

# Culinary Outlook

## New uses for old favorites create tasty meals

Adding variety to family meals is easy! No, it doesn't mean a trip to the newest 'fast food' outlet in town. It simply requires taking a new look at food staples in your cupboard. Many of these foods have multiple uses which can yield delicious, eye-appealing results with little extra effort for the cook.

A Canadian breakfast favorite for more than 70 years, Kellogg's Corn Flakes is a prime example. Did you ever consider using these crunchy, crispy flakes for a no-bake chocolate pie crust? Or, have you tried them as an ingredient in vegetable puffs that will win over even the most finicky eater?

These interesting, great-tasting ideas are included in a handy new recipe book from Kellogg's, the creator of "the Original and the Best" Corn Flakes. Created for the cook who has minimal time to plan and prepare meals, the booklet combines helpful hints and recipes for healthy, enjoyable eating for many different occasions.

If you've crushed Kellogg's Corn Flakes for a crispy coating on oven-baked chicken, you know it's tasty. But, doesn't crispy taco, Italian or curry baked chicken sound even more appealing? Does a meatless supper dish in which you adjust the calorie content depending upon the type of milk and cheeses used, interest you? These are just some of the helpful recipe approaches included in the idea-packed book.

Because errors in measuring some ingredients affect final re-

sults, each recipe gives two measures for corn flakes — the first tells how much Kellogg's Corn Flakes to take from the box while the second indicates the quantity after the flakes are gently broken or finely crushed to crumbs according to the individual recipe.

Here are two make-ahead, no-bake desserts from the book. They're great to have on hand in the freezer to treat the family or guests.

### Grasshopper Pie

**Preparation:** 30 min  
**Freeze:** 5 hours  
3 tbsp butter  
2 tbsp granulated sugar  
3 squares (each 30 g/1 oz) semi-sweet chocolate  
4 cups Kellogg's Corn Flakes cereal, crushed to 1 cup crumbs  
1 jar (200 g) marshmallow cream  
1/4 cup creme de menthe liqueur  
1 1/2 cups whipping cream

In a small saucepan combine butter, sugar and chocolate. Stir over low heat until chocolate is melted. Stir in crushed cereal; mix well. Press firmly around bottom and sides of buttered 9-inch pie plate. Refrigerate while preparing filling.

In mixer bowl, beat together on low speed marshmallow cream and liqueur until smooth. Whip cream to soft peaks; fold into filling.

Pour into pie shell. Cover and freeze until firm, about 5 hours. (For freezer storage up to a month, cover surface with plastic wrap and

wrap securely in aluminum foil or plastic food bag.) Remove from freezer about 20 minutes before serving.

Makes one 9-inch pie — 8 servings.

### Sundae Pie

**Preparation:** 30 min  
**Freeze:** 4 1/2 hours  
2 tbsp firmly-packed brown sugar  
3 tbsp butter or margarine  
1/4 cup corn syrup  
4 cups Kellogg's Corn Flakes cereal, crushed to 2 cups  
1 pkg (425 g) sweetened frozen raspberries, thawed  
1 container (1 L) lemon sherbet, slightly softened  
2 cups vanilla ice cream

In medium saucepan, combine sugar, butter and corn syrup. Cook over medium heat, stirring continuously, until mixture is hot and sugar dissolves (do not boil). Remove from heat. Stir in cer.al.

mixing until well coated. Press evenly around sides and bottom of buttered 9-inch pie plate to make a crust. Freeze until firm, about 1/2 hour.

In blender or food processor, puree raspberries. Strain through fine sieve to remove seeds. Cover and refrigerate.

Spread softened sherbet in frozen crust. Cover and freeze 4 hours. (For freezer storage up to a month, cover surface with plastic wrap and wrap securely in aluminum foil or plastic food bag.)

To serve, top each portion with a scoop of vanilla ice cream and drizzle with raspberry puree.

Makes one 9-inch pie — 8 servings.

Enjoy these Corn Puffs with soup or a simple salad for lunch, or serve with ham or sausages as part of a heartier meal.

### Corn Puffs

**Preparation:** 10 min  
**Fry:** 10 min  
2 eggs, separated  
1 can (341 mL/12 fl oz) whole kernel corn\*, drained  
1 cup Kellogg's Corn Flakes cereal, crushed to 1/4 cup crumbs  
1/4 tsp pepper

In a small bowl, beat egg yolks until stiff, but not dry. Fold in corn cereal and pepper.

In medium bowl, beat egg whites onto hot, lightly-greased frying pan. Cook until golden brown on both sides. Serve immediately.

Makes 20 (2 1/2-inch) fritters — 4 servings

\* Tip: Substitute 1 1/4 cups uncooked fresh young corn kernels or the same quantity of frozen, thawed corn kernels.



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