1 clove garlic, minced
  - 3 tablespoons butter or margarine
  - 1 1/2 cups finely shredded red cabbage
  - 1 cup fresh or frozen cranberries
  - 1 tablespoon light brown sugar
  - 1/2 teaspoon salt
  - 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 onion, 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 kitchen-tested recipe makes 4 servings.

### FOOD



Aileen Claire

## COOK'S CORNER

### Raw Vegetable Medley

- 1 small head cauliflower
- 2 medium carrots
- 1 bunch radishes
- 2 bunches green onions
- 1 medium zucchini
- 2 stalks celery
- Mustard Dill Dip
- Celery Seed Dip

Cut cauliflower 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. Trim off root ends of green onions and peel off outer layer; trim leaving 2 inches of green. Rinse in cold water. Cut zucchini 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

- 1 cup dairy sour cream
- 1 tsp prepared mustard
- 1 tsp dillweed
- 1/2 tsp Windsor Half Salt
- 1/2 tsp prepared horseradish (optional)

Combine all ingredients in small bowl, stirring until well blended. Chill at least 6 hours or overnight. Makes 1 cup.

### Celery Seed Dip

- 1 cup dairy sour cream
- 1 tsp celery seed
- 1/2 tsp Windsor Half Salt
- 1/2 tsp dry mustard

Combine all ingredients and stir until well mixed. Chill at least 6 hours or overnight. Makes 1 cup.

## Zesty sauces make the most of meat

By Aileen 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 kiwis can tenderize meats. Use marinade 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 1 1/2 cups.

### BROILED KIWI STEAK

- 2 kiwis, (3 ounces each) pared, divided
- 1/2 cup apple juice
- 2 tablespoons finely chopped onion
- 2 teaspoons Worcestershire

kitchen-tested recipe makes about 1 cup)



PLUM SAUCE gives American barbecues an Oriental touch.

### PLUM BLOSSOM BARBECUE SAUCE AND GLAZE

- 1/4 cup finely chopped onion
- 1/2 tablespoons grated fresh ginger or 2teaspoons ground ginger
- 1 clove garlic, minced
- 1 tablespoon vegetable oil
- 1/2 cup prune juice
- 1/4 cup cider vinegar
- 6 tablespoons sweet orange marmalade
- 1 teaspoon crushed red pepper
- 1/4 teaspoon each salt and pepper
- 1 tablespoon cornstarch
- 2 tablespoons water

- 1/2 sauce
- 1 teaspoon each salt and dry mustard
- 1 pound beef top sirloin steak

Finely peel and chop 1 kiwi. Combine chopped kiwi, apple juice, onion, 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; brush with 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 1 cup. Add 1/2 teaspoon cornstarch and mix well. Cook and stir until thickened. Serve with Kiwi Steak. This

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

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