

Cookbook

Here's some tips to keep canned food from freezing

Severe cold weather and energy cutbacks resulting in temperatures reaching 32 degrees or lower where canned foods are stored may cause commercial canned foods to freeze.

"Check supplies of canned food frequently if stored in areas where the possibility of freezing exists" says Josephine Kotch, Extension Home Economist for Luzerne County. Frozen canned foods do not always have to be discarded if these safety rules are followed.

1. If the quantity of commercially canned foods is small - a few cans or jars - keep the food frozen in a freezer or outside. Plan to consume the foods within a week or two. If jellies and pickle products are frozen, they may be kept in the refrigerator and used for a longer period of time.

2. If a moderate amount of canned foods have been frozen, do not let the containers warm up. Transfer to a freezer and use within two or three months for maximum quality.

3. If a large quantity of canned foods have been frozen and it is impossible to keep cans frozen in a freezer, try to keep foods frozen (zero degrees F or lower) (-18 degrees C) in an outside storage area. The moment thawing is suspected, transfer foods to a storage area having a temperature from 40 to 50 degrees F (5 to 10 degrees C). Do not use transferred

foods for one week.

Following the week's waiting period, check containers for signs of spoilage resulting from the initial freezing. Check for seals and spoilage; breaks in seals of glass jar lid or along seams of can; bulging cans; and streaks or particles of food on exterior of container.

If spoilage signs are evident, discard food. Although this type of spoilage is aerobic or harmless (formed in the presence of air eliminating chances of Clostridium botulinum) the foods would be unacceptable for eating.

Or, as soon as foods thaw, you can open containers and refreeze the contents in appropriate freezer containers; share food with friends and neighbors; or re-can the foods with home canning equipment and procedures.

CAUTION: Only those foods at home for which directions are provided in reliable home canning references. Follow the same heat sterilization times indicated for fresh foods.

Do not re-can commercially canned soups as they are typically low-acid and contain thickeners; such products require longer heat sterilization times that are given in heat processing times contained in home canning references.



Dallas Post/Joan Kingsbury

Lots of spices

Becky Musto points out the many bulk herbs and spices available at Dymond's Farm Market, Dallas. Bay leaves, celery seed, oregano, thyme and whole herb seasonings are just a few of those available.

Herbs and spices add interest to lots of meals

By JOAN KINGSBURY
Staff Correspondent

Nothing adds interest to your meals like herbs and spices. A good cook knows that just using a touch of this and that can add a lot of flavor. But sometimes knowing what herb or spice to use with what food is a problem.

Everyone knows that cinnamon goes with apples, nutmeg makes eggnog taste better and definitely goes into gingerbread, but what do you do with herbs like Rosemary, marjoram, fennel and tarragon? Following is a simple herb chart to serve as your cooking guide.

Rosemary, the leaf of an evergreen shrub, has the appearance of a curved pine needle with an aromatic odor and slightly piny taste. It tastes good with poultry stuffing, veal and lamb roasts, potatoes, cauliflower, fish or duck.

Marjoram is a member of the mint family. It tastes good with fish chowders, vegetable soup, eggs, cheese dishes, stews, roast chicken, beef, lamb, pork and stuffings.

Fennel is a dried fruit or herb in the parsley family. It consists of tiny yellowish-brown seeds with licorice flavor. Fennel tastes good in soups, fish dishes, sauces, sweet pickles, bread and rolls and is available whole or ground.

Tarragon is the leaf and flower top of a plant. Tarragon, too, has a flavor resembling licorice. Tarragon is good used in fish sauces, egg and cheese dishes, green salads, vinegar, chicken, tomatoes and sauces. Tarragon is purchased in the ground form.

Basil, a member of the mint family with leaves 1 1/2 inches long has a milk aromatic odor; a warm, sweet flavor. This is delicious used in tomatoes, peas, tossed salads, cheese, duck and potatoes and is purchased ground.

Bay leaf, used in vegetable and fish soups, tomato sauces and juice and meat stews is a green leaf of the laurel tree which has a pungent flavor. This is sold as a whole leaf.

Chervil, a member of the parsley family, has feathery leaves and a mild, delicate flavor. Chervil tastes

good when used in eggs and cheese dishes, chicken, peas, spinach, green salads and in cream soups.

Oregano, well known as an ingredient in Italian dishes is a member of the mint family. Light green in color with a strong odor and pleasantly bitter taste, it is also good in pork and veal dishes.

Sage, used in stuffings, pork roasts and sausages, is from the shrub of the mint family. It has an aromatic odor and warm, slightly bitter taste.

