

Maryland Holstein Ladies Enjoy Easter Desserts



Ruth Snow, Sharon Hollingsworth, Nona Schwartzbeck, and Mary Ellen Leaverton all visited the teddy bear maker's house during the Maryland Holstein Convention craft shop tour.



Sandra Crissinger, dessert and dietetic specialist at Penn Alps Restaurant, made this dietetic cake to show guests how easy it is to get taste without sugar.



Jane McCracken, head kitchen supervisor at Penn Alps Restaurant, made split croissants with filling and glazed strawberries during the food demonstration.

GAY BROWNLEE
Somerset Co. Correspondent

GRANTSVILLE (Md.) — 24 ladies who attended the Maryland Holstein Convention ladies program learned how to create an "Easter Parade" during food demonstrations presented on last Friday.

Held in the Great Hall over Penn Alps Restaurant, the demonstration was presented by Jane McCracken, Penn Alps head kitchen supervisor, and Sandra "Sam" Crissinger, dessert specialist. They prepared boy and girl Easter bunnies, an Easter basket cake, and strawberry desserts.

McCracken chose Easter as the theme and featured fresh strawberries in her creations. She created the first Easter bunny by cutting a round cake layer through the center and placing the halves on end, side by side, with filling holding them together.

She used buttercream liquid filling and icing mixture to cover the entire surface. Then Crissinger coated the cake with tinted coconut. The tinted coconut was made by tossing coconut with food coloring in a plastic bag.

Using blue coconut for the first "boy" bunny, she added jelly bean eyes and bent pipe cleaners for the ears. The "girl" bunny was made using yellow-tinted coconut.

McCracken also made filled croissants as one of her desserts. Over the

bottom half, she put on white filling with a icing funnel. Then she added glazed strawberries prepared earlier with corn syrup and dextrose. The strawberries were then topped with more filling. McCracken sprinkled powdered sugar on to complete the picture.

"This is nice and easy to do if company comes," said McCracken.

Strawberry pies were next. McCracken used four pastry shells to make enough for every attendee to try some of the dessert later.

While McCracken completed the strawberry pie demonstration, Crissinger shared her extensive knowledge of diabetic and dietetic desserts, which have recently been added to the Penn Alps menu.

"Diabetic and dietetic are two different things," she said. "Diabetic means no sugar, and dietetic means low amounts of sugar."

"A person has to know how much sugar they can have," said Crissinger, who has several grandchildren with diabetes.

"If you tell someone it's sugar-free, they think it won't taste good," she said. "Try blending whipped topping and, if a cheesecake, more cream cheese to add flavor."

A favorite made with

sugar-free vanilla pudding mix and whipped topping is banana cream pie. The combination is poured over bananas already sliced at the bottom of the pastry shell.

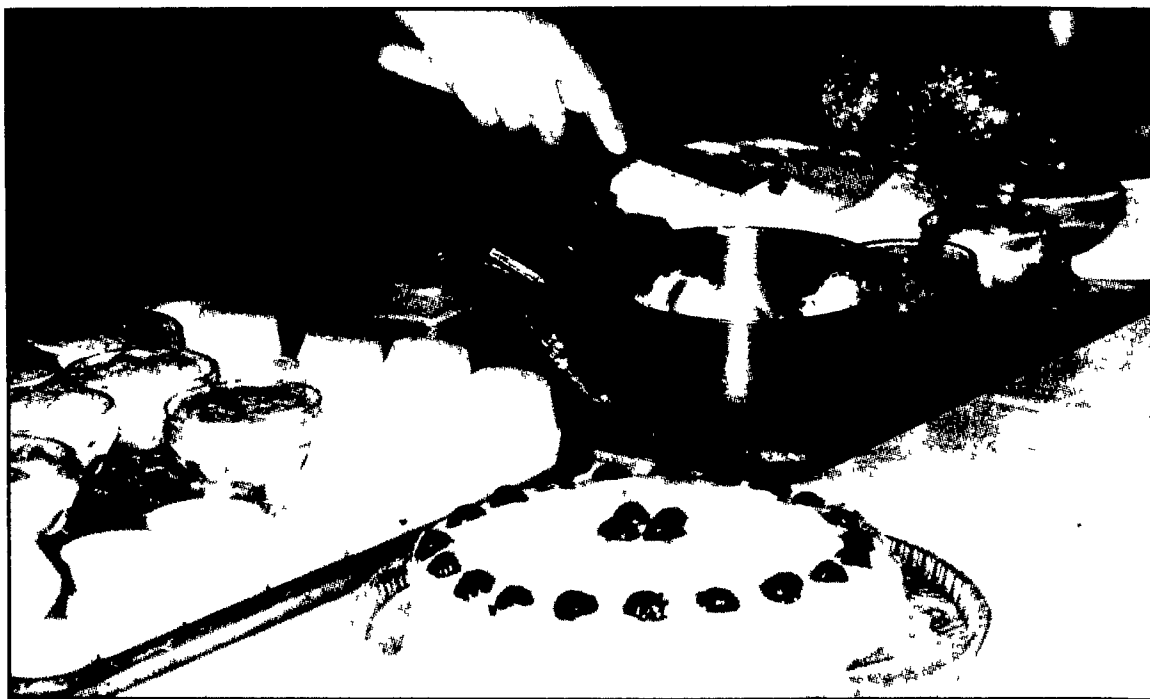
Crissinger recommended using applesauce in baking so long as you know what kind of apples the sauce came from. "Many people who are trying to avoid sugar do not realize how high the sugar content is, especially in red and yellow delicious apples," she said. "Eat a tart apple instead."

Crissinger also suggested trying Aspartain. "It is a natural sugar derived from fruit," she said, adding that no aftertaste remains. Many supermarkets and health food stores carry Aspartain.

Following the demonstration, everyone enjoyed a luncheon in the Great hall. Favors included a bar of shampoo and conditioner wrapped in spring-colored tissue.

After lunch, everyone spent the remaining afternoon hours visiting local shops, such as Four Seasons Stitchery, Yoders Country Market, and Spruce Forest Artisan Village on the Penn Alps campus.

The ladies program for the Maryland Holstein Convention was coordinated by Fannie Bender, Alice Bender, Glenda Maust, and Julia Bender.



These tempting desserts were part of the food demonstration in the Great Hall of Penn Alps Restaurant and Craft Shop during the Maryland Holstein Convention's Ladies Program.