

COUNTRY "CITCHEN" COOKBOOK
by Kathryn Scott

In case this issue reaches you before Easter, may I wish you all a very Happy Easter and admit that for the March contribution of recipes they got all flavoured with a touch of Irish! I wonder why? Anyway we use Ham many times through the year so I am submitting a tasty...

Ham Glaze

- ½ c. unsweetened pineapple juice
- 2 tsp flour
- 2 tbsp cider vinegar
- ½ c. raisins
- ½ c. chopped dates
- 2 tbsp sugar
- 2 tbsp butter
- ½ c. sliced almonds

In sauce pan blend flour and juice. Add sugar, vinegar and butter. Heat and stir until bubbly. Add raisins and dates. Toast almonds and add to sauce. Ladle over baked ham and serve.

Children's Cupcakes

Make 24 plain cup cakes of your choice. Make the following Lemon Frosting:

- ¾ c. margarine or butter
 - 4½ c. icing sugar
 - 4 tsp lemon juice
 - 2 egg whites
 - 2 tsp lemon rind
- Combine margarine and 2½ cups of the sugar, egg whites, lemon rind and juice in medium bowl. Beat with electric mixer until smooth. Gradually beat in the remaining sugar until a good spreading consistency.

Let the children "frost" the cupcakes with your frosting then they may roll each one in coconut. Depending on the season they will love to decorate them. If Easter they will put on some small Easter eggs or they may want Jelly beans for any season or a few chocolate chippits will make them very happy.

Lo Cal Mayonnaise

- 1½ tsp sweetener
- ½ tsp salt (or substitute)
- 1½ tsp cornstarch
- 1 egg, slightly beaten
- 1 tbsp butter
- 1½ tsp dry mustard
- 1/8 tsp paprika
- dash of onion salt
- ½ c. buttermilk
- ¼ c. vinegar

In top of double boiler, mix the sugar, mustard, salt, paprika, cornstarch, onion salt. Add egg and buttermilk and stir until smooth. Cook over hot water until mixture begins to thicken. Add butter and vinegar slowly, beating well after each addition. Cool. Approx. 15 calories per tablespoon.

Pork Chop Casserole

- 6 pork chops (quite thick)
- cooking oil
- 1 can condensed cream of celery soup
- ½ c. milk
- ¼ tsp pepper
- 1 c. shredded Cheddar Cheese
- 1 can onion rings
- Seasoned salt
- ½ c. sour cream
- 1 pkg frozen hash browns

Brown chops lightly in greased skillet. Sprinkle with seasoned salt and set aside. Combine soup, milk, sour cream, pepper, salt. Stir in thawed potatoes and half the onions and half the cheese. Spoon this mixture into a 9 by 13 dish.

Arrange pork chops over potatoes. Bake covered at 350° for 40 min. Top with remaining cheese and onions. Bake uncovered 5 minutes or until the chops are tender.

Basic Microwave Meatballs

For a fast meal, keep a supply of frozen meatballs in freezer. Simply defrost them and add a sauce, then heat them together — a life saver in an emergency.

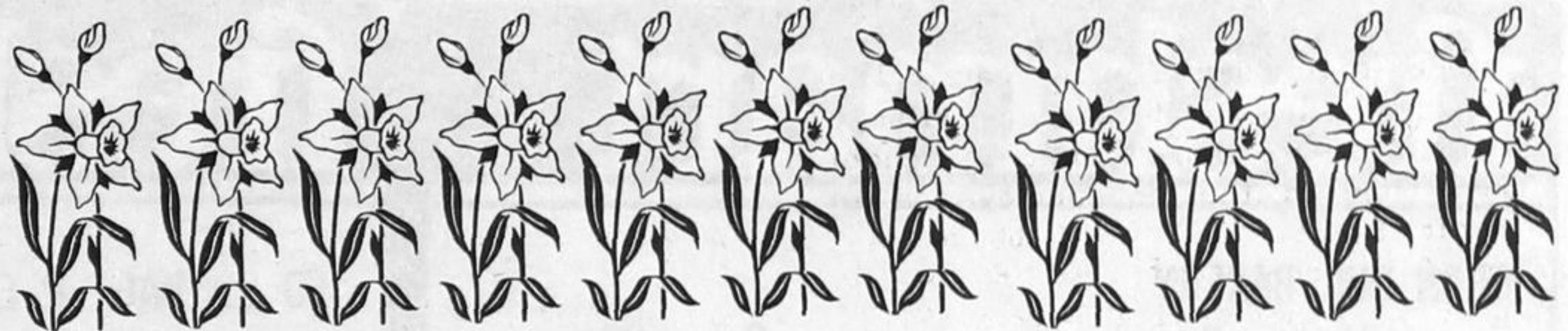
- 1 lb. ground beef
- 1 tsp salt
- ¼ c. finely chopped onion
- 1 tsp Worcestershire Sauce
- 1 egg
- ½ c. bread crumbs

Mix together well and shape into 18 meatballs (about 1¼") Arrange in two circles in a micro round dish (never one in centre of plate). Microwave at 100% power for 6 to 8 min. or until a very slight tinge of pink remains in the centre. Pie plate should be rotated halfway through if you do not have a turntable. Drain fat as necessary. Let stand 3 or 4 min.

Suggested Sauce for Meatballs

- ½ c. water
- 1 tsp soya sauce
- 2 tsp parsley flakes
- Garlic powder to taste (if desired)
- 2 tsp corn starch
- 1 tsp vinegar
- 1 tsp ginger

Blend starch and water in a casserole and add remaining ingredients. Microwave at 100% power for 4 to 7 min. or until bubbly, stirring once or twice. Add the meatballs to the sauce. Microwave at 50% power (Med.) or until heated through.