Thyme, also a member of the mint family, has short brown leaves and a pungent flavor. Thyme flavors soups, clam chowders, stuffings, beef, oysters, bean and vegetable soups nicely.

Savory is a member of the mint family. It has a pungent flavor and is a good accompaniment to eggs, salads, chicken, soups and stuffings.

Now that we have discussed a little about herbs, here are some recipes to help you use them deliciously. Lamb Marinade promises to make your next lamb roast memorable. Macaroni Pizza Style is a quick supper. Wrapped Herb Chicken not only tastes good when warm but may also be refrigerated and served cold for lunches or picnics. Vindaloo Fruit Curry is a hot spicy curry that may also be served over cooked or thinly sliced raw vegetables, cooked chicken, beef, lamb or seafood.

LAMB MARINADE

- 1/4 c. vinegar
- 1/2 c. dry red wine
- 1/4 c. olive oil or salad oil
- Parsley and thyme as desired
- 2 bay leaves
- 1 clove garlic or 1 t. garlic powder
- 2 lg. slices onion
- Pinch nutmeg
- 1 T. sugar
- 1 t. salt

Marinate lamb roast covered and refrigerate for 24 hours before roasting as usual.

MACARONI PIZZA STYLE

- 1 lb. gr. beef
- 1/2 c. chopped onion
- 8 oz. pkg. small elbow macaroni
- 2-8 oz. cans tomato sauce with bits
- 1/4 c. water
- 1/2 t. garlic salt
- 1/2 t. basil
- 1/4 t. oregano
- 6 oz. pkg. mozzarella cheese

Brown meat with chopped onions; cook macaroni and drain. Mix all ingredients in casserole, pour in beef mixture and some cheese place remaining cheese on top. Bake for 20 minutes at 350 degrees.

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WRAPPED HERB CHICKEN

- 3 whole chicken breasts, skinned, boned and halved
 - 6 T. chopped chives, tarragon or chervil, or any fresh herb
 - 3/4 c. fresh lemon juice
 - 6 t. onion powder or to taste
 - 6 T. butter
 - 6 T. fresh chopped parsley
- Preheat oven to 375 degrees. Place each chicken piece on large sheet of foil. Top each with 1 tablespoon chopped herbs, 2 tablespoons lemon juice, 1 teaspoon onion powder, 1 tablespoon butter and 1 tablespoon parsley. Fold foil tightly around chicken with double folds on each edge. Bake 30 minutes.

VINDALOO FRUIT CURRY

- 1 med. onion, minced
 - 1 c. sliced mango
 - 1 med. banana, sliced
 - 1/2 c. pineapple chunks
 - 1/2 c. tomato juice
 - 1/4 c. white vinegar
 - 2 garlic cloves, minced
 - 3 T. corn oil
 - 1 T. honey
 - 1 T. coriander
 - 2 t. tumeric
 - 1 1/2 t. fresh lemon juice
 - 1 t. crushed dried chili peppers
 - 1 t. cumin
 - 1 t. ginger
 - 1 t. dry English mustard
 - 1 t. salt
 - 1/2 t. dried fennel
 - 1/2 t. freshly ground pepper
 - 2-3 c. fruit (melon, pears, apples, peaches) sliced and chilled
- Combine all ingredients except chilled fruit in medium saucepan. Place over medium heat and simmer covered 15 minutes. Let cook slightly. Arrange sauce over fruit. Serve immediately. Note: Vindaloo sauce may be refrigerated up to one week or frozen.

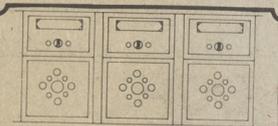
Bulletin offers helpful hints

"Making Food Dollars Count" is a new bulletin that offers many helpful hints and menus to help save your food dollars" says Mrs. Josephine Kotch, Extension Home Economist for Luzerne County.

The bulletin includes specific menus for a family of four - one adult and three children ages 3-14. It offers ways to plan leftovers and prepare meals for several days.

Write or call for your free bulletin, "Making Food Dollars Count", from Luzerne County Cooperative Extension Service, Courthouse Annex, 5 Water Street, Wilkes-Barre, PA 18711, phone 825-1701 or 459-0736 (Hazleton area).

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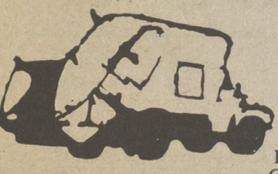
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Chicken is the mainstay of everyday meals in many households but smart hostesses also depend on chicken to highlight party menus.

