

# Cookbook

## The fine points of baking: Making pastry

By **JOAN KINGSBURY**  
Staff Correspondent

Making pastry at home is one of the finer points of baking. Light eclairs filled with rich custard filling, glazed with a rich chocolate topping just seem to taste better when they are homemade. Danish pastry a favorite breakfast treat for many, are really easy to prepare in your own kitchen.

Both eclairs and cream puffs are created from the same recipe. These pastries are just shaped differently. To make cream puffs, prepare the basic eclair dough, then drop the dough by rounded tablespoons onto a greased baking sheet. Bake at 400 for about 30 minutes until three cream puffs are golden brown and puffy. Split them, cool on a rack. Fill with Custard Filling. Instead of topping with chocolate glaze, sprinkle cream puffs with powdered sugar.

Danish Pastry, that delicious morning pastry, will come out successfully if you keep the dough chilled until shaped and make sure to make the rolls flat.

The recipe for Danish Pastry can also be made with whole wheat flour. Stir whole wheat flour to loosen, before adding to other ingredients.

Cold retards and heat kills yeast. Yeast thrives in a warm temperature. Keep the dough covered with a towel, a cloth or paper in a warm place to insure light pastry.

To shorten kneading time, allow dough to rise once before kneading. Cook part of the flour with a liquid

used in the recipe stirring constantly until mixture is smooth and thick. To knead dough press down on the dough, fold it in half, press down again. Repeat this method until dough has become smooth and elastic.

If you prefer to use honey in place of brown sugar, replace each cup of brown sugar with an equal amount of honey and reduce the liquid by 1/4 cup.

By following these simple tips you can make delicious pastries for your next Sunday brunch or coffee clash. Happy baking!

### BASIC ECLAIRS OR CREAM PUFFS

- 1/2 c. butter or margarine
- 1 c. boiling water
- 1 c. all-purpose flour
- 1/4 t. salt
- 4 eggs

In a saucepan melt butter in boiling water. Add flour and salt all at once; stir vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat; cool slightly. Add eggs, one at a time; beat after each addition till smooth. Shape on waxed paper sheet as desired. Bake at 400 degrees till golden and puffy, 30-35 minutes. Remove from oven; split. Cool on rack.

### CUSTARD FILLING

- 1/3 c. sugar
- 2 T. all-purpose flour
- 1 T. cornstarch
- 1/4 t. salt
- 1 1/2 c. milk
- 1 egg yolk
- 1 t. vanilla

Combine first four ingredients; gradually add milk; mix well. Cook



### Easy stuff

You, too, can serve these delicious homemade cream puffs, eclairs and Danish pastry at your next coffee clash by following our simple recipes.

and stir until thick and bubbly; cook two to three minutes more. Beat together egg and egg yolk. Stir in little of the hot mixture into egg; return to hot mixture. Cook and stir till bubbly. Stir in vanilla. Cover

with waxed paper; cool. Makes one and two thirds cups. Can be used in either cream puffs or eclairs.

### CHOCOLATE GLAZE

1 1/2 1-oz. squares unsweetened chocolate

- 2 T. butter or margarine
- 1/2 c. sifted powdered sugar
- 1 t. vanilla
- 3 T. boiling water

Melt chocolate and butter or margarine over low heat, stirring constantly. Remove from heat. Stir in powdered sugar and vanilla until crumbly. Blend in boiling water. Add enough water (about 2 teaspoons) a teaspoon at a time, to form medium glaze of pouring consistency. Pour quickly over eclairs or cake; spread glaze evenly over top and sides.

### DANISH PASTRY

- 1 c. butter or margarine
- 1/2 c. flour
- 1/2 c. warm water
- 2 pkg. dry yeast
- 1 t. brown sugar or honey
- 1 1/2 c. water
- 1 c. flour
- 1/4 c. well packed brown sugar or honey
- 1 t. salt
- 2 eggs
- 3 c. flour
- 1/3 c. powdered milk

Cream butter with 1/2 c. flour. Spread into an 8 inch square on wax paper. Wrap and refrigerate to harden again.

Mix warm water, dry yeast and 1 T. brown sugar or honey, set aside. Stir 1 1/2 c. water into 1 c. flour. Cook, stirring constantly, until thick and smooth. (This mixture will stick and get lumpy, but keep stirring and cooking.)

Add to the cooked flour, 1/4 c. brown sugar or honey, salt and eggs. Mix 1 cup flour with one third cup powdered milk and add. Stir in

yeast mixture and two more cups flour. Add 2 extra T. if using honey. Mix well. Cover and let stand for 15 minutes.