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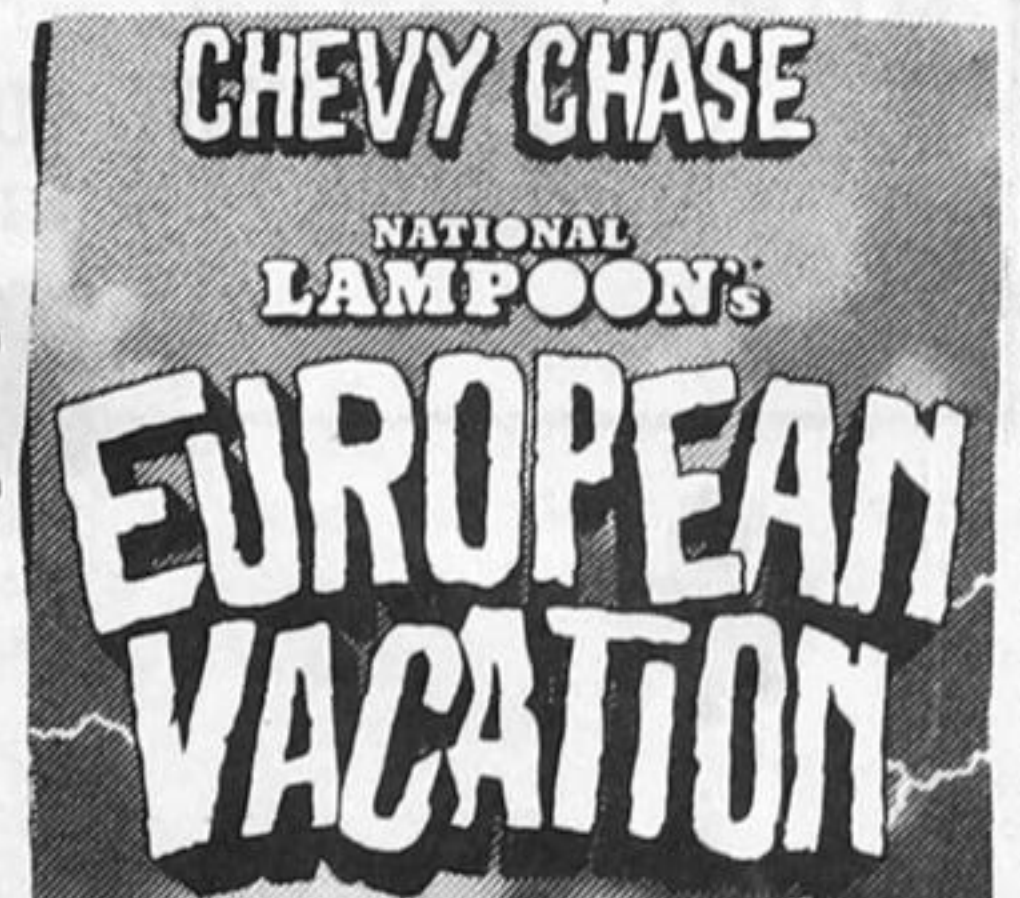


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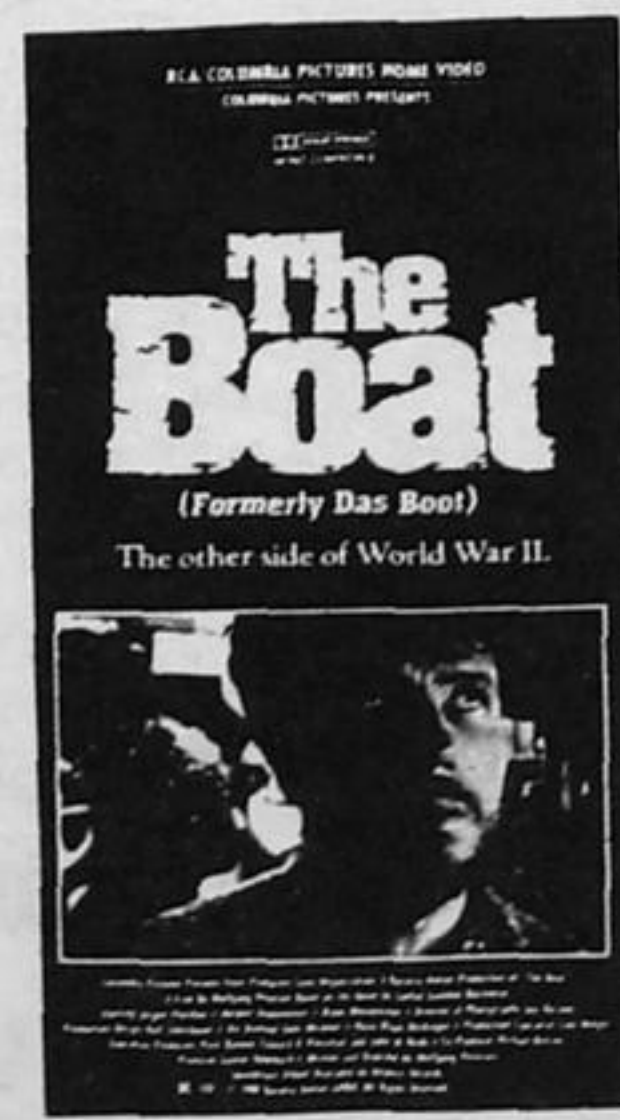
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