

Culinary Outlook

Papaya gives baking a tasty kick

By Aileen Claire
NEA Food Editor

Papayas have a flavor reminiscent of ripe peach and Crenshaw melon. This low-calorie, easily digestible tropical fruit is delicious when sprinkled with lime juice or in a fruit compote.

Papaya also adds a marvelous touch to baked goods. Fresh muffins and a tea loaf made with papaya make brown-bagging a special treat. Also, serve these for club meetings, office coffee breaks or family weekend brunches.

HAWAIIAN PAPAYA MUFFINS

- 2 cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 1 egg, beaten
- 1 cup milk
- 3 tablespoons butter, melted
- 1 cup seeded papaya pulp
- Papaya Honey (recipe follows)

Sift flour, baking powder, salt and sugar into medium bowl and mix. In separate bowl, mix egg, milk, butter and papaya. Fold lightly into dry ingredients; do not over-stir.

Spoon batter into small greased muffin tins; fill each tin two-thirds full. Bake in 375-degree oven for 20 to 25 minutes. Serve warm or cold with Papaya Honey. This kitchen-tested recipe makes 12 muffins.

PAPAYA TEA LOAF

- 1 cup seeded papaya pulp
- 1/2 cup sugar



PAPAYA adds a subtle flavor to muffins or a tea loaf.

- 3 cups sifted flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 cup chopped macadamia nuts or other nuts
- Grated peel of 1 orange
- 1 egg, beaten
- 1 cup milk
- 2 tablespoons butter, melted
- Papaya Honey (recipe follows)

In a bowl, mash papaya with fork and mix with sugar. Sift dry ingredients and mix lightly with remaining ingredients, except Papaya Honey; then blend into papaya-sugar mixture.

Pour batter into a greased 9-inch loaf pan and bake in a 350-degree oven for 1 hour, or until a toothpick inserted in the center comes out clean. Serve with Papaya Honey. This kitchen-tested recipe makes 1 loaf.

PAPAYA HONEY

- 1 ripe papaya, halved, peeled and seeded
- 1/4 cup lime juice
- 1/4 cup honey

In blender, whirl all ingredients until thoroughly blended, chill. This kitchen-tested recipe makes 1 1/4 cups.
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Kiwi Daiquiri Jam easy, unique gift

A jar of homemade jam is an ideal way to say thank you or to cheer up a friend-in-need. This homemade token is even more special when it is a unique flavor or combination which can't be purchased at most stores.

Kiwi Daiquiri Jam fits this description. The jam features fuzzy brown kiwifruit with its shimmering green flesh. The resulting pale emerald green color highlighted is just right for the jam's smooth, exotic flavor.

Now that kiwifruit are available year round, you need only about an hour to prepare this delicious condiment.

Kiwi Daiquiri Jam

- 5 kiwifruit (13 oz/370 g), peeled
- 3 cups sugar
- 1/2 cup unsweetened pineapple juice
- 1/2 cup fresh lime juice
- 1/2 bottle liquid pectin
- 4 tsp rum

Fill boiling water canner with hot water. Place 4 clean half-pint (250 mL) mason jars in canner over high heat. Place Bernardin Snap Lids in

boiling water; boil 5 minutes to soften sealing compound.

In a large saucepan, mash kiwifruit. Stir in sugar, pineapple and lime juices. Bring to a full rolling boil, stirring until sugar dissolves. Stirring constantly, boil vigorously 1 minute.

Remove from heat; stir in pectin. Continue stirring 5 minutes to prevent floating fruit. Stir in rum.

Ladle jam into a hot sterilized jar to within 1/4 inch of top rim (head space). Remove air bubbles by sliding rubber spatula between glass and food; readjust head space to 1/4 inch. Wipe jar rim, removing any stickiness. Center Snap Lid on jar; apply screw band just until fingertip tight. Place jar in canner. Repeat for remaining jam.

Cover canner; return water to boil; process 5 minutes. Remove jars. Cool 24 hours. Check jar seal. (Sealed lids curve downward in center.) Clean screw band; remove, if desired. Wipe jars, label and store in a cool, dark place.

Makes 4 cups jam.

Quick casseroles help busy cooks

By Aileen Claire
NEA Food Editor

Fresh vegetables, canned beans and pasta come to the rescue of the busy homemaker when used in a variety of hot main-course meals. Combine them in casseroles for filling and nutritious non-meat dishes. Each takes less than 40 minutes to prepare.

CURRIED VEGETABLE MEDLEY

- 2 tablespoons vegetable oil
- 2 cups cauliflowerets
- 1 cup green beans cut in 1-inch pieces
- 1 cup sliced fresh mushrooms (about 4 ounces)
- 1/2 cup diagonally sliced carrot
- 1 medium clove garlic, minced
- 1 teaspoon curry powder
- 1/4 teaspoon ground cumin seed
- 1 cups vegetable juice
- 1/2 tablespoon cornstarch
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon pepper
- 2 tablespoons toasted sliced almonds

In 10-inch skillet over medium heat, cook vegetables in hot oil with garlic, curry and cumin, stirring quickly and frequently until vegeta-

bles are tender-crisp. Stir vegetable juice and cornstarch together in a measuring cup. Stir into skillet with parsley and pepper. Cook, stirring constantly, until thickened. Garnish with almonds. This kitchen-tested recipe makes 4 cups, or 8 servings.

PASTA PRIMAVERA

- 2 tablespoons vegetable oil
- 1/2 cups quartered fresh mushrooms (about 4 ounces)
- 1 cup sliced yellow squash
- 1 small green pepper, cut into strips
- 1/2 cup sliced onion
- 1/2 cup sliced zucchini
- 2 medium cloves garlic, minced
- 1 15 1/2-ounce jar spaghetti sauce
- 1 pound spaghetti, cooked and drained
- 1/2 Chopped fresh parsley (optional)

In 10-inch skillet over medium heat, cook vegetables in hot oil with garlic until tender, about 10 minutes. Stir in spaghetti sauce; heat through, stirring occasionally. Spoon sauce over hot spaghetti. Garnish with parsley, if desired. This kitchen-tested recipe makes 3 cups, or 5 servings.

Variation: Substitute broccoli flowerets, cauliflowerets, green or waxed beans, green peas, chopped eggplant or chopped green onions.

BEAN BAKE

- 1 MEDLEY
- 1 16-ounce can pork and beans in tomato sauce
- 1 can (about 10 ounces) kidney beans, drained

Combine all ingredients in a 1-quart casserole dish. Bake at 350 degrees for 30 minutes, or until hot and bubbly. Stir thoroughly before serving. This kitchen-tested recipe makes 3 cups, or 6 servings.

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Canning Tips

New storage lids

A new plastic storage lid for standard size (70 mm) mason jars has been introduced by Bernardin, one of Canada's leading producers of home canning supplies.

The high density polyethylene lids are ideal for use on freezer jams as they eliminate transfers of aroma or flavor from other frozen foods. Or, use these food grade lids to store preserves and fruits in the refrigerator after the vacuum seal has been broken.

The new storage lids cannot, however, be used in heat processing such as with a boiling water canner as they do not form an air-tight seal. For heat processing followed by room temperature storage, use the two-piece metal lids, then substitute the plastic storage lid after the jar has been opened.

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