

Cookbook

Brunch is quickly becoming the 'thing to do'

By JOAN KINGSBURY
Staff Correspondent

Brunch has become a popular form of entertaining. Whether casual or strictly formal, it offers a delightful change of pace, particularly nice for weekends, when everyone's schedule is less hectic. Brunches usually begin around 11 o'clock, although some may start earlier an hour earlier or later.

When preparing a brunch, be sure to keep the number of guests and the menu manageable. Many foods served at brunch can be prepared ahead of time. Purchased bagels, coffee cake, croissants, special cheese or sausage can add just the right touch and won't cost the hostess lots of time to prepare them.

Serving appetizers and beverages is a nice way to begin the brunch. This gives guests time to relax and enjoy not only the food but the conversation, too. For the beverage any type of fruit punch, juice, even Bloody Marys are fine. Chinese Tea Eggs make an unusual appetizer. These eggs are hard boiled, then flavored in a marinade of tea, salt and soy sauce.

An attractive fruit bowl always adds a nice touch. During the summer, a hollowed out melon filled with assorted melon balls, strawberries, and blueberries is a seasonal favorite.

For the main course, Sausage Mushroom Strudel is something special. Sausage, fresh mushrooms and green onions are combined with cream cheese then used to fill phyllo pastry. Although using phyllo pastry can be a little tricky, Sausage-Mushroom Strudel will prove to be a favorite.

Broiled Tomatoes filled with bread crumbs, Parmesan cheese, minced chives and parsley are the perfect side dish for just about any main course. Broiled tomatoes are eco-

nomical to make during the summer. Be sure not to overcook them, because they will continue to cook after they are removed from the oven. Overcooking causes the tomatoes to lose their shape and color.

For many people, a meal just isn't a meal without dessert. Brown Sugar Sticky Buns do take time to prepare, so make them ahead of time, then reheat if desired, before serving with coffee. This recipe makes a large batch and freezes very well.

Holding a brunch for family or friends can be fun if you enjoy cooking, but even the most earnest cook can be turned off by a sweltering hot day. If brunch appeals to you but the preparation doesn't, Coscia's Restaurant and The Publick House both hold weekly Sunday Brunches that feature a variety of delicious foods, and all you have to do is enjoy it.

CHINESE TEA EGGS

12 eggs
6 tea bags
4 c. water
1/2 c. salt
1/2 c. soy sauce
1/2 c. mayonnaise

Place eggs in a large saucepan, cover with water and bring to a boil over high heat. Cover pan and remove from heat. Let eggs stand 15 minutes, then run under cold water to stop cooking. Gently tap each egg with a spoon to crack entire surface of shell. Do not remove shells. Prepare marinade by placing tea bags, 4 cups water, salt and soy sauce in a saucepan. Bring to a boil. Pour over eggs. Cover and refrigerate for 24 to 48 hours. To serve, discard marinade and shell eggs. Cut in half lengthwise and garnish with a dollop of mayonnaise. Makes 24.

SAUSAGE-MUSHROOM STRUDEL
1 lb. bulk sausage
6 T. butter
2 T. oil
1 lb. fresh mushrooms,

finely chopped
1/2 c. minced green onions
1 t. salt
1 t. pepper
1/8 oz. pkg. cream cheese
12 sheets phyllo pastry
1 c. melted butter
1 c. fine dry bread crumbs

