

Yogurt Makes Mark

Yogurt lovers, take note! The National Yogurt Association (NYA) has developed a seal to identify yogurts with live, active cultures. The seal, a graphic representation of the letters "L a c," is accompanied by the words "Meets National Yogurt Association Criteria for Live and Active Culture Yogurt." Live, active cultures are responsible for many of the potential benefits yogurt offers, such as decreasing the risk of traveler's diarrhea and vaginal yeast infections. It also provides an easily tolerated dairy source of calcium for individuals with lactose intolerance. The seal will appear on labels and promotional materials of products that deliver at least the minimum level of live, active cultures specified by the NYA — at least 10 million organisms per gram at the time of consumption.

Cook's Question

(Continued from Page B8)

ANSWER — Helen Hess, Washington Boro, wanted a recipe for a fermented fruit sauce to top desserts. Thanks to a Hollisopple reader for sending a recipe.

Vintage Fruit Sauce

To ferment fruit:

¼ cup canned peaches in heavy syrup, drained and cut into pieces

¼ cup canned pineapple tidbits in heavy syrup, drained

6 maraschino cherries, cut in half

1½ cups sugar

1 package instant blend dry yeast

Combine ingredients and place in glass jar with a loose cover — an apothecary jar is perfect. Stir several times the first day, then stir once a day. At the end of two weeks the starter has fermented enough to make sauce. Makes 2 cups.

Prepare Sauce:

1 cup fermented fruit

½ cup canned peaches in heavy syrup, drained and cut into pieces

½ cup canned pineapple tidbits in heavy syrup, drained

6 maraschino cherries, cut in half

1 cup sugar

Combine all ingredients in a glass jar with a loose cover; stir well. Set in fairly warm place. Continue to stir once a day. Sauce can be served after one week.

ANSWER — Suie Trimble, New Providence, and Mary Snyder, Manheim, wanted a recipe to can sweet pepper relish. Thanks to Debbie Burkholder, Denver, for sending a recipe.

Red Pepper Relish

12 large red peppers

3 cups sugar

1½ teaspoons salt

2 cups vinegar

Grind peppers through coarse blade of food chopper. Add sugar, salt, and vinegar. Simmer for about 1 hour or until relish is thickened. Pack into hot jars and seal.

This recipe can be altered to use all hot peppers or half hot and half regular bell peppers for a more mild hot pepper relish. One possible way to alter the recipe is to chop 6 large bell peppers and measure them chopped, then use an equal amount of chopped hot pepper. This makes a hot pepper relish similar to what is used on some sub sandwiches.

ANSWER — Debra Shultz, Halifax, wanted a recipe with main ingredients of tortellini or pasta, spinach, red cabbage, and Ranch Dressing. Thanks to Sue Blowers, Geneva, NY, for sending a recipe.

Layered Spinach Salad

9-ounce package refrigerated uncooked cheese tortellini

2 cups shredded red cabbage

6 cups torn spinach leaves

1 cup cherry tomatoes, halved

½ cup sliced green onions

8-ounces ranch dressing

8 slices bacon, cooked and crumbled

Cook tortellini to desired doneness as directed on package. Drain; rinse with cold water. In large clear-glass bowl or 9x13-inch baking dish, layer cabbage, spinach, tortellini, tomatoes and green onions. Pour dressing evenly over top. Sprinkle with bacon. Cover; refrigerate until serving time. Makes 8 1-cup servings.

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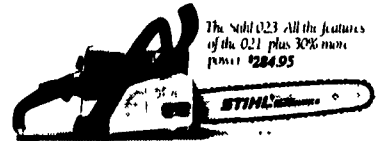
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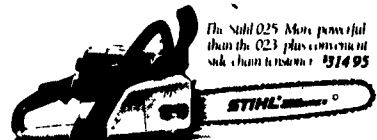
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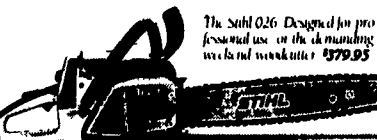
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