

Family Living Focus

ROBIN REX

Columbia
County Extension



The winter holidays are a festive time of the year filled with colorful decorations, gaiety and laughter. Family traditions and holiday recipes from around the world create wonderful memories to last another year. My gift to you are the following holiday web-sites and recipes.

Web-sites:

FightBAC: Holiday Toolbox — http://www.fightbac.org/tools/holiday_tools/

Butterball — <http://www.butterball.com/Butterball.cfm>

OceanSpray — <http://www.oceanspray.com/home.html>

Aboutproduce — <http://www.aboutproduce.com/>

The Cook's Thesaurus — <http://www.foodsubs.com/>

Cooking Light Online — <http://cookinglight.com/default.asp>

Recipes From

Around The World

AUSTRIA — Austria's most important family holiday is the Christmas season. Austrian children list their Christmas wishes in a letter to the Christkind, the Christ Child. They post their letters in the window so they are sure to be seen. The Christmas tree, decorations and gifts are kept in a locked room which is off limits to the children. The children believe that Christkind and his angelic helpers are working to decorate the tree. When Christkind completes his preparations on Christmas Eve, the door is opened and there is the tree in all its glory with the manger and presents for every member of the family.

Sachertorte (Sacker Cake)

6 ½-ounces semi-sweet chocolate

¼ cup butter

¼ cup sugar

8 egg yolks

1 cup flour

10 egg whites, stiffly beaten

2 tablespoons apricot jam

Icing: 1 cup sugar

½ cup water

7-ounce semi-sweet chocolate

Beat butter until creamy. Melt chocolate. Add sugar and chocolate to the butter and stir. Add egg yolks one at a time. Add flour. Fold in egg whites. Grease and butter eight to nine-inch cake tin. Pour mixture in. Bake in 275°F oven about one hour. Test with toothpick. Remove to board and cool. Turn bottom up and cut in half. Heat apricot jam slightly and spread between layers. Cover with chocolate icing. If desired, cut cake into two or three layers. Fill with apricot jam or whipped cream.

ICING: Cook sugar and water to thin thread. Melt chocolate in top of double boiler. Add sugar to chocolate gradually. Stir constantly until icing coats the spoon. Pour on top of cake.

CHANUKAH — Chanukah, the Festival of Lights, is a celebration of the victory of the Maccabees and the rededication of the Jerusalem Temple. It also commemorates the miracle of the oil that burned for eight days.

Mandelbrodt (Almond Bread)

1 egg

2 egg whites

1 cup sugar

2 tablespoons grated lemon

rind
1 teaspoon vanilla
3 cups unsifted flour
½ cup corn oil
2 ½ teaspoons baking powder
1 teaspoon ground cinnamon
½ cup almonds, finely chopped

In a large bowl of an electric mixer, beat egg and egg whites with ¼ cup of the sugar at high speed until lemon colored, about five minutes. Stir in lemon rind and vanilla. Add 1 cup of the flour, beating at low speed until well mixed. Add corn oil heating until blended. Stir together remaining 2 cups of the flour, baking powder, ½ teaspoon of the cinnamon and almonds. Gradually add to egg mixture, beating at low speed until thoroughly mixed. Turn dough onto floured surface and knead about three minutes or until no longer sticky. Divide dough in half. Shape each half into two loaves, three-inches wide by 10-inches long by one-inch thick. Place on greased cookie sheet. Bake at 350° for 30 minutes. Cool. Slice loaves into ½-inch thick slices. Stir together remaining ¼ cup sugar and remaining ½ teaspoon cinnamon. Sprinkle cut side of cookies with sugar mixture. Return to oven and bake for 10 minutes or until crisp. Cool on wire rack. Makes about 40 cookies.

KWANZA — Kwanza is an African American and Pan-African holiday which celebrates family, community and culture. It is celebrated from Dec. 26 through Jan. 1. It was established in 1966 in the midst of the Black Freedom movement and thus reflects its concern for cultural groundedness in thought and practice, and the unity and self-determination associated with this. Gifts are given mainly to children but must always include a book and a heritage symbol.

