

Cookbook

French use lean horsemeat over fattier beef

BY JOAN KINGSBURY

Can a girl raised near Paris, with all the city's public transportation, fine pastry shops and hustle and bustle, adjust to country living? Sandrine Chane, an American Field Exchange Student, living with the Charles Youren family in Loyalville is having fun trying.

Sandrine, who lives in Livry Gargan, just outside Paris, is a senior at Lake-Lehman High School. She has graduated from high school in France, where a child starts school at three years of age. Following her year in the United States, Sandrine will enter the Sorbonne to study literature.

Sandrine's family consists of her father, Robert, newspaper circulation supervisor, her mother, Monique, and her three year old sister, Laurance. Her American family includes Joyce Youren, Westmoreland Elementary teacher, Charles, who is retired and Lori, a freshman at Lake-Lehman High School and a band member.

Going to school in the United States is very different from going to school in France. American schools offer electives, which Sandrine loves, especially band and the artistic courses. School life is more strict here. Students are confined to the school campus while in France they can

go home, to a restaurant or do some shopping on their lunch hour. Passes are not issued to students when they leave their classrooms. Students do not ride the school bus but use public transportation to travel to school. French students must study two foreign languages. Sandrine speaks English and German, in addition to French.

Sandrine also noted that French students get more days off from school for public holidays. In addition to Christmas and Easter when they get a two-week vacation, there is a two-week vacation in February and, in the fall, at harvest time, for the Feast of All Saints, Armistice Day, Bastille Day and July 14 are important holidays. July 14 is a national feast like our July 4.

Sandrine enjoys traveling and has vacationed in Spain, Greece, Tunisia, Italy and the Isle of Jersey, off England. While in the United States, Sandrine has visited Philadelphia, Hershey Park and New York City. She "loved New York City because it looked like home".

Sandrine finds American food to be more fattening and heavier than French food. In France it seems that more fresh foods are used than here where canned or frozen foods are popular. Sandrine misses

the fine French pastry shops where many varieties of pastry can be found.

In France, horse meat is widely used and people do not eat as much beef as we do. Horse meat is ground and eaten either raw or cooked or made into steaks. Horses are raised for meat purposes. If you order steak and fries or Steak Tartar in a restaurant, horse meat is what you would be served. Horse meat has a lighter taste than beef, it is not quite as fatty.

For Post readers Sandrine has agreed to share two recipes, her Grandmother's Tarte recipe and one for that French classic, Cheese Souffle.

GRANDMOTHER'S TARTE
250 grams (about 1 c.) flour
125 grams (½ c.) butter or margarine
pinch salt
1 t. yeast
glass of hot water

Place all ingredients in a plastic container, place lid on container. Shake ingredients until they form a dough ball. Remove dough from container, work slightly to form dough, but don't handle too much or it will be tough. Roll dough, place in a greased pie plate.

APPLE PIE FILLING
fresh apples
applesauce
Pour applesauce into the bottom of the unbaked



Lori Youren and Sandrine Chane

crust. Quarter the apples then slice each into four pieces. Lay the apple slices one on top of the other to form a spiral. Bake for 20 minutes in a 350 degree oven or until apples are soft.

If other fruit is used and it is juice, sprinkle tapioca over the fruit before baking. If a sour fruit is used, sprinkle sugar over the apple slices.

CHEESE SOUFFLE
1 T. soft butter
1 T. grated imported Swiss cheese
3 T. butter

3 T. flour
1 c. hot milk
½ t. salt
pinch of white pepper
4 egg yolks
6 egg whites
1 c. imported Swiss cheese or ½ cup each Swiss cheese and freshly ground Parmesan cheese.

Preheat oven to 400 degrees. Grease the bottom and sides of a 2 quart French souffle dish or Charlotte mold with 1 tablespoon soft butter, then sprinkle in 1 tablespoon grated imported Swiss cheese, tipping the dish to spread the cheese

evenly on the bottom and all sides. Set dish aside.

In a 2-3 quart saucepan, melt 3 tablespoons butter over moderate heat. When foam subsides, stir in 3 tablespoons flour with a wooden spoon and cook over low heat stirring constantly 1-2 minutes. Do not let the butter and flour mixture brown. Remove the saucepan from the heat and pour in the hot milk beating vigorously with a whisk until the butter and flour and liquid are blended. Add the salt and pepper and return to low heat and cook, whisking constantly until sauce comes to a boil and is smooth and thick. Let it simmer a moment, then remove the pan from the heat and beat in the egg yolks one at a time.

whisking until each one is thoroughly blended before adding the next. Set the sauce aside.

