# Specialties-

BUTTERSCOTCH CREAM PIE Pre-bake a pie shell and allow to cool. Spread out on a baking sheet:

34 cup coarsely chopped pecans.

Bake in a 350 degree F oven for about 6 to 8 minutes or until lightly browned. Stir them halfway. Cool in the pan on a wire race. In a heavy 3-quart saucepan, melt together over low heat, stirring fequently:

tbsp. butter 14 cup light brown sugar

Continue to cook, stirring until the mixture bubbles and begins to darken, about 5 minutes. It should smell like butterscotch. Remove from the heat. Protect your hands and avert your face because the mixture will bubble up and cause steam, while you stir in:

114 cups boiling water

Continue to stir until smooth. In a side bowl, stir together:

tbsp. cornstarch 14 tsp. salt

Stir into the cornstarch mixture, in this order, blending well after each:

14 cup cold water

can (12 oz.) evaported milk Slowly add the evaporated milk mixture to the brown-sugar mixture stirring constantly. Cook over medium heat, stirring until the mixture begins to bubble. about 5 minutes. Continue to cook and stir until thick, about 1 minute. Remove from the heat. In a side bowl, beat until smooth:

large eggs Stir about one cup of the hot mixture into the beaten egg yolks, and then stir the warmed yolks into the hot mixture. Return to the heat and cook, stirring constantly, until thickened, about one more minute. Remove from the heat. Stir in:

112 tsp. pure vanilla extract Let cool 5 minutes, stirring gently all the while. Scatter toasted pecans over the bottom of the baked pie crust. Pour partially cooled filling through a seive to ensure smoothness and then carefully pour over the pecans.

Chill 2 hours before serving. Olga Kobsa, Acton, Ont.

#### HEALTH MUFFINS

- tbsp. white vinegar cup milk
- cup brown sugar
- cup vegetable oil
- egg
- 'sp. vanilla cup oat bran
- 1/3 cup wheat germ
- cup honey cup all-purpose flour
- whole wheat flour
- tsp. baking powder
- tsp. baking soda
- cup diced apples

cup raisins

Combine vinegar and milk, set aside for short time to sour. Mix brown sugar, oil and egg together. Stir in vanilla, bran, wheat germ, honey and soured milk. Combine flours, baking powder and baking soda in separate bowl. Add apples and raisins. Add dry ingredients to creamed mixture. Stir only until no dry spots remain. Fill 12 paper-lined muffin cups 2/3 full. Bake in preheated 400 degree F. oven for 20 minutes. Let muffins cool in pan for 10 minutes before removing.

Wilma Laird, Georgetown, Ont.

#### PEANUT BUTTER AND **BANANA PIE**

This is a quick and simple to make dessert that the whole family will enjoy! Make Grahan Crust:

1/3 cup butter or margarine

1 1/3 cups graham crumbs 14 cup sugar

1 to 2 bananas

14 cup finely chopped peanuts Melt butter. Stir in crumbs, sugar and peanuts. Press into pie pan. Bake at 375 degrees F. for about 8 minutes. Cool. Make Filling:

large marshmallows

12 cup milk 12 cup smooth peanut butter small carton "Nutriwhip"

Heat marshmallows and milk over medium heat until smooth melted (stir constantly). Remove from heat and stir in peanut butter. Cool to room temperature. Beat cream until stiff, then fold in peanut butter mixture. Slice bananas and place on top of crust. Top with filling. Chill at least 4 hours in refrigerator.

> Susan Cundari, Georgetown, Ont.