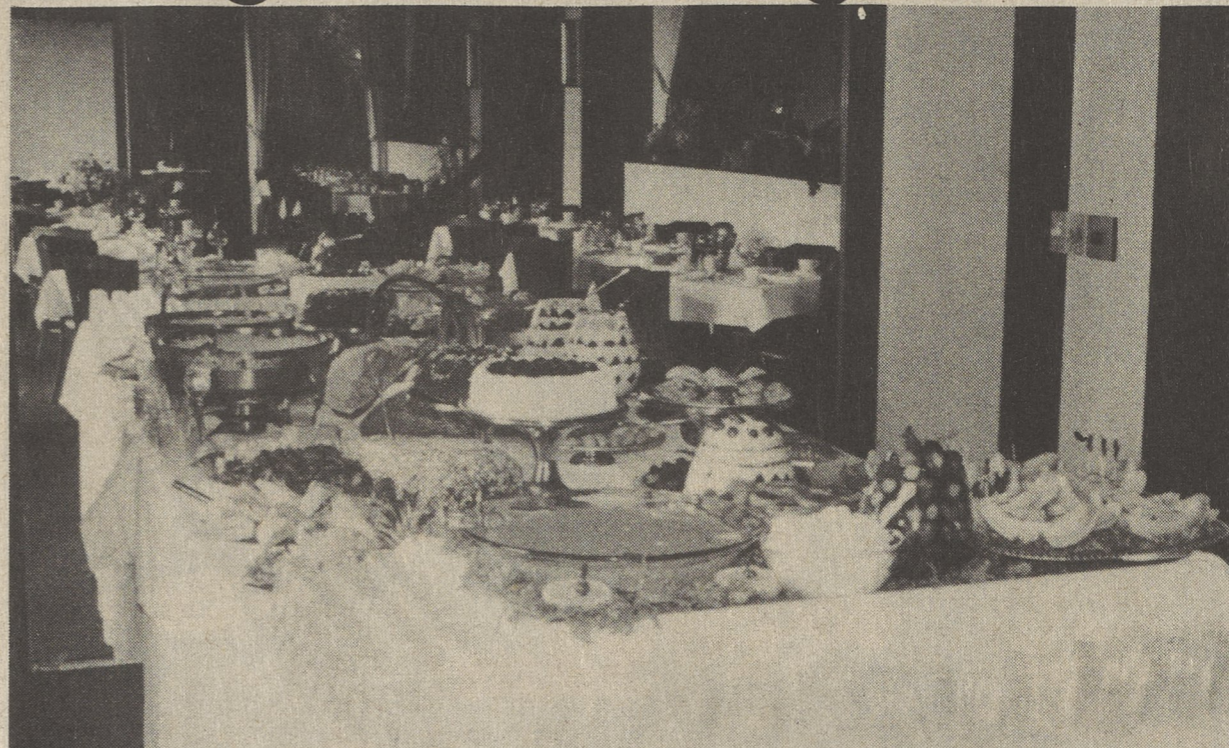
Saute sausage in a heavy skillet over medium heat until no pink remains. Drain thoroughly and set aside. In another skillet, melt butter with oil over medium heat. Add mushrooms and green onions and cook, stirring until liquid has evaporated. Stir in salt and pepper. Add cooked sausage and cream cheese, blending thoroughly. Lightly dampen a tea towel. Lay a sheet of phyllo on the towel. Brush with melted butter and sprinkle lightly with bread crumbs. Repeat four times, ending with sixth sheet of phyllo. Place half of the filling on the narrow edge of phyllo, leaving a two-inch border on each side. Fold in sides and roll up pastry. Place roll on a buttered baking sheet. Brush with additional melted butter. Repeat procedure using remaining phyllo and sausage filling. Bake at 400 degrees for 20 minutes or until golden. Serves 6 to 8.

BROILED TOMATOES
6 Fresh tomatoes, unpeeled
1/2 c. fine dry bread crumbs
1/4 c. grated Parmesan cheese
1 T. minced chives or green onions
1/4 c. minced parsley
1/4 c. melted butter
1/2 t. salt
1/2 t. pepper

Cut tomatoes in half crosswise or horizontally. Hold tomatoes upside down and press gently to remove seeds. Discard seeds. Place tomato halves in a lightly buttered baking dish. In a mixing bowl, combine remaining ingredients. Mix well. Divide mixture evenly on top of the prepared tomatoes. Broil 5 to 6 minutes or until piping hot and lightly browned. Serves 6 to 12.

BROWN SUGAR STICKY BUNS
DOUGH:
1 pkg. dry yeast
1 c. milk, scalded (about 110 degrees)
1/2 c. sugar
1 t. salt
2 eggs
1/2 c. melted shortening
4 1/2 c. all-purpose flour
FILLING:
1/3 c. butter, softened
1 c. firmly packed brown sugar
2 T. cinnamon
1/4 c. finely chopped pecans, optional
TOPPING:
1 c. butter
1 1/3 c. firmly packed brown sugar
4 t. lt. corn syrup