Banana Fritters (From West Africa)

1 ½ cups flour

5 tablespoons sugar

3 eggs
1 cup milk
¼ teaspoon salt
5 medium bananas
Oil for deep fat frying
Cooking thermometer
Powdered sugar

Put flour and sugar in a large bowl. Beat in eggs, one at a time. Stir in milk and salt. Stir well. Peel bananas. Put in small, deep bowl. Mash bananas well. Stir bananas into flour batter. Let sit 20 minutes. Pour oil three-inches deep into a large saucepan. Heat until it reaches 375 degrees. Put large spoonfuls of batter into oil. Fry until brown on both sides. Remove it from oil. Drain on paper towels. Sprinkle with powdered sugar. Serve warm.

DENMARK — Christmas is the most nationally celebrated holiday in Denmark. Christmas Eve marks the highlight of the festivities with church services, feasting, and exchange of gifts. The Christmas Eve supper is usually served about 6 p.m. The traditional meal is started with Risengrod, a rice porridge with cinnamon or malt topping and a big butter "eye" in the center. Buried inside the porridge is a single, whole almond which everyone tries to find. A prize is awarded the winner, and if a single girl is the lucky person, tradition says that she will be married very soon.

The porridge is followed by roast goose surrounded by apples and prunes, browned potatoes, red cabbage, and currant jelly and desserts. Christmas Eve is climaxed by the unveiling and lighting of the Christmas tree and the exchange of gifts among the family.

Potato Soup

3 large potatoes

1 small onion

¼ teaspoon salt

Water

2 cups milk

2 tablespoons butter

1 tablespoon chopped parsley

¼ teaspoon pepper

Peel potatoes. Cut each potato

into four chunks. Peel onion. Chop into small pieces. Put potatoes, onion, and salt into a two-quart saucepan. Add water to cover potatoes. Boil over medi-

um-high heat for 20 minutes or until potatoes are soft. Remove pan from heat. Mash potatoes, onions and water together. Stir in milk. Put pan on medium-low heat. Simmer and add butter, parsley, and pepper. Stir well until smooth. Serve hot.

PANAMA — Dec. 25 is the feast day of El Nino Dios, the Son of God. Not Santa Claus, but the Christ child visits the homes of good children as they lie asleep leaving toys and other gifts by their bedside.

Sweet Squash

(South American Recipe)

2 large butternut or acorn squash

1 ¼ cups water

3 ½ cups dark brown sugar

2 cups whipped cream

Cut each squash in half. Clean seeds out of center of squash. Put squash in a large skillet. Pour water into skillet. Sprinkle brown sugar over squash. Put skillet on stove over medium-high heat. Bring to boil. Cover skillet. Reduce heat to simmer. Simmer over lowest heat for an hour. Pour liquid over squash every 10 minutes. When squash is soft, remove skillet from heat. Let cool. To serve, put squash on a plate, spoon liquid over squash, and top with whipped cream.

SWEDEN — Christmas is the most festive and interesting of all Swedish holidays. It begins on Dec. 13 with Saint Lucia Day and ends on Jan. 13, Knut's Day. The Swedish Christmas is a warm and wonderful occasion. It is a time when a family gathers together from distant places for an extended holiday usually ending Jan. 13, Knut's Day. On this day, there are many children's parties, the tree is plundered, and Christmas is "swept out" of the home for another year.

Spritz

2 ¼ cups flour

1 cup confectioners sugar

¼ teaspoon baking powder

½ teaspoon salt

1 cup butter, softened

3 egg yolks

1 teaspoon vanilla flavoring

½ teaspoon almond flavoring

Mix flour, confectioners sugar, baking powder and salt in a large bowl. Mix butter, egg yolks, and flavorings in a bowl. Add butter mixture to flour mixture. Blend. Put dough into a cookie press. Press cookies onto an ungreased baking sheet. Bake eight to 10 minutes or until slightly brown.

