

About Baking

(Continued from Page B18)

reduce the caloric value if you do this but will reduce saturated fat. Saturated fat has the effect of raising the blood level of cholesterol.

Caution: Oils that are labeled light do not have less fat or calories, they are lighter in color and flavor. Vegetable oils never have cholesterol. All oils have 120 calories per tablespoon.

• If the recipe calls for shortening, it means solid vegetable shortening that is hydrogenated. Do not substitute oil. This will alter the texture greatly. You would need to reduce liquid somewhere in the recipe. Try to find a recipe already designed for oil. Butter flavored shortening behaves like shortening — not butter.

• If you substitute butter or margarine for shortening, there may be a change in the texture of cookies and other baked products, mainly because of the water in the butter that will usually cause the batter to spread more as it bakes.

• If the recipe calls for butter, you can substitute regular stick-type margarine having 100 calories per tablespoon to reduce the saturated fat and cholesterol in the recipe. You will not save calories. Margarine, by law, must contain 100 calories of fat per tablespoon. Butter and margarine are actually one 80 percent fat. The rest is milk solids and water. If you want to substitute oil for butter, you need to reduce the amount by 20 percent. It is not always successful. Salted butter will keep longer than

unsalted butter. Unsalted is much more delicate in flavor and should be used quickly.

• If the recipe calls for margarine a stick-type margarine that is 100 percent corn oil will make a softer dough than other margarine. In cookies, you will need to chill for at least 5 hours before rolling. You may even find it works better if you chill in the freezer. Any stick-type margarine that has as its first listed ingredient "liquidoil" will behave the same way. Soft tub-type margarines behave differently in recipes than stick-type. Do not use tub-type margarines in baking cookies.

• Reduced fat margarines come in many new spreads and stick-form shapes that have less fat than regular margarine. The products have increased water added and they will behave differently than butter or margarine in recipes. Recipes are being developed especially for the use of these products. The products may vary from 68 percent to no fat. The generic name for them in recipes is reduced calorie margarine or reduced calorie spread. Do not try to bake with one of these products having less than 50 calories per tablespoons or 5 to 6 grams of fat. Carefully read the label on old favorite brands of margarines. Some have recently been changed with little clear warning on the package.

• Lard is softer and oilier than other solid fats unless it has been partially hydrogenated to increase shelf-life. This will also increase



The perfect pumpkin centerpiece for the Thanksgiving table incorporates fresh fruit and herbs in a hollowed pumpkin.

Pumpkin Vase

To prepare a pumpkin vase for a flower or fresh fruit arrangement, follow these instructions:

Cut the stem end (top) off the pumpkin.

Scoop out the seeds and strings. To give a clean smooth interior, use the melon baller to scrape the surface and remove all insides.

Trim floral foam to be inserted into a glass jar. The jar's size should depend on the size of your pumpkin. You want a jar that is able to sit in the pumpkin and not extend above the lip or top of the pumpkin vase. Totally saturate the

foam with water.

The vase is now ready to be filled with assorted materials of your choice. Stems of flowers can be inserted directly into foam.

To secure apples, artichokes, broccoli, lettuce, mushrooms, onion, potatoes, radishes or squash, use craft picks and hot glue. Lettuce, mushrooms, and radishes will begin to shrink or wilt within 2 or 3 days. Other produce lasts from five to 12 days. Replace wilted items with fresh ones as long as the remaining arrangement looks nice.

its saturated fat level, which is already high. Lard does work well in biscuits and pie crusts.

• In order to reduce fat in recipes, some people substitute equal amounts of unsweetened applesauce in cakes, muffins, quick breads, and brownies. This will produce a more moist product. It does not work for drop or rolled cookies. Sometimes it works if you replace only half the fat in a cookie recipe with unsweetened applesauce or pureed prunes, although the flavor is not always compatible with the desired effect.

• Low or non-fat yogurt is also substituted for oil in cake mixes. It can replace half the fat in cookies. The finished product is more dense than the fat version.

• Baking reduced fat recipes may require shorter baking times and perhaps a reduced temperature to prevent over baked and dry products.

PREPARE BAKING PANS

Butter and margarine contain a small amount of water so when you use them to grease a cake pan, you need to flour the pan to absorb the moisture. If you use shortening, the flouring step is not required. Spray vegetable shorten-

ings can be used as a substitute.

When baking chocolate cakes or cakes with lots of fruit or very low fat, you may want to use a greased pan lined with a waxed paper or parchment disc and then grease again to ensure easy removal of the cake from the pan.

OLD-FASHIONED CLEAR TOY CANDY

Wholesale * Retail
Mail Order
Starter Kits * Molds



CAKE AND KANDY EMPORIUM

10 MINUTES NORTH OF LANCASTER ON ROUTE 72
VILLAGE COMMON, RT. 72 N. AND MILLER ROAD
EAST PETERSBURG, PA 17520-1624
(LANCASTER COUNTY)
717-569-5728



Byrdes Collectibles

These exceptional pieces will make welcome additions to both your home and the homes of those you love. All gift boxed.

THE CHARINE COLLECTION

6-05 SADDLE RIVER ROAD FAIR LAWN, N.J. 07410

From the mind of the artist to the hands of the craftsman, nothing captures a soaring imagination like pure 24% lead crystal. Etched out of the experience and traditions of generations of European craftsmen, each of these unique pieces is distinguished by its clarity, cut, brilliance and superb ring. And, unlike the fleeting images of beauty they bring to life, these exquisite collectibles are not just here today — but heirlooms tomorrow.

THE CHARINE COLLECTION COLP
6-05 SADDLE RIVER ROAD FAIR LAWN, N.J. 07410

NAME _____ PLEASE PRINT
ADDRESS (NO PO BOX) _____
CITY _____ ST _____ ZIP _____
TEL (DAY) _____ (EVE) _____

ITEM#	QTY	PRICE	TOTAL
A-1348			
B-230			
Shipping and handling \$5 for first item \$2 for each additional item shipping in 48 contiguous United States. Allow 2 to 3 weeks for delivery. Each order will receive a FREE catalog		Merchandise Total	
		S & H Charge	
		Total	

Free Catalog Only Byrdes Collector

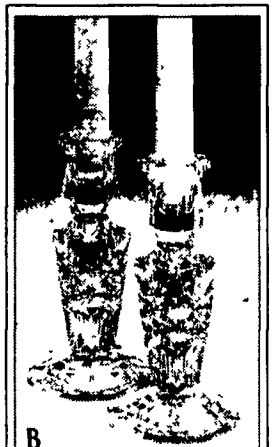
Method of Payment For faster service, please use credit card or money order. Checks take about 10 days to clear.

Check Card # _____ Exp. Date _____

Money Order Signature _____

Issuing Bank _____ Signature _____

(Check / money order payable to: The Charine Collection)



IRENA COLLECTIBLES

SHAVINGS and SAWDUST

Ideal Bedding For Cattle, Poultry, and Horses

BUY DIRECT FROM THE MANUFACTURER AND SAVE

Large Quantities Available! We Are PA's Largest Hardwood Sawmill!

Also Available:
Ground Hardwood, Wood Chips, Bark Mulch
Loading Daily Monday-Friday
Delivery Available For Tractor Trailer Loads

WALTER H. WEBER SONS, INC.
Route 241, Lebanon, PA

CALL WES FOR MORE INFORMATION
Phone 717-867-2212
Toll Free 800-344-3114

New Distributors Welcome!
We Are Also Buyers Of Standing Timber