

Keeping veggies fresh in the fridge

POLLY'S POINTERS



POLLY FISHER

DEAR POLLY — Should vegetables such as radishes and carrots be stored with the tops on or off? — SUE
 DEAR SUE — Cut off the leafy tops of radishes and carrots before stashing them in the refrigerator. They'll keep better and won't take up so much room in the fridge. I prefer to keep them in plastic bags because I think they stay fresher longer, but if you have a good, working vegetable crisper that maintains the proper humidity level, you may be able to store them unwrapped.

After cleaning such vegetables, you can keep them fresh for several days submerged in a container of cold water in the refrigerator. They are less likely to dry out and shrivel if you use this method. — POLLY

RECIPE OF THE WEEK: Treat the after-school gang to peanut butter shortbread.

Cream together 1/2 cup softened butter and 1/2 cup peanut butter with 1/2 cup granulated sugar, 2 tablespoons half-and-half (or milk), and 1/2 teaspoon vanilla extract until light and fluffy. Mix together 1 1/4 cups all-purpose flour, 1/2 cup cornstarch and 1/4 teaspoon salt. Add to butter and sugar mixture, and work together until ingredients are well blended. Mixture should be crumbly, but it should hold together when pressed with your hands.

Working with half the dough at a time, turn it out onto a lightly floured board and roll approximately 1/4 inch thick. Cut into simple shapes with a cookie cutter or a knife. Avoid complicated shapes since dough tends to break and crumble.

Bake on ungreased baking sheets in a preheated 350-degree oven for 12 to 15 minutes or until the cookies are lightly browned around the edges. Makes four to five dozen cookies, depending on the size of the cutters used.

Your family will enjoy all the luscious treats in my newsletter "Favorite Cookie Recipes," including such tempters as meringue fudge tartlettes, almond lace batons, chocolate pecan bars and cashew drops. Send \$1.25 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

DEAR POLLY — Why do some baking recipes call for baking soda and some for baking powder? — JEANNETTE
 DEAR JEANNETTE — Although baking powder is the most frequently used leavening in quick breads, cakes and other non-yeast-raised baked products, some older recipes still use a mixture of baking powder and some type of acid, such as cream of tartar

or vinegar, to create the air bubbles necessary for a light, risen baked product.

The difference between this baking-soda-and-acid combination and

modern double-acting baking powder is that the double-acting baking powder works twice: first when combined with the liquid in a batter, and again when subjected to the heat of the

oven. The acid-baking-soda mixture works primarily when combined with liquid, so you must get the batter into the oven to bake quickly before those precious carbon dioxide bubbles pop

