



Holiday Tidbits

The holidays are a time for togetherness. Time spent together is one of joys of the holiday season. Whether it's distant relatives gathering together or a reunion of long-time friends, the occasion generally centers around food.

Lots of tidbits, nibbles, hors d'oeuvres, appetizers or, whatever you prefer to call them, are in vogue for holiday entertainment. Favorite family recipes are often at the core, but most hostesses and hosts want something delightfully unique with guaranteed good taste. Here are some tried and true recipes from our readers to add to your holiday celebrations.

TRIPLE CHEESE BALL

3 ounces cream cheese, softened
2 teaspoons prepared horseradish

1 teaspoon Worcestershire sauce

½ teaspoon seasoned salt

1½ cups shredded Cheddar cheese

1½ cups shredded Swiss cheese

½ cup chopped parsley

Assorted crackers

Beat together cream cheese in large mixing bowl until fluffy. Beat in horseradish, Worcestershire sauce, and salt. Gradually add shredded cheeses; beat until smooth. Shape mixture into a ball. Chill 2 to 3 hours to allow flavors to blend. Remove and let stand at room temperature about 1 hour. Just before serving, roll in parsley. Serve with assorted crackers.

Crackers are always a holiday appetizer, why don't you add a little something else such as a triple cheese ball?

Sonia Rozelle
Broome Co. N.Y. Dairy Princess

HOT CRANBERRY TEA

3 cups whole fresh cranberries
3½ quarts water

12 whole cloves

4 cinnamon sticks

Juice of 2 lemons

Juice of 2 oranges

½ cup apple concentrate

2 cups sugar or sugar substitute

In an enamel or stainless steel pan, combine cranberries, water, cloves and cinnamon sticks; bring to a boil, then reduce heat to simmer for 12 minutes.

Drain and strain with cheese cloth, squeezing cheesecloth gently.

Return juice to pan, add lemon, orange, apple juices, and sugar. Heat until sugar is dissolved. Serve hot. Makes about 3½ quarts.

B.Light
Lebanon

SMOKED GOUDA AND VEGETABLE SPRING ROLLS

1½ cups zucchini, cut into match sticks

1¼ cup yellow squash, cut into match sticks

1 cup carrots, cut into match sticks

1 cup shredded red cabbage

3 cups shredded smoked Gouda cheese

½ cup chopped fresh cilantro or fresh parsley

16-ounce package egg roll wrappers

4-5 cups vegetable oil

Preheat oven to 375 degrees. In a medium-sized bowl, combine zucchini, yellow squash, carrots, red cabbage, cilantro and cheese. Place 1 egg roll wrapper with one corner facing you. Spoon about ¼ cup filling on center of wrapper. Fold bottom corner over filling. Moisten left and right corners with water; fold them toward center over filling. Moisten remaining edge with water and roll up and seal. Repeat procedure for remaining spring rolls. In a deep skillet or deep-fryer, heat oil to 375 degrees. Fry spring rolls several at a time until golden brown on all sides, turning once about every 2 to 3 minutes. Drain on paper towels. Serve with jarred or prepared sweet and sour sauce.

Make ahead directions: When spring rolls are filled, wrap and freeze for use within one month, or refrigerate if using within 24 hours. Thaw frozen spring rolls completely between paper towels before frying. Makes 20 spring rolls.

Just one bite and these delicious cheese appetizers are guaranteed to disappear fast!

SPICY MUSHROOM APPETIZERS

2 cups sliced mushrooms

¼ cup grated parmesan cheese

¼ cup chopped green onion

2 tablespoons flour

½ teaspoon salt

¼ teaspoon red pepper

¼ teaspoon black pepper

4 egg whites

Preheat oven to 350 degrees in medium bowl, combine all ingredients except egg whites. In large bowl, beat egg whites until stiff, but not dry. Fold in mushroom mixture. Drop by teaspoonfuls onto greased cookie sheet. Bake 12-15 minutes or until golden brown. Garnish with parsley sprigs and fresh mushrooms.

N.E. Egg Promotion

MAMMA



Smoked Gouda and Vegetable Spring Rolls are deliciously different and can be prepared ahead of time. These appetizers are sure to be a hit with your guests.

PARTY PUNCH COOLER

1 quart whole or 2% milk

1 quart sherbet, any flavor

1 quart ice milk

3 cups pineapple juice

2 cups orange juice

3 teaspoons lemon juice

Soften ice milk and sherbet.

Combine all ingredients in a large punch bowl, serve immediately. An ice ring of equal parts pineapple juice, orange juice, and water may be used if desired. Flavor of sherbet determines punch color. 164 calories per serving. Serves 20.

Milk-based drinks are a great alternative drink for the holidays. They add nutrients found in all real dairy products to a great tasting, non-alcoholic drink. Every year my family uses these punches at large family get togethers or simply for a special evening with friends. The holidays are a special time for family and friends, so make them safe by choosing to serve non-alcoholic drinks.

Lebanon Co. Dairy Princess
Alisha Myers

TIPS FOR

LOW-FAT COOKING

- Replace non-fat plain yogurt and low-fat cottage cheese for Ricotta cheese in lasagna.

- Substitute sour cream in dips and sauces with non-fat plain yogurt.

- Select low-fat varieties of cheese for recipes and snacking.

- Replace ice cream with non-fat frozen yogurt in prepared recipes.

Valerie Bomgardner
Lebanon Co. Dairy Maid

FUZZY NAVEL

1 cup whole or 2% milk

1 cup orange juice

½ cup sliced peaches

2 scoops vanilla or peach ice cream

Combine ingredients in blender until smooth and creamy. Serves 2.

With the holidays just around the corner, how about celebrating with something new. Try this delicious Fuzzy Navel drink.

Sonia Rozelle
Broome, N.Y. Dairy Princess

SINFUL PRALINE SAUCE

½ cup butter

1 cup chopped pecans

1 cup maple syrup

Melt butter in a small frying pan; add pecans and cook stirring frequently until pecans are toasted.

Add maple syrup and heat, cooking for 15 minutes.

Serve warm over pancakes, waffles, French toast. Yields 1½ cups

B. Light

Lebanon

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Featured Recipe

"Absolutely nothing substitutes the taste and performance of real butter," said Beatrice Ojakangas, author of more than a dozen cookbooks. "After 35 years, I can't imagine baking without real butter."

Here is her recipe for Butter Cookie Pretzels. For additional butter recipes that can be enjoyed year-round, write to the American Dairy Association, P.O. Box 760, Rosemont, IL 60018-7760 or visit the ButterNet site at <http://www.realbutter.com>.

BUTTER COOKIE PRETZELS

1 cup unsalted butter, room temperature

½ cup sugar

½ teaspoon salt

1 large egg yolk

2¼ cups all-purpose flour

1 egg white, lightly beaten

1 cup granulated sugar, or red and green decorating sugar

Cream first four ingredients with electric mixer until smooth. Gradually beat in flour. Wrap in plastic wrap; refrigerate one hour or up to two days.

Knead dough lightly until pliable. Place lightly-beaten egg white into pie pan. Put sugar into other pan. Divide cookie dough into 16 equal parts. Preheat oven to 350 degrees. Roll each part out to make a thin strand 9 to 10 inches long. Twist into pretzel shape. Place on cookie sheet lined with parchment paper. Brush with egg white; sprinkle with sugar. Bake for 10-12 minutes. Cool on cookie sheet 5 minutes. Makes 16 pretzels.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

December-

- 21- Christmas Dinner
- 28- New Year's Celebration

January-

- 4- Seasoning with Herbs
- 11- Your Favorite Beef Recipes