Place yeast in mixing bowl or food processor. Add milk and sugar. Process or beat until combined. Add salt, eggs, shortening and half of the flour. Process or beat until smooth dough forms. Add remaining flour and combine. It may be necessary to knead in remaining flour by hand. Place dough in a buttered bowl, turning to coat the surface. Cover and let rise in warm place until double, about 1 to 2 hours. Meanwhile, prepare topping. Melt butter in a small saucepan. Add brown sugar and corn syrup. Mix well. Bring to a rolling boil and take off heat immediately. Do not overcook. Pour topping into two 9 x 13 inch pans. Prepare buns. Punch dough down. Divide in half. Roll each piece out into a 9 x 18 inch rectangle. Spread with half of the butter for filling. Cut each roll into eighteen 1-inch slices. Place rolls in prepared buns. Cover and let rise in a warm place until doubled, about 1 hour. Bake at 375 degrees for 20-30 minutes or until golden. Remove from oven and turn immediately onto sheet of foil. Let cool a bit before serving or cool completely before wrapping for freezing. May be frozen for up to two months. Makes 3 dozen.



Brunch table

The brunch table at The Magee Publick House at Dallas provides a delightful variety of foods for Sunday eating.



Delicacies displayed

The Magee Publick House at Dallas provides a delightful brunch on Sundays. Above, Steve Kreisler, left, kitchen manager, and Bruce Thomas, food manager, display some of the delicacies featured on the Magee brunch table.

Making your house look even bigger

If your house looks too small and overcrowded, there are little things you can do. You don't need to renovate; redecorating or changing the furniture in your house may be just the ticket, says Josephine Kotch, Extension Home Economist for Luzerne County.

Plan your decor for the entire house instead of just one room. Carrying the same color on wall and floors from room to room will create a feeling of openness and spaciousness rather than a cluttered patchwork.

Place large furniture against walls to leave more space in the middle of the room. You can also expand a room by using a mirror to make it seem twice as large.

Modify a bedroom to be an extra family room, study or TV room during the day.

Now is the time to sample Pennsylvania agriculture

Summer is the best time to sample the true bounty of Pennsylvania agriculture, as mid July through August brings the freshest, most flavorful locally grown fruits and vegetables to market.

Pennsylvania is the acknowledged leader in direct farmer to consumer marketing, a fact that is evident during the peak harvest season. According to State Agriculture Secretary Penrose Hallowell, "Pennsylvania's nearly 2,000 direct farm markets take on many faces; from the large open air markets in our towns and cities, to roadside operations to even simple tables on farmers' front lawns.

"But no matter which market you choose, pur-

chasing fresh produce from a direct farm market will assure you of freshness and superior flavor at a very reasonable price," he said.

"That's why direct farm markets have become an important part of many Pennsylvania consumers' normal shopping routine. Farmers across the state have also found direct marketing a plus, in providing a reliable outlet for their products."

Farm markets have a unique advantage: their produce is picked the day, sometimes within the hour, that it is sold. Fruits and vegetables picked ripe enjoy a flavor that those picked when still ripening cannot match.

In addition, farm markets eliminate many costs which might otherwise be passed on to the consumer. The farmer finds it profitable, while consumers pay a reasonable price.

"Farmers receive less than 25 cents on each food dollar normally spent on fruits and vegetables. Through direct marketing, the farmer reaps the direct benefit of his work. Through careful shopping, consumers can save even more at direct markets. Prices can vary from one state to the next, even in

the same large farmers' market," he said.

For those who enjoy the outdoors, want exercise and maybe even an education, while getting the freshest product possible, Pick Your Own operations are the answer. Approximately 600 of these operations, from Chester County to Erie County, offer a wide variety of fruits and vegetables. Pick Your Own operations may offer apples, cherries, peaches, berries, beans and peas, tomatoes and peppers, for example.

Hallowell said consumers should "check with the growers and markets in your area, for exact dates and hours of operation, and for harvest periods.

Pick Your Own farms, roadside markets and farmers' markets can all be pleasant relaxed places of business, but trips to these markets call for courtesy and consideration, especially at Pick Your Owns. If you don't know how to pick an item, just ask someone who works at the farm. And always be sure you know which areas are open for Pick Your Own. Otherwise, you may pick the farmer's neighbor's crops or damage immature produce. Bring your own container if the farmer requests it, and park your

car in any designated area.