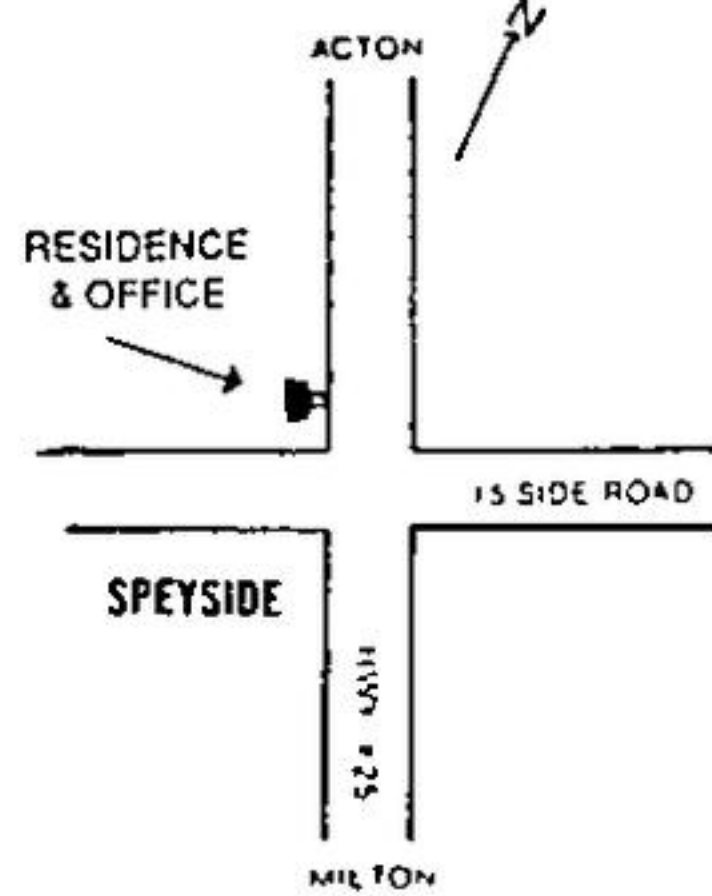
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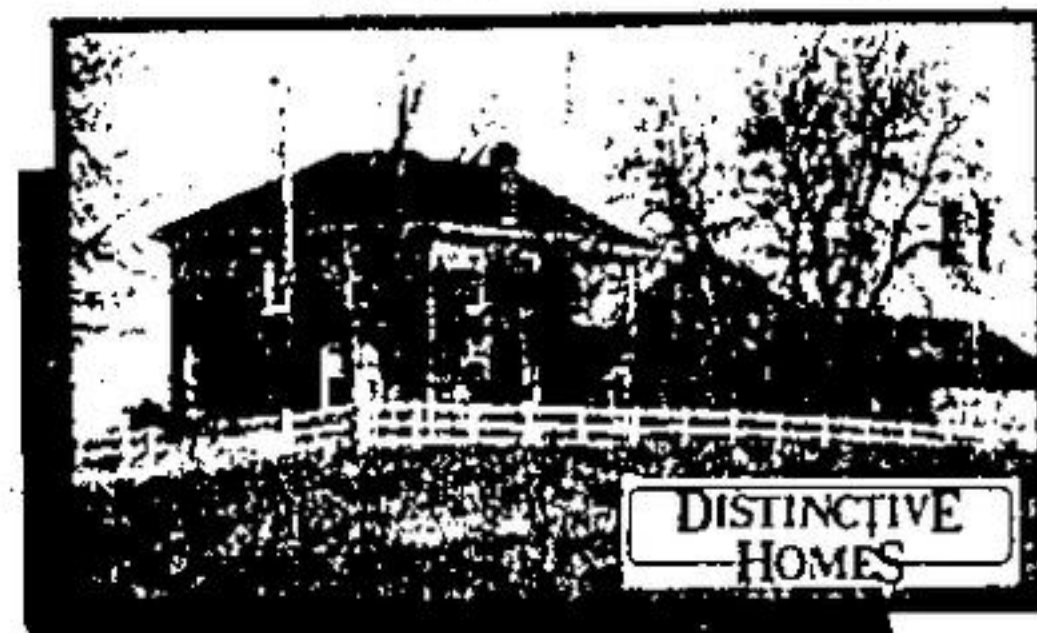
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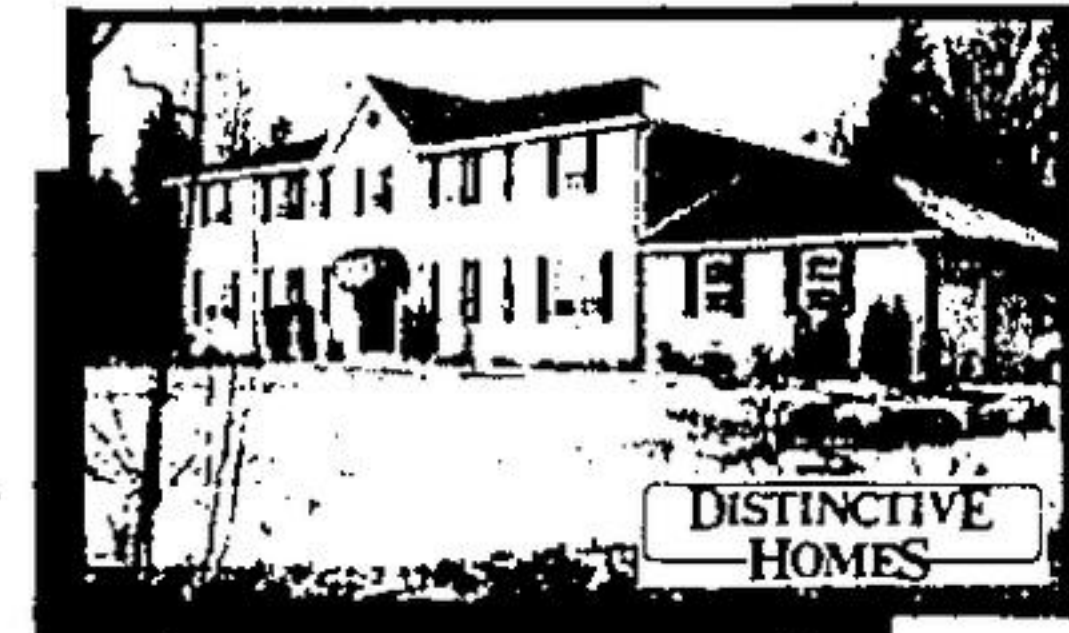
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