With a large balloon whisk, beat the egg whites until they are so stiff that they form small points which stand straight up without wavering. A rotary beater or electric mixer may be used. Stir a big spoonful of beaten egg white into the sauce to lighten it then stir in all but 1 tablespoon of the remaining grated cheese. With a spatula lightly fold in the rest of the egg whites, using an over, under cutting motion rather than stirring motion.

Gentle pour souffle mixture into prepared dish; the dish should be about ¾ full. Lightly smooth the surface with a rubber spatula and sprinkle remaining tablespoon of cheese on top. For a decorative effect make a cap on the souffle with a spatula by cutting a trench about 1 inch deep and 1 inch from the rim all around the dish. Place the souffle on the middle shelf of the oven and immediately turn the heat to 375 degrees. Bake for 25-30 minutes or until the souffle puffs up about 2 inches above the rim of the dish top and is lightly brown. Serve at once.

DOCTOR OPENS PRACTICE OF GENERAL AND INTERNAL MEDICINE



Dr. Anthony Dominic Bruno, M.D.

Anthony Dominic Bruno, M.D. announces the opening of his office for the practice of General and Internal Medicine at the Insalaco Office Building, 490 North Main Street, Pittston.

Dr. Bruno is the son of Dr. and Mrs. Joseph N. Bruno, Sr. of West Pittston, and is a graduate of Pittston Central Catholic High School (now Seton Catholic). He attended the University of Scranton, Kings College and the Catholic University of America from where he received a Bachelor of Civil Engineering Degree and his Pre-Medical Studies.

He graduated from the Universidad Autonoma de Guadalajara in Mexico with a Degree in Medicine and Surgery and did post graduate training at the Crozer-Chester Medical Center, Chester, Pennsylvania with special rotation through the Burn Unit, and Easton Hospital, Easton, Pennsylvania. He completed his residency in Internal Medicine at the Veterans Administration Medical Center, Wilkes-Barre, Community Medical Center, Scranton and Hahnemann Medical College, Philadelphia. He has been a full time Emergency Room Physician.

Dr. Bruno is married to the former Pauline Aquilina of West Pittston. They have four children: Jennifer, Tony, Michael, students of St. Mary's Assumption School, Pittston, and Jason, at home. The Brunos reside in greater Pittston.

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What do you do with a groundhog?

Groundhog Day is celebrated every Feb. 2 in the United States. Punxsutawney, Pa. is the home of the famous

groundhog which thousands of people depend upon to predict the weather for the next six weeks. Punxsutawney Phil, as he is affectionately known,

comes out of hibernation on the designated day. As custom has it, if he sees his shadow, he scampers back to his hole for six

more weeks of secure sleep, while the poor humans are left with six more weeks of winter. With all the publicity Phil has received, he is destined to see his shadow

be, if from the glow of the sun or the glare of the camera lights.

If all this talk of six more weeks of bad weather leaves you rather bitter at poor Phil, there is another use for this groundhog. You can warm your tummy with a nice stew while the cold weather is still here,

courtesy of Punxsutawney Phil, of course! 1 woodchuck (better known as groundhog)

3 T. butter
1½ tsp. salt
½ tsp. pepper
2 T. flour
¼ c. beef broth
1 bottle red wine
2 c. chopped potatoes
1 onion chopped

1 clove garlic minced
½ lb. sliced mushrooms
Clean and skin woodchuck. Brown in melted butter. Add salt, pepper, and flour; stir until brown. Add broth, potatoes, onions, garlic, and mushrooms. Let simmer 1½ hours.

Go for the bottle of wine; you'll need that to wash down the stew.

Red Cross schedules first aid classes

Wyoming Valley Chapter, American Red Cross, has scheduled several first aid classes in the near future. Standard First Aid is a 21-hour course and Advanced First Aid runs 48 hours.

The advanced course is designed for those responsible for giving emergency care to victims.

Standard First Aid classes are scheduled for Thursdays, 6-9 p.m., Feb.

10-March 24, Chapter House, 156 S. Franklin St.; Saturdays, 10 a.m.-1 p.m., Feb. 5-March 19.

West Wyoming Hose Company No. 1; Wednesdays, 7-10 p.m., West Pittston Hose Co. No. 1.

Advanced First Aid will be offered Tuesday and Thursday, 7-10 p.m., Feb. 21-April 11.

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