Turn out floured board and knead until elastic. Pat out to an 8x16 inch rectangle, place chilled butter-flour mixture on half of the dough and fold the other half over. Wrap and chill in the refrigerator.

Take out of the refrigerator, place on lightly floured board, fold in thirds, then roll out again. Repeat 3 times. Cut into 3 pieces. Keep 2 pieces in the refrigerator while shaping the other.

Note: The secret of making good Danish Pastry are to keep the dough chilled until shaped and to make the rolls flat.

### CHEESE FILLING

- 3 oz. cream cheese
- 1/4 c. honey
- 1/4 c. dairy sour cream
- 1/2 t. vanilla
- 1/4 t. almond flavoring

Combine ingredients for filling; set aside.

Roll dough into a 10x16 inch rectangle and roll up tightly starting with the 10 inch edge. Cut into 12 slices. Place on cookie sheet and press flat (about 1/4 inch thick) press the bottom of a floured drinking glass into the center of each roll to make a deep depression. Let rise until doubled, then fill with filling. Bake at 375 degrees for about 15 minutes or until browned. While hot, glaze lightly around the edges with thin powdered sugar and water icing. For fruit Danish use preserves or pie filling of your choice.

## School menus

Following are cafeteria menus for local school districts for the following week:

### DALLAS SCHOOLS

Feb. 1 - 10

**WEDNESDAY** — Ballpark hot dog on roll with condiments or cheeseburger on bun, pickle chips, au gratin potatoes, red applesauce, milk or juice.

**THURSDAY** — baked lasagna w-Italian bread-butter, garlic bread in Jr.Sr., or Italian cold meat hoagie w-lettuce, steamed turkey-vegetable soup, milk or juice. Bonus: Baked brownie. Brownies ala mode in Jr.Sr.

**FRIDAY** — Pizza 2 slices, or peanut butter-jelly sandwich w-cheese cube and carrot stick, choice of milk or juice. Bonus: Pretzel rings.

**MONDAY** — Pork bar-b-que on seeded roll w-relish or cheeseburger on roll, pickle chips, oven baked tator tots, sliced peaches, milk or juice.

**TUESDAY** — Super meatball hoagie or steamed hot dog on roll, Boston baked beans, tropical pineapple tidbits, choice of milk or juice.

**WEDNESDAY** — Beef vegetable soup, turkey-cheese hoagie w-lettuce or sauteed pierogies, cabbage-noodles, milk or juice. Bonus: Sugar donut.

**THURSDAY** — Italian spaghetti w-buttered Italian bread, garlic bread in Jr.Sr., or toasted cheese sandwich w-carrot stick, seasoned green beans, milk or juice. Bonus: Peanut butter-oatmeal cookie.

**FRIDAY** — Baked fish on roll w-lettuce, or cheesy cheese pizza (2 slices), creamy cole slaw, milk or juice. Bonus: Creamy chocolate pudding w-whipped topping.

### WEST SIDE TECH

Feb. 6 - 10

**MONDAY** — McRib on roll, assorted condiments, cheese sticks, buttered vegetables, fresh fruit, cookies, milk.

**TUESDAY** — Pork bar-b-que on seeded bun, spiced applesauce, buttered peas, Tech squares, milk.

**WEDNESDAY** — Open faced turkey sandwich w-gravy, cranberry sauce, mashed potatoes, chocolate fudge cake, milk.

**THURSDAY** — Oval spice-cheese on seeded bun, lettuce-tomato,

chips, vegetable soup-crackers, soft pretzels, milk.

**FRIDAY** — Fish on bun, tartar sauce, stewed tomatoes, creamy cole slaw, cream cheese chippies, milk.

### LAKE-LEHMAN SCHOOLS

Feb. 1 - 10

**Senior High School**  
**WEDNESDAY** — Deli hoagie or tuna hoagie, pickle chips, vegetable soup-saltines, pears, milk.

**THURSDAY** — Hamburg gravy, mashed potatoes, peas, Parker House roll-butter, ice cream, milk.

**FRIDAY** — French bread pizza, lettuce w-dressing, potato chips, fruit cup, milk.

**MONDAY** — Hamburg or chicken patti on bun, cheese squares, French fries, pickle chips, peaches, milk.

**TUESDAY** — Meatball hoagie, corn chips, buttered green beans, pudding, milk.

**WEDNESDAY** — Ham patti or pizza patti on bun, potato puffs, baked beans, pineapple tidbits, milk.

**THURSDAY** — Oven baked chicken, buttered seasoned rice,

peas, Parker House roll-butter, ice cream, milk.

