



Grapes and other fresh fruit offers a healthy alternative to the sweet-laden holiday goodies. Fruit also provides simple but spectacular table decor.



Alletta Schadler, former Lebanon County Extension home economist, offers a smorgasbord of buffet ideas.

about 5 dozen.

Source: Southern Living Spring 2002

CRAB IMPERIAL APPETIZER SPREAD

- 1 tablespoon butter
- 1 (2 ounce) jar diced pimento, drained
- 2 small ribs celery, chopped
- 1/2 small green pepper, chopped
- 1 tablespoon chopped fresh parsley
- 2 teaspoon Old Bay Seasoning
- 1/2 teaspoon prepared mustard
- 1/8 teaspoon red pepper
- 1/8 teaspoon hot sauce
- 3 tablespoons mayonnaise
- 1 large egg
- 1 pound fresh lump crabmeat, drained
- 1/2 teaspoon Worcestershire sauce

Melt butter in large skillet over medium-high heat. Add pimento, celery, and bell pepper; saute 3 1/2 minutes or until tender. Remove from heat; stir in parsley and next four ingredients.

Stir together mayonnaise and egg in a bowl until blended; stir in pimento mixture. Fold in crabmeat. Spoon into lightly greased 1-quart baking dish.

Bake at 375 for 15 minutes. Serve with assorted quality crackers. Serves about 10.

BLUE CHEESE AND BACON PUFFS

- 1 1/2 cups water
 - 1/2 cup butter
 - 1 1/2 cups all-purpose flour
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1/8 teaspoon ground red pepper
 - 6 large eggs
 - 8 ounces crumbled blue cheese
 - 8 bacon slices, cooked and crumbled
 - 4 green onions, finely chopped
- Bring water and butter to a boil in a heavy saucepan over medium heat. Add flour and next three ingredients; cook, beating

with a wooden spoon, until mixture leaves sides of a pan and forms a smooth ball of dough. Remove from the heat, and cook five minutes.

Add eggs, one at a time, beating well with spoon after each addition. Beat in cheese, bacon and chopped green onion.

Drop dough by rounded teaspoons two inches apart onto lightly greased baking sheets.

Bake at 400 degrees for 20 to 25 minutes or until golden. (Puffs will be moist in center.) Serve puffs warm or at room temperature.

Note: Puffs may be frozen up to three months. Thaw in refrigerator or overnight, and reheat at 350 degrees for five minutes or until thoroughly heated. Serve

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Add a bit of pizzazz when serving dessert. Pastry and Culinary Arts students at Lebanon County Career and Technology Center are taught to always serve food on white plates, which serves as an artist's canvas. In this photo, a child's spoon and fork were placed in position. A mixture of cocoa and sugar was sifted on top to leave the imprint when the spoon and fork were removed and served.

S T W H P

LOU ANN GOOD
Food And Family Features Editor

LEBANON (Lebanon Co.) — The tradition Christmas dinner seems to be the preferred by most Lancaster Farming readers. But they want recipes for buffet dinners and luncheons. They want great-tasting recipes that look "holidayish" but don't require hours in the kitchen.

One of the best sources for these recipes is Alletta Schadler, who is well known as Lebanon County Extension's home economist. Although officially retired, Letie — as she is most often called — returned for the extension's annual holiday program where she presented lavish recipes guaranteed to "wow" your guests and your taste buds.

Admire these photos of some of the dishes she prepared for the audience. Examine the recipes and decide which ones to serve to your guests. You won't be disappointed.

CAJUN GRILLED TENDERLOIN WITH MUSTARD-HORSERADISH CREAM

- 1 (3 1/2 pound) beef tenderloin
- 1/4 cup hot sauce
- 1/4 cup teriyaki sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoons Creole/Cajun seasoning

Vegetable cooking spray
Place the tenderloin in a large heavy-duty zip-top plastic bag. Combine hot sauce, teriyaki, Worcestershire and seasoning. Pour over tenderloin and seal bag. Marinate in refrigerator for 1 1/2 hours, turning occasionally.

