

# Dinner's In The Freezer

(Continued from Page B18)

using a kitchen shears rather than a knife.

- Use a potato masher to chop eggs.

- Wash and flash freeze grapes. Then blend for frozen sherbet. Peel banana and freeze. Add to fruit juice or milk in blender to make a milk shake or frozen dessert.

- To keep fresh fruit from turning brown, mix one cup water with one tablespoon lemon juice and rinse fruit in it.

Jill believes it is important to serve food attractively because meals that are enjoyed aid in digestion. She buys a few solid colored tablecloth, places a scarf or fabric print square in a diamond shape on the center of a table to signify special events and change of seasons.

For example, when she serves Chuck Wagon Casserole, a red bandana is placed in the center and children may wear cowboy hats.

She freezes meatloaf in a salad mold ring. After it is baked, the meatloaf is turned upside down on a platter and mashed potatoes are inserted in the center.

Use heavy duty plastic film available at restaurant supply

stores and zip-lock plastic bags.

Not all food can be frozen effectively. Mayonnaise separates when frozen. Substitute Miracle Whip salad dressing or plain yogurt.

Add celery raw before freezing, otherwise it gets soupy.

Also, always make sure your family enjoys a recipe before mega-cooking it. Make sure the recipe freezes well before trying a large amount. To test freeze, make a recipe to serve your family but remove a small portion and freeze. Try it later to see if it maintains taste.

Although Jill includes about 50 recipes in her manual, participants can use their own recipes and adapt them to the methods described in her workshops and in the manual.

It's necessary to read the manual Jill's written to make sure the food is frozen properly to prevent food poisoning or freezer burn.

These recipes are used by permission but readers should have the manual to assure proper freezing instructions and to understand basic mega-cooking concepts.

For more information or to order Dinner's in the Freezer, send \$20 plus \$3 for postage and handling to

The Bonding Place, P.O. Box 736, Lake Hamilton, FL 33851.

## TURKEY MANDARIN

1 can Mandarin orange sections  
1 can cream of chicken soup  
1/4 cup turkey stock or chicken broth  
1/4 teaspoon salt  
3 cups cooked regular white rice  
6 to 8 slices cooked turkey  
1/2 cup slivered toasted almonds  
Preheat oven to 350 degrees. Lightly grease shallow 1 1/2 -quart casserole.

To make sauce: Drain orange sections, reserving liquid; set orange sections aside. In small saucepan, combine reserved liquid with soup, turkey stock, and salt, mixing well. Bring to a boil, stirring constantly. Place rice in prepared baking dish. Arrange turkey over the rice in a single layer. Arrange orange sections over the turkey. Pour sauce over all the layers of ingredients; sprinkle with almonds. Bake, uncovered for 25 minutes or until mixture is hot and bubbly. Makes 6 to 8 servings.

Directions for larger quantities and two alternate methods of freezing are included in the manual.



# HAPPENINGS

**Rough Riders 4-H**  
The Rough Riders 4-H Horse and Pony Club held its Grooming

## SWEET 'N SOUR MEATBALLS

2 pounds ground beef  
Salt, pepper, onion slat and garlic powder to taste  
1 egg (if desired)  
Mix and form into 1-inch balls  
Brown in large skillet until done. Remove from pan and drain off fat. Saute one green pepper, cut in 1-inch strips, until crispy-tender. Remove from pan.

Sauce:  
2 16-ounce cans pineapple chunk, drained and juice reserved  
2 tablespoons cornstarch or flour  
1/4 to 1/2 cups reserved pineapple juice  
4 tablespoons vinegar (white or vinegar)  
2 tablespoons sugar (granulated or light brown)  
1 tablespoon soy sauce

In large skillet or saucepan, dissolve cornstarch in juice. Add remaining ingredients. Bring to boil, stirring constantly, until mixture becomes thick. Add meatballs, pineapple chunks, and green pepper. Heat thoroughly. (If sauce seems too thick, thin with juice and water).

and Showmanship Show at Valley Lea Riding Club recently, with the following results: age 12 and under: Melissa Anspach, Julia Anspach, Jessica Shenk, Angie Moore, Dallassa Bowman, and Evan Void; age 13-15: Laura Metzler, Tami Jones, Jessica Alt-house, Brandon Aukamp, and Jennifer Hess; senior: Brianne Grumbling, Tina Henry, John Kroener, and Gabriel Bowman.

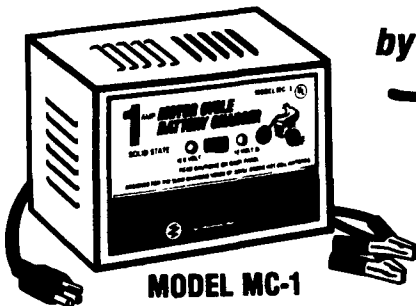
A number of Rough Riders members participated in the county roundup held on Saturday, July 16, at Lower Hopewell Horse Center. Qualifying for the district show to be held at Lebanon Fairgrounds were Julis Anspach, Melissa Anspach, Gabriel Bowman, Brianne Grumbling, Tina Henry, John Kroener, Laura Metzler, and Evan Void.

Two club members, Jessica Alt-house and Tami Jones, participated in county presentation day and advanced to the state level competition.

Upcoming club activities include a sub sale fundraiser, a judged trail ride, and a fun show.

The Rough Riders 4-H Horse and Pony Club meets the first Thursday of each month at 7 p.m. at Kroener's Farm. For more information, contact John Henry at (717) 284-2046.

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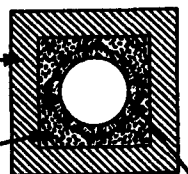
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