

Culinary Outlook

Potato is an ideal mixer

By Aileen Claire
NEA Food Editor

The versatile potato blends well with fruits and vegetables. One-dish meals fit into busy schedules, especially if they can be prepared ahead and reheated. Cabbage and cheese combine in a well-seasoned casserole that is just right for supper, while a special stew gets added flavor from prunes and apples.



MAKE-AHEAD potato-cabbage casserole is filling and flavorful.

POTATO-CABBAGE CASSEROLE

- 1 1/2 pounds potatoes (3 large), unpeeled and washed
- 1/2 pound bacon, cut into 2-inch strips
- 1 cup sliced onion
- 2 tablespoons flour
- 1/2 teaspoon dried leaf thyme, crumbled
- 1/2 teaspoon salt
- 1 1/2 cups (12-ounce can) beer (non-alcoholic optional)
- 1/4 cup milk
- 8 cups finely shredded cabbage (1 1/2 pounds)
- 1 cup shredded Swiss cheese (1/4 pound)

Steam potatoes in 1 inch of boiling water for 30 to 40 minutes, until tender. Slice, unpeeled, into 1/2-inch-thick slices.

In large skillet, cook bacon until crisp; set aside. Pour off all but 2 tablespoons bacon fat.

In same skillet with fat, saute onion until golden; stir in flour, thyme and salt. Gradually add beer and milk; stir over low heat until mixture boils and thickens.

In 3-quart casserole dish, layer half the cabbage, potatoes, bacon, cheese and sauce. Repeat with remaining ingredients. Cover. Bake in a 375-degree oven for 30 minutes. Uncover and bake 15 minutes longer, until cabbage is tender. This kitchen-tested recipe makes 4 servings.

Power Lunches

BEEF LT

September is back-to-school and brown bagging it. To pack a "power" lunch, combine a food from each of the 4 food groups — Meat, Fish, Poultry and Alternates; Breads and Cereals; Milk and Milk Products; Fruits and Vegetables.

Keep lunches cold with a frozen tetra pack of juice. It will be thawed but still cold by lunch time. Add crisp vegetable sticks or fruit for crunch and combine protein-rich beef with a complex carbohydrate for a high-energy lunch.

- 3 tbsp (45 mL) light mayonnaise
- 1 tbsp (15 mL) horseradish
- 8 slices whole wheat bread
- 4 lettuce leaves
- 8 thin slices rare roast beef (about 1/4 lb./250 g)
- 2 tomatoes, sliced

Combine mayonnaise and horseradish; spread on each bread slice. For each sandwich, layer 1 leaf lettuce, 2 slices beef and tomato slices. Makes 4 sandwiches.

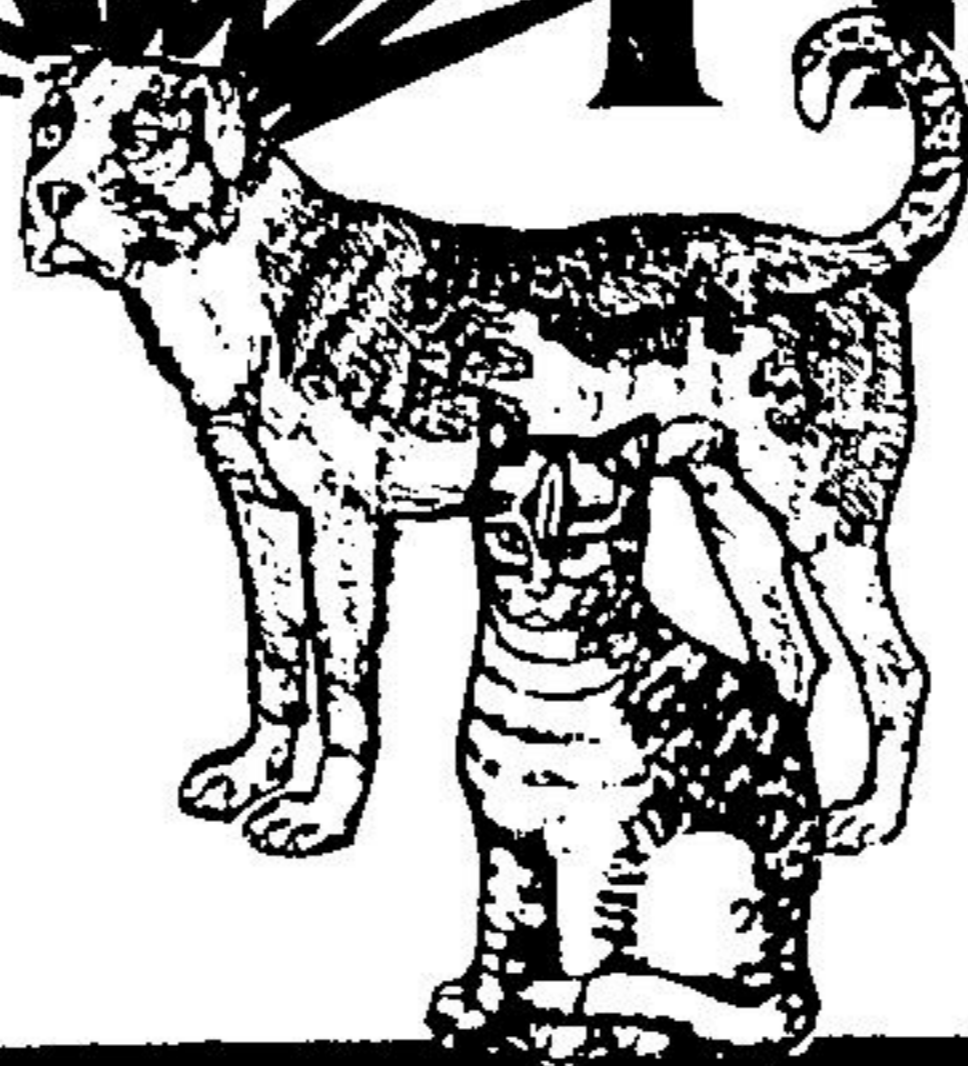
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