

Canned pumpkin can make Fall a snap

Culinary Outlook

By Aileen Claire
NEA Food Editor

Though fast foods have their place, even busy people eventually tire of short cuts and soon realize the value of a well-rounded diet. Eating right is not as complicated or time consuming as it might seem: A list of basics for the kitchen shelves can put a variety of meats, fish, vegetables, fruits and soups within reach for quick, more nutritious meals.

FOOD



AILEEN CLAIRE

A study for the canned food industry revealed that there is little nutritional difference between fresh, frozen and canned foods. Since canned foods are cooked, most require only heating before being served. And the food industry is offering more canned products without salt and with little or no added sugar.

For safety reasons, avoid cans with leaks, bulges, or badly bent end seams. It is also wise to check cans on home shelves for any of these signs. The contents of any damaged can should be disposed of in a place where the food will not be eaten by anyone.

Canned pumpkin enables a busy cook to whip up quick and tasty fall treats.

FRUITED PUMPKIN SOUP

- 2 teaspoons minced fresh ginger root or 1 teaspoon dried ginger
- 2 tablespoons butter or margarine
- 1 can (16 ounces) pumpkin
- 2 cups water
- 1 cup orange juice concentrate (undiluted)
- 1 cup apple juice concentrate (undiluted)
- 2 to 3 tablespoons clover honey
- 1 teaspoon chicken-flavor instant bouillon crystals
- 1/4 to 3/4 teaspoon ground nutmeg
- 1/4 to 1/2 teaspoon ground allspice
- 1/4 teaspoon salt
- 1 cup half-and-half sour cream or sour half-and-half
- 1 grated orange rind

Saute ginger root in butter in large saucepan for 2 minutes. Add pumpkin, water, orange juice concentrate, apple juice concentrate, honey, bouillon, nutmeg, allspice and salt. Heat to boiling.

Reduce heat and simmer, uncovered, for 5 minutes. Stir in half-and-half. Cook over medium heat until hot, 2 to 3 minutes. Spoon into bowls, and garnish with dollops of sour cream and grated orange rind. This kitchen-tested recipe makes 6 servings.

Note: Fruited Pumpkin Soup is also delicious cold. Cool to room temperature, then refrigerate until chilled, 3 to 4 hours. Serve and garnish as above.

HOLIDAY PUMPKIN LOAVES

- 3/4 cup butter or margarine, softened
- 1 cup granulated sugar
- 3/4 cup packed light brown sugar
- 4 eggs
- 1 can (16 ounces) pumpkin
- 3/4 cup orange juice
- 3 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 3/4 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 cup coarsely chopped pecans
- 3/4 cup golden raisins

1 tablespoon grated orange rind Orange Glaze (recipe follows)

Preheat oven to 350 degrees. Beat butter and sugars in large bowl until fluffy. Beat in eggs, pumpkin and orange juice. Mix in flour, baking soda, baking powder, cinnamon, nutmeg, cloves and salt. Mix in pecans, raisins and orange rind. Grease bottoms of 2 loaf pans, 9-by-5-by-3 inches. Pour batter into pans. Bake at 350 degrees until toothpicks inserted in centers of loaves come out clean, and 1 hour. Remove bread from pans. Cool on wire racks.

Make Orange Glaze. Drizzle over bread. This kitchen-tested recipe makes 2 loaves.

ORANGE GLAZE

- 3/4 cup powdered sugar
- 2 tablespoons butter or margarine, softened
- 1 to 2 tablespoons frozen orange juice concentrate, thawed

Mix powdered sugar and butter, adding enough orange concentrate to make a smooth glaze consistency.



CANNED PUMPKIN isn't just for pie anymore. It also makes delicious soups and breads that are quick and easy to make.

Tasty recipes

RED WINE MARINADE

- 1 cup dry red wine
- 3 tablespoons red wine vinegar
- 2 tablespoons coarse grain mustard
- 2 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1 1/2 teaspoons sugar
- 1 teaspoon cracked black pepper

Combine red wine, vinegar, mustard, oil, garlic, sugar and pepper in 2-cup microwave-safe glass measure. Cover with plastic wrap, venting one corner. Microwave at High 3 to 4 minutes, stirring occasionally. Cool thoroughly before using. This kitchen-tested recipe makes about 1 1/4 cups. Use as a marinade on larger cuts of beef such as an eye round roast, 1 1/2-inch thick top round, chuck steaks or larger cube kabobs.

YOGURT-CURRY MARINADE

- 1 cup plain low fat yogurt
- 2 teaspoons curry powder
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons sugar
- 2 teaspoons hot pepper sauce
- 2 teaspoons cracked white pepper

Combine yogurt, curry powder, olive oil, garlic, sugar, hot pepper sauce and pepper. This kitchen-tested recipe makes about 1 cup. Use as a marinade on steaks or roasts. Remove meat from marinade before cooking.

ASK KATHY:

Weight-Loss Plateaus

A plateau, or temporary absence of weight loss while dieting, is the body's way of defending against losing weight too quickly. They will occur every two to six weeks. Although these plateaus may last for several days, exercising can reduce the length of time you will remain at the same weight. There is no need for further reducing the amount of food you are currently eating or the types of food, but you might want to try different food combinations.

At Diet Center, we teach you how to deal with plateaus. Many times you will continue to lose inches even though your weight loss has slowed. Plateaus really aren't so bad if you



KATHY HAJAS
Diet Center Counselor

focus on their positive aspects and don't give up. When you reach that first plateau, you know you are on your way to a slimmer, healthier you.



DAY CARE

12 Mos. & Up — 6 a.m. to 6 p.m.
Also Evenings and Weekends

FREE Pick-up And Delivery

- Hot Lunches & Snacks
- Games & Music
- Lots of Toys
- Car Trips

— VERY REASONABLE RATES —

For More Information Please Call 873-2577



Business Number
877-2900

Home Number
853-0780

98 Mill St., Georgetown

Personal Consultation By Appointment



GEORGETOWN'S GENERAL STORE

BOO!

HALLOWE'EN MAKE-UP ON SALE NOW!

See Witchy Pool!!!

110 Main St. S. Georgetown, Ont. L7G 3E4

GIVE US A CALL!
877-8284

MAID SERVICE? WHO'S BEST?



THAT'S WHO THE AWARD WINNER

CHAMPION MAID SERVICE

ON 'LIVE IT UP' TV SHOW, COAST TO COAST

For "FREE" Estimates
CALL 873-2165



HOLLYWOOD HOME PRODUCTS LTD.

"No one ever regretted buying quality"





Custom Design & Installation

- THERMAL REPLACEMENT WINDOWS
- STANLEY THERMAL ENTRANCE DOORS
- PATIO DOORS
- SOFFIT, FACIA AND EAVESTROUGH
- SIDING
- PATIO DECKS AND FENCING
- SOLARIUMS
- NEW ADDITIONS
- CUSTOM DESIGNED BAY AND BOW WINDOWS
- ALUMINIUM AWNINGS AND SHUTTERS
- ELEGANT VERTICAL AND HORIZONTAL SHADES

CALL TODAY FREE ESTIMATES 873-3459

All work guaranteed No Obligation to Purchase

QUALITY CREDIBILITY RELIABILITY

SCISSORS

"FAMILY HAIR STYLING"

Under New Ownership & Management

Gina & Wanda are available for your complete hair service

OCTOBER PERM SPECIAL

SAVE \$15.00

Reg. \$60.00
On This Mth. \$45.00

SCISSORS

"FAMILY HAIR STYLING"

235 GUELPH ST. (BESIDE BURGER KING)

877-7917