**FRIDAY** — Pizza or tuna salad sandwich, potato chips, carrot-celery sticks, pears, milk.

### Junior High & Elementary

**WEDNESDAY** — Cheese stuffed shells w-sauce, green beans, Hill-billy bread-butter, pineapple tidbits, milk.

**THURSDAY** — Hamburg gravy, mashed potatoes, peas, Parker House roll-butter, ice cream, milk.

**FRIDAY** — French bread pizza, lettuce w-dressing, potato chips, fruit cup, milk.

**MONDAY** — Hamburg on bun, pickle chips, vegetable soup-saltines, pears, milk.

**TUESDAY** — Meatball hoagie, corn chips, green beans, pudding, milk.

**WEDNESDAY** — Ham pattie on bun, potato puffs, baked beans, pineapple tidbits, milk.

**THURSDAY** — Oven baked chicken, buttered seasoned rice, peas, Parker House roll-butter, ice cream, milk.

**FRIDAY** — Pizza or peanut butter-jelly sandwich, potato chips, carrot-celery sticks, peaches, milk.

## Make a breakfast bracer quick-as-a-wink

Do busy mornings leave you with just a few minutes to grab a quick cup of coffee before rushing off to work? If so, here's some good news!

There is a way to enjoy a satisfying breakfast and it takes no more time to prepare than a cup of your favorite morning brew. How? Just reach for the blender, instead of the coffeepot, and whip up a nutritious morning energizer that's guaranteed to get your day off to a healthy start.

Breakfast Bracer is a delicious solution for the no-time-to-eat

dilemma. Made quick and easy in a blender, it combines naturally sweet prune juice, fruit and your choice of yogurt or buttermilk for a healthy, quick-as-a-wink morning meal.

In addition to being a valuable time-saver, this shake is low in calories yet rich in nutrients. California prune juice lends this smooth and filling drink good amounts of potassium, iron and Vitamin A. And when prune juice is teamed-up with buttermilk and a favorite fruit (pineapple, for example), each serving contains only 338 calories

and impressive amounts of the U.S. Recommended Daily Allowances of nutrients: iron - 41%, protein - 30%, phosphorus - 32%, and calcium - 231%.

Make yourself a promise this winter to begin each day in a healthy way. Solve the no-time-to-eat dilemma with a Breakfast Bracer. When it comes to convenience, nutrition and flavor, this meal-in-a-glass is hard to bet. Fortified with the plum-sweet flavor of prune juice, it's a definite winner in the race for good health.

### BREAKFAST BRACER

- 1/2 cup prune juice
- 1/2 cup buttermilk or yogurt
- 1/2 cup canned crushed pineapple in its own juice, or 1 small apple, peeled, cored and cubed, or 1 small orange, peeled, seeded and cubed
- 1 egg
- 1 tablespoon wheat germ
- 2 teaspoons honey
- 5 ice cubes

In container of electric blender combine all ingredients. Blend until smooth. Add ice cubes. Blend until smooth. Makes 1 serving, about 2 cups.

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## Many go on 'money diets' after Christmas holidays

Depressed? Over spending during the holiday season brings untold hardship and heartache to many. What's done is done but now, you may need help picking up the pieces says Josephine Kotch, Extension Home Economist for Luzerne County.

The first few months of the year are bad months for money. Periodic bills for trash collection, car insurance, life insurance, school expenses and the prospect of preparing taxes are bad enough without a financial hangover from the holidays. Even well-managed budgets sometimes collapse under these conditions. The combination of bills can be more than just depressing, it can be devastating.

"First of all, I recommend honesty," says Kotch to those in financial distress. Pull yourself together and add up your bills. If it's clear you spent too much and are stretched too far, pay off as much as you can and then work with your creditors right away.

Send a letter to the credit office (you'll find the address on your bill) or telephone if your creditor is local. Explain your situation and be specific about what you are going to do. Keep in mind that you will probably have to pay an interest charge of 18 1/2 percent a year on the unpaid balance, which actually increases the cost of your gift.

Then, go on a money diet. To curtail your spending, you are going to have to cut out the frills. 1984 is under way, you may be tempted to buy and spend to give yourself a lift from the winter blahs. But if you are already over extended, that's luxury you can't afford. Keep your money diet strict and apply it to all

members of your family until you are out of the woods.

Once you're back on track, and are living within your means, begin to set aside money for next year's holidays. A little saved each month adds up quickly. Next year, you won't have to pay and pay and pay long after the season has passed.

If you are interested in receiving the home study course, "Managing Your Finances in the 80's" write or call the Luzerne County Extension Office, Courthouse Annex, 5 Water St., Wilkes-Barre, PA. 18711, 825-1701 or 459-0736. Fee for the course is \$2.00.

Betty McDonald  
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