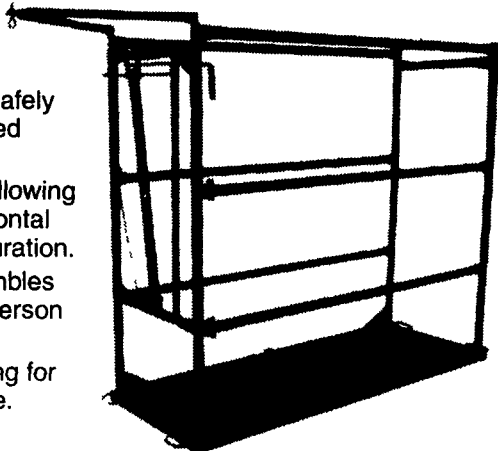
Zimmerman
INC.

Grooming Chute

Finished with a zinc rich undercoat
& TGIC polyester powder topcoat

Advantages:

- 2 coat finish for added durability.
- Keeps animal's head safely & comfortably in desired position.
- Shipped with 4 bars, allowing optional vertical, horizontal or combination configuration.
- Assembles & disassembles quickly & easily for 1 person handling.
- Expanded metal flooring for superior slip resistance.



Two
Coat
Process

Added Value With Our 2 Coat Process!

- 1 Five step metal preparation, including iron phosphate conversion coating, to enhance adhesion & prevent undercoat corrosion
- 2 Zinc rich epoxy powder undercoat
- 3 TGIC polyester powder top coat, baked at 400° to fuse coats forming a cross link molecular bond

Call or Write For Additional Information
& the Name of Your Nearest Dealer

Paul B. Zimmerman, Inc.

295 Woodcorner Rd. • Lititz, PA 17543 • 1 mile West of Ephrata
717/738-7365

Hours: Mon. thru Fri.: 7-5; Sat. 7-11

SANDBLASTING SAND

BAG OR BULK
PICKUP OR DELIVERY

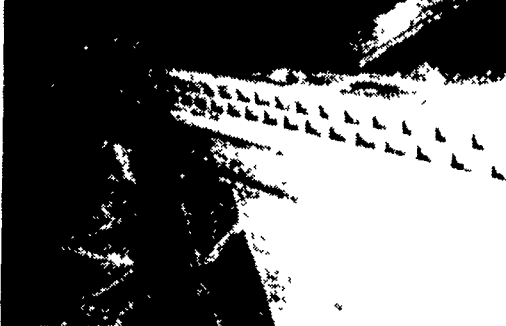
CALL FOR PRICES
MIKE DAVIDSON SAND & GRAVEL
(410) 758-2618

Gutters Clogged and Overflowing?

Not Looking Forward To Cleaning Them Out?

Have Gutter ProTech™ Installed. Rain
Gets In, Leaves and Debris Stay Out

- Affordable
- Attractive
- Dependable
- 32 Colors



**[SENENIG'S
SPOUTING]**

Call today for a Free Estimate

265 E. Meadow Valley Rd., Lititz, PA 17543

717-733-7160 • 717-627-6886

1-800-247-2107

Financing Available



CLOSED SUNDAYS, NEW YEAR,
EASTER MONDAY, ASCENSION DAY,
WHIT MONDAY, OCT. 11, THANKSGIVING,
CHRISTMAS & DECEMBER 26TH

FISHER'S FURNITURE, INC.

NEW AND USED FURNITURE
USED COAL & WOOD HEATERS
COUNTRY FURNITURE & ANTIQUES

BUS. HRS. BOX 57
MON.-THURS. 8-5 1129 GEORGETOWN RD.
FRI. 8-8, SAT. 8-12 BART, PA 17503

Escape to Sunny Florida!

Transportation from
**Pennsylvania
To
Florida**

WINTER 2001 FLORIDA LINE RUN

Coach departs Lancaster, PA for Sarasota, FL*
every Monday, January 1 - March 26

Coach departs Sarasota, FL* for Lancaster, PA
every Wednesday, January 3 - March 28

* Additional drop-off and pickup locations available in Florida

800-722-6206 717-733-7710

Elite Coach 1685 West Main St.
Ephrata, PA
www.elitecoach.com