

Culinary Outlook

Culinary delights for children's birthdays

Planning a child's birthday party can be an exciting and often challenging time! Many parents greet the prospect of organizing the party with enthusiasm while others proceed with caution. Yet, all that is needed for a successful party is a little creativity and organization.

Why not enlist the help of the birthday boy or girl; ask them what kind of party they would like; what games they want to play and the food they would like to eat.

The first step in planning a children's party is to choose a date - a Saturday or Sunday afternoon may be preferable if both parents work during the week - and send the invitations two weeks before the party. Set a time limit for the party, a couple of hours is ample. Limit the guest list to a "workable" number - depending on your stamina!

The Egg Producers of Canada have a booklet that is filled with puzzles and games for the children to enjoy at the party. Called "The Amazing Egg", it is designed to incorporate fun and lessons on nutrition and includes activities that show how eggs have the necessary protein, vitamins and minerals your body requires. This fun-filled booklet is available by writing to your Provincial Egg Marketing Board. (Please enclose \$5.50 for postage and handling and allow 3 to 4 weeks for delivery).

Decorations are a must at any child's birthday party. Hang bright and colourful balloons and streamers around

the room. There are also a number of co-ordinated packages for birthday parties that you can purchase which include an assortment of paper products, such as tablecloths, napkins, plates and cups. These items are an ideal

choice, as they can be thrown away after the party. It's a good idea to put away all breakable items and limit the party to one or two rooms, such as the "rec room".

Children always look forward to the food served at birthday parties. After all, it is a special occasion which calls for special food. Hot dogs, mini-pizzas and fried chicken are quite popular. The highlight is, of course, dessert - a child's favorite part of the meal. Birthday cakes or indi-

vidual cupcakes are often served at birthday parties, but why not try a new version of an all-time favorite - brownies.

Chocolate Chip Domino Brownies are a delicious treat that are perfect for dessert. Made with eggs, these light and mouth-watering brownies are simple to prepare.

More delicious egg ideas are found in "Eggs Made Easy Series" which is available by writing to: Ontario Egg Producers Marketing Board, 7195 Millcreek Dr., Mississauga, Ontario, L5N 4H1. The five-part series has been prepared to provide accurate and detailed directions for the preparation of meringues, omelettes, quiche, souffles and crepes. The set

includes illustrated sheets with tips, recipes and serving suggestions.

Chocolate Chip Domino Brownies
 1/2 cup (125 mL) soft butter
 2 cups (500 mL) firmly packed brown sugar
 4 eggs
 2 cups (500 mL) all-purpose flour
 2 tsp (10 mL) baking powder
 1/2 tsp (2 mL) salt
 2 tsp (10 mL) vanilla

1 cup (250 mL) chopped walnuts or pecans
 1 pkg (175 g) semi-sweet chocolate chips
 Optional Toppings: 1 cup (250 mL) semi-sweet

chocolate chips. Orange Buttercream Frosting or icing sugar.

In mixing bowl, cream butter and brown sugar. Beat in 1 egg at a time.

Sift together flour, baking powder and salt. Stir into brown sugar mixture until smooth. Fold in vanilla, nuts and chocolate chips. Spread in lightly buttered and floured 9 x 13-inch (23 x 33 cm) baking pan. Bake in 350°F (180°C) oven for 25 to 30 minutes. Cool to room temperature.

Frost with Orange Buttercream Frosting or sprinkle top with icing sugar, if desired.

Cut into 24 squares (about 2 inch/5 cm).

If desired, decorate frosted squares as Dominoes. Or decorate as happy faces by turn-

ing each square to look like a diamond. Then, use 2 chocolate chips as eyes and, for a mouth, a jelly bean, turned up.

Orange Buttercream Frosting

1/2 cup (75 mL) butter, room temperature
 1 1/2 cups (375 mL) icing sugar
 4 tsp (20 mL) orange juice

In medium bowl, beat butter with electric mixer or wooden spoon until creamy. Gradually add icing sugar and orange juice, alternately, beating until light and fluffy. Makes about 1/2 cup (175 mL) frosting.

Fish oil is in

Fish oil is in! Studies conducted on Eskimos high-fat diet have created a dietary revolution. This research led to the discovery of omega-3 fatty acids and the realization that these polyunsaturated fats have made heart disease rare among the Eskimos who eat fatty fish and whale oil daily.

Since we're not a fish-loving nation, many people have looked to pharmaceutical companies to come up with a pill to add omega-3s to their diet. While such a pill is available in the form of MaxEPA softgels, manufactured by R. P. Scherer Canada Inc., Windsor, it is only available to researchers and physicians in Canada under the emergency release program. Taking too many cod liver oil softgels in a day, another source of these fatty acids, can be extremely detrimental to one's health due to the potential for overdose of vitamins A and D.

Eat more fish

Thus, without a doubt, at the present time the best source of omega-3s comes from mother nature - fish. But not all fish are created equal! In terms of these fatty acids, salmon, sardines, tuna, trout, haddock, snapper, mackerel, shad and bass contain hefty quantities of omega-3 fatty acids.

Historically known as "oily fish", these species are only fattening when ingredients are added or cooking techniques used which add calories. For example, tuna packed in water contains fewer calories than that packed in oil.

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 Age 3
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"My Daddy"
 My Daddy has short hair and long legs. He is bigger than me and Mommy. My Daddy likes to watch news, Bugs Bunny and all sorts of stuff. My Daddy cuts the lawn and waters the garden. He likes to go fishing and play baseball and tennis with Uncle Richard. Best of all he plays ball with me.

Michael Taylor
 Age 4 1/2

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