The National Broiler Council notes that a few simple recipes for chicken hors d'oeuvres will help make entertaining relaxed and fun. The pleasure of sharing hospitality with friends should never be sacrificed because of a busy schedule or tight budget and chicken is both economical and easy to prepare. It is also one food almost everybody likes.

Chicken drumettes, chicken fingers and chicken nuggets, served with a variety of sauces for dipping, are affordable party pick-ups. Buy the drumettes pre-packaged or cut the wings into sections yourself. Cut chicken breasts into strips for fingers or into squares for nuggets. All three can be pan or oven fried after coating with seasoned flour or dipped in batter.

Chicken salad in bite-size tart shells is another good party food idea. Or, make kabobs with chunks

of chicken alternated on small skewers with green peppers and pineapple (or your own favorite combination of fruits or vegetables). Marinate or simply brush with seasoned butter and broil.

Don't overlook chicken livers when planning your party fare, either. Chicken livers are a good buy, available in eight ounce or 16 ounce containers, fresh or frozen. Chicken liver pate is an easy gourmet treat. So is creamy liver dip, served with fresh vegetables.

The high protein content of chicken makes it an especially good choice for appetizers when alcoholic beverages are served. Try this recipe for Chicken Liver Tartlets at your next party.

CHICKEN LIVER TARTLETS

- 1 pound chicken livers, cut in 40 pieces
- 1/2 cup flour
- 1 cup cooking oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cans (20) flaky biscuits
- 1/4 cup melted butter

1 cup sour cream
1/2 teaspoon garlic salt

In plastic bag, place flour. Add chicken liver pieces, a few at a time, shaking to coat well. In frypan, place oil and heat to medium-high shaking to coat well. In frypan, place oil and heat to medium-high temperature. Add chicken livers and cook, turning, about three minutes or until brown. Drain on paper towels and sprinkle with salt and pepper. Split each biscuit in half between flaky layers; shape into 40 tartlet shells. Brush each with melted butter. In small bowl, mix together sour cream and garlic salt. Spread 1/2 teaspoon sour cream mixture on each biscuit half; place piece of fried liver in center. Shape biscuit tart-like around sides of liver. Place on lightly greased baking sheet and bake in 400 degree F. oven for about seven minutes or until brown. Remove from oven and place dollop of remaining sour cream mixture on top of each tartlet. Serve hot. Makes 40 hors d'oeuvres.

School menus

Following are cafeteria menus for area schools for the following week:

GATE OF HEAVEN SCHOOL

Jan. 25 - Feb. 3

WEDNESDAY - Turkey bar-b-que, chips, tossed salad, fruit, milk.

THURSDAY - Meatloaf, mashed potatoes, gravy, corn, bread-butter, pudding pops, milk.

FRIDAY - Shrimp shapes, French fries, peas, bread-butter, cookies, milk.

MONDAY - Student Appreciation Day-Steak hoagies, chips, pickles, cole slaw, fruit, milk (or) make your own sundae.

TUESDAY - Porcupine balls (hamburg and rice balls), mashed potatoes, green beans, bread-butter, cake, milk.

WEDNESDAY - Hot dog on roll, baked beans, pretzels, fruit, tasty-cake, milk.

THURSDAY - Bar-b-que chicken, French fries, corn, bread-butter, Catholic Schools Week cake, jello, milk.

FRIDAY - 2 cuts pizza, tossed salad, cookies, milk.

WEST SIDE TECH

Jan. 30 - Feb. 3

MONDAY - Hot dog on bun, sauerkraut garnish, French fries, fresh fruit, cookies, milk.

TUESDAY - Fruit juice, hoagie w-lettuce-tomato, Italian dressing, chips, rice pudding w-raisons, milk.

WEDNESDAY - Tech chicken on seeded bun, buttered corn, cheese wedge, fruit, black bottom cupcake, milk.

THURSDAY - Beef-a-roni, grated cheese, salad-choice of dressing, pan roll-butter, jello- whip cream, milk.

FRIDAY - Pizza twins, creamy cole slaw, chilled fruit cup, short-bread cookies, milk.
DALLAS SCHOOLS
Jan. 30 - 31

MONDAY - Philadelphia steak-cheese hoagie or sauteed pierogies, mixed vegetables, chilled peaches, choice of milk-juice. Bonus: Potato chipsk

TUESDAY - Ground beef taco w-lettuce-cheese, or turkey deli sandwich w-cheese-lettuce, vegetable beef soup w-noodles, fresh banana, choice of milk-juice.

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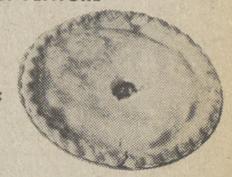
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