

Ladies, Have You Heard?

By Doris Thomas,
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Doris Thomas

Rice is Versatile and Economical

The U.S. Department of Agriculture has put rice on its Plentiful Foods List, so now is a good time to brush up on your rice knowledge.

Almost everyone has probably heard these don'ts: don't cook rice in too large a quantity of water, don't boil rice rapidly; don't rinse rice after cooking, don't stir rice during cooking. But

Compare Food Costs

You can compare the cost of the food you buy in several different ways. You can compare the size of the containers you buy. You can also compare cost of different brands, grades and qualities. Compare foods in different stores and then buy from the one that suits you best. Compare prices of similar food as pears versus peaches or rolls versus bread. And then you can compare the convenience food with the one you make from scratch.

not everyone knows the whys behind the don'ts.

Rice should be boiled in as little water as possible to retain more flavor and retain a better texture. Rice should be boiled gently, over a low heat. Rapid boiling may not only cause the rice to boil over, it may break the grains. Rinsing rice after it's cooked may wash away important nutrients. And as for stirring while cooking! You may be mashing the grains and causing the rice to become gummy.

Now that you know what not to do when cooking rice, here are a few ideas about what to do.

Use Mushroom-Onion Rice to accompany any main dish. Saute sliced mushrooms, chopped onions and diced celery until tender. Stir into cooked rice. Delicious. Or tickle your family's taste buds by preparing a Creamy Rice Pudding and serving it with Honey-Orange Sauce. Simply mix together 1/2 cup liquid honey, 1/4 cup orange juice, 1 teaspoon grated orange rind and

a little salt. Voila! 3/4 cup of Honey-Orange Sauce.

Since rice is a universal food, rice dishes span the globe. Why not gather all your onions, mushrooms, scallions, celery, spinach, bamboo shoots, and thin steak in one dish and make an Oriental delight — Sukiyaki. Or take a stewed chicken and rice and create Kip En Ryst, a Dutch favorite.

STUFFED PEPPERS make a hearty, delicious main dish. Just follow these simple directions:

4 to 6 peppers
1 1/2 cups of cooked rice
3 cups of cooked ground meat
1-3 cup of finely chopped celery
1 tablespoon of grated onion
1 can of condensed tomato soup
salt, pepper

TO PREPARE: First wash the peppers. Cut the large ones in half lengthwise. For the smaller ones, remove a slice from the stem end. Scoop out the seeds and cut away the seed parts, leaving a clean shell. Place the peppers in boiling water for 5 to 8 minutes. Drain. Mix part of the tomato soup with the rest of the ingredients. Stuff each pepper shell with this. Place in a shallow baking dish containing the rest of the tomato soup. Bake in a 375 degree oven for 25 to 30 minutes or until browned.

Proper Use of a Dishwasher

If you have a dishwasher, have you noticed spots and film on your glassware? If so, you'd better check the water because the effectiveness of a dishwasher is directly related to the temperature and condition of the water used.

If you have an automatic water softener, it may need recharging or it may not be operating properly. Perhaps the water temperature is too cool. For best results, set the temperature of the water heater to keep the water at a minimum of 140-to-145 degrees.

Another point to consider is the

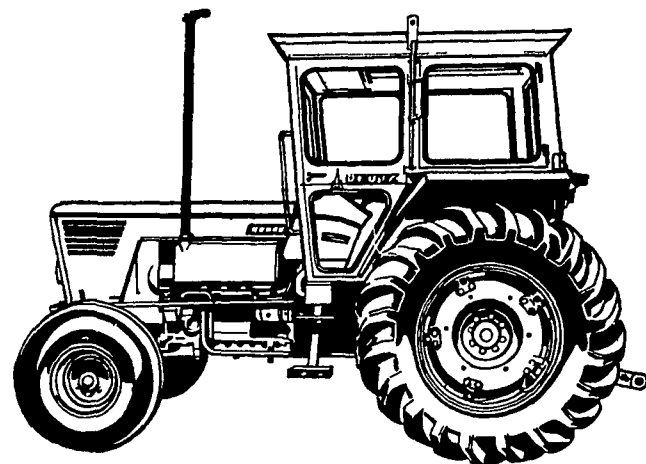
amount of detergent you use. The hardness and temperature of the water will influence the amount of detergent you need. You may have to experiment by using different amounts to determine just how much detergent is needed.

Water cannot hit all the dishes to clean them properly unless the dishwasher is correctly loaded. Make sure you don't overload it.

If you're not pleased with the results of your dishwasher, read the use and care booklet that came with it to be sure of the loading procedure you're using. And be sure to check your water conditions and the amount of detergent you're using too.

An automatic dishwasher is one of the nicest appliances you can have. Just make sure you're using it properly.

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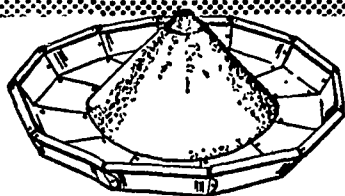
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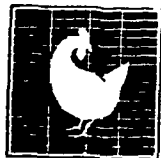


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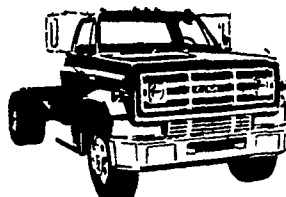
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