Just about any product grown or produced on Pennsylvania's farms can be found at direct farmer-to-consumer markets. Beef, poultry, eggs, milk, cheese and other dairy products can all be purchased from producers at considerable savings.

"Favor your neighbor and buy Pennsylvania foods from our many direct marketers," Hallowell suggested. "A taste of fresh Pennsylvania farm produce will show you why we say 'Pennsylvania Agriculture - We're Growing Better!'"

Roadside markets in Luzerne County are:

Diamond's Farm Market, RD 3, Box 240, Dallas; vegetables, strawberries, tomatoes, sweet corn, apples.

Heller Orchards, Wapwallopen; apples, sweet corn, honey, pumpkins, cider, pears, plums.

Kirschner's Farm, Box 58A, RD 3, Drums; vegetables, gourds, pumpkins, Indian corn.

Nelson Y. Lewis, RD 1, Pittston; apples, pears, plums, concord grapes, cider.

Arthur G. Ryman and Sons, RD 1, Nescopeck; potatoes, peppers, eggs, sweet corn, beans, tomatoes, fruit.

Refrigerate salads

You probably remember the advice your mother gave you: refrigerate salads made with mayonnaise. Josephine Kotch, Extension Home Economist for Luzerne County, says your mother was generally right.

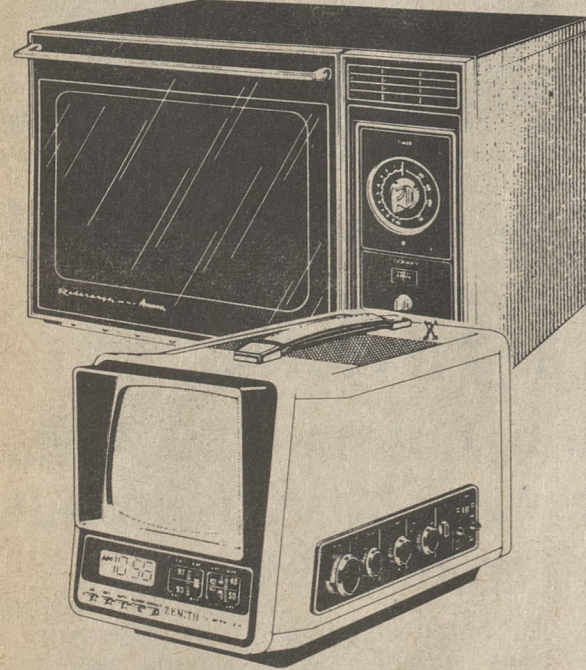
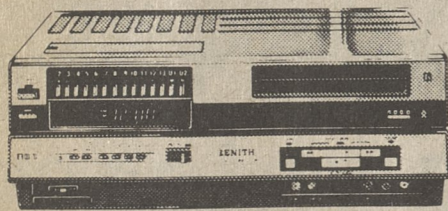
Although it is true that mayonnaise is acidic and can help preserve some foods, the amount you normally use on a salad is not enough to protect meat or vegetables from bacteria that can cause food poison-

ing. Since meat, egg and vegetable salads are especially susceptible to staphylococcus bacteria, they should be refrigerated and not left out in the room for longer than an hour or two.

Staphylococcus bacteria is often the cause of food poisoning and can cause stomach cramps, vomiting, nausea and diarrhea. Take caution to avoid this unpleasant aftermath of your salad.

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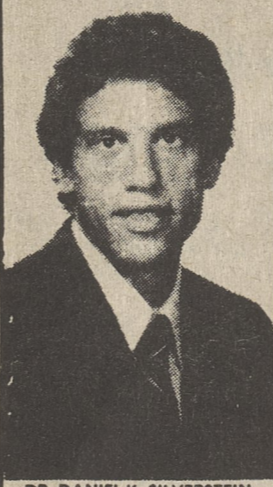
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DR. DANIEL K. SILVERSTEIN

Associated Internists of Wyoming Valley are pleased to announce that Dr. Daniel K. Silverstein has joined them this month. Dr. Silverstein formerly of New Jersey completed his medical training at the New Jersey College of Medicine, and has recently completed a Fellowship in Cardiology at the University of California San Francisco. San Francisco Veterans Administration Medical Center with a subspecialty in Cardiac Catheterization. Dr. Silverstein is Certified by the American Board of Internal Medicine.

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