#### PEACHES AND CREAM PIE

Place an oven rack on bottom third of even and preheat to 425 degrees F. Prepare pastry for a two-crust pie. Line pie pan with bottom crust then place in a large bowl:

cups peeled, sliced firm-ripe peaches about 10)

Mix together, then gently mix into the peaches:

12 cup granulated sugar 2 tbsp. unbleached all-purpose flour

18 tsp. ground nutmeg 1 tsp. ground giner

In a side bowl beat together and set aside:

large egg

tbsp. granulated sugar

12 cup whipping (heavy) cream

14 tsp. pure vanilla extract Gently stir the peach mixture and spoon into the pastry-lined pan. Pour the cream mixtrue over the peaches. Top with the crust. Cut several slits in the top crust. Seal and flute the edge Bake at 425 degrees F. for 15

minutes. Reduce the heat to 350 degrees F. and bake 25 to 30 minutes longer, or until the crust is golden brown and the filling is bubbling hot. Cool on a wire rack Serve warm or cold. Be sure to refrigerate leftovers.

> Olga Kobsa, Acton, Ont

PAIL OF MUFFINS cups bran, soaked in 2 cups boiling water for

15 minutes cups white sugar

cup cooking oil

qt. buttermilk

tbsp. baking soda tbsp. salt

cups all-purpose flour

cups bran flakes cups raisins or chopped

dates

eggs, beaten Mix all together. Keep covered in fridge for at least 12 hours before baking. Bake as you need. Bake at 350 degrees F for 20 to 30 minutes. Makes 5 to 6 dozen. Keeps in fridge 2 or 3 weeks. Makes a very tender muffin.

Eleanor Robinson, Georgetown, Ont.

#### HEALTHY **BRAN MUFFINS**

4 cup oil 1 tsp. baking soda

1 cup natural bran 1 cup raisins

34 cup loosely packed brown sugar

I cup sour skim milk

134 cup whole wheat flour 1 medium banana

Cream oil, sugar and mashed banana in large bowl. Combine dry ingredients in separate bowl.

Add raisins to dry ingredients.

Add dry ingredients alternatively with sour milk to creamed mixture. Mix until all ingredients are moist. Spray muffin pan with natural no-stick cooking spray.

Fill muffin pan 34 full and bake at 450 F for 12-15 minutes. Let cool for 5 minutes before removing from pan. Allow to cool on baking rack then store in sealed con-

Can be frozen for up to one month.

Makes 10-12 muffins. Tip: For sour skim milk, add one tablespoon of vinegar to milk.

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#### FIBRE-RICH **BEAN MUFFINS**

cup raisins

cup boiling water

eggs

cup oil

cups white sugar 14-oz. can beans in

tomato sauce tsp. salt

cups all-purpose flour

tsp. vanilla

tsp. soda tsp. cinnamon

12 tsp. baking powder

cup walnuts (optional)

Mix raisins with boiling water, stir and set aside. Beat eggs, oil, sugar and vanilla and beans until beans are broken (helps to give the beans a slight squishing with potato masher).

Add flour, remaining ingredients, including raisins and water. Mix well. Spoon batter into large paper muffin cups - or non-stick pans.

Bake at 325 degrees F for 30 minutes. Yield: 2 dozen. Fibre per serving 2 g.

Those large plastic ice cream scoops are ideal for putting batter into muffin cups.

GEORGETOWN

Eleanor Robinson, Georgetown, Ont.

#### BRANANA ORANGE MUFFINS Nutricious, delicious muffins for quick breakfasts or for carry-

along lunches.

cups bran cup whole wheat flour

cup raisins cup wheat germ

tsp. baking powder

tsp. baking soda tsp. salt

cup vegetable oil

cup molasses

cup liquid honey

11/3 cups milk

egg

large ripe banana

orange

In large bowl, stir together bran, flour, raisins, wheat germ, baking powder, soda and salt. Pour oil into large liquid measure. Add molasses and honey. Transfer to food processor or blender. Add milk, egg and banana. Wash orange, remove stem and divide into eighths. Pick out and discard seeds. Drop orange sections into blender and process until well-blended but stil slightly chunky.

Pour liquid over dry ingredients and stir just enough to moisten evenly. Spoon into 12 large or 18 medium greased muffin cups, filling generously.

Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes or until firm to touch. Makes 12 to 18 muffins.

> Susan Cundari. Georgetown, Ont.



## Kentners Social Catering Ltd.

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• HALL

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