Remove tenderloin from bag and discard marinade.

Prepare hot fire in grill on one side only, leaving other side empty. Spray rack with vegetable

spray. Place tenderloin on rack over unlit side. Cover grill and grill for 30 to 40 minutes or until meat thermometer inserted into thickest part of tenderloin registers 145 degrees for rare or 160 degrees for medium. Let stand at least 10 minutes before slicing thin. The tenderloin could also "rest" under a tent of foil on a platter for up to an hour before slicing and serving. This could also be served as an entree.

Serve on small cocktail buns with Mustard-Horseradish Cream. 24 appetizer servings.

MUSTARD-HORSERADISH CREAM

- 1/2 cup prepared horseradish
- 1 cup whipping cream
- 1/2 cup Dijon mustard
- 1 tablespoon lemon juice

Place horseradish in fine wire mesh strainer and press with back of spoon against strainer to squeeze out juice. Discard juice. Set horseradish aside.

Beat whipping cream at high speed with an electric mixer until soft peaks form. Fold in horseradish, mustard, and lemon juice. Cover and chill thoroughly.

Source: The Artful Table Dallas Museum of Art League Dallas, Texas

LAYERED MEDITERRANEAN DIP

- 2 (15.5 ounce) cans black beans, washed, drained and mashed
- 1/2 cup chopped plum tomatoes
- 1/2 cup chopped cucumber
- 1/2 cup sliced ripe olives
- 1/4 cup chopped green onions
- 1 tablespoon olive oil
- 1 teaspoon Greek seasoning (McCormick blend) or mixture of onion, garlic, salt, pepper, oregano
- 1 (4-ounce) package tomato-basil feta cheese, crumbled

Spread black beans in a shallow 9-inch dish.

Combine tomato, cucumber, olives, onions, oil and seasoning. Toss gently.

Sprinkle over beans; top with crumbled feta cheese. Cover; chill thoroughly. Serve with pita chips.

Source: Southern Living Ultimate Book of Appetizers, Oxmoor House, Inc. 2001

HONEY-MUSTARD PORK TENDERLOIN WITH MINIATURE BUTTERMILK BISCUITS

- 1/4 cup honey
 - 6 tablespoons light brown sugar
 - 6 tablespoons cider vinegar
 - 3 tablespoons Dijon mustard
 - 1 1/2 teaspoon paprika
 - 4 (1/4 to 1 pound) pork tenderloins
 - 1 teaspoon salt
 - 1 teaspoon pepper
 - Miniature Buttermilk Biscuits
- Stir together first five ingredients until well blended.

Place pork in a greased 15x10-inch jellyroll pan; sprinkle evenly with salt and pepper. Pour honey mixture over the pork evenly.

Bake at 375 degrees for 20 to 30 minutes or until a meat thermometer inserted into the thickest portion of pork reads 160 degrees, basting occasionally. Remove the pork to a wire rack, and let stand 10 minutes before slicing.

Pour drippings into 1 3-quart saucepan and cook, stirring often, over medium high heat until slightly reduced and thickened for sauce. Serve pork sliced with split Miniature Buttermilk Biscuits and reduced sauce. Makes about 20 appetizer servings.

MINIATURE BUTTERMILK BISCUITS

- 1 cup butter or margarine (do not use reduced fat type)
- 4 cups self-rising flour
- 1 1/2 cups buttermilk
- 1/4 cup melted butter or margarine

Cut butter into flour with a pastry blender or fork until crumbly; add buttermilk, stirring until dry ingredients are moistened.

Turn dough out onto a lightly floured surface; knead 3 to 5 times.

Pat a roll dough to 1/2-inch thickness, cut with a 2-inch round cutter. Place dough on lightly greased baking sheet. Re-roll excess dough and proceed as directed.

Bake at 425 degrees for 10 to 13 minutes or until golden. Brush with 1/4 cup melted butter. Makes



Presentation adds to holiday flair.