



# Cookbook



## Tired of holiday turkey? Try some of these ideas

By CHARLOT M. DENMON  
Staff Correspondent

With the holidays just about over and many people growing tired of turkey, turkey and more turkey, and sometimes ham, and more ham, this week's Post cook has several different entrees to offer for the days ahead.

Carole Zeske enjoys entertaining but prefers that it be only a few guests at a time when it is for dinner. She finds it is much easier to prepare a complete meal, served attractively for just four or six than a large crowd.

The former Carol Jeffery, daughter of Christine Jeffery and the late Hans Jeffery, Carol is a Back Mountain native and a graduate of Dallas High School. She and her husband, Frank, reside in Trucksville.

Since Carol is employed full time as secretary to Dr. G. Haring of Forty Fort, she has a rather busy schedule and usually plans ahead of

time for entertaining.

Whether preparing dinner for her and Frank or for dinner guests, Carol usually plans in advance and shops accordingly so she has the necessary ingredients on hand.

The recipes she shares with this week's Post readers are favorites of hers and those she guarantees are delicious.

### BRAISED PORK CHOPS WITH JUNIPER AND MUSHROOMS

- 8 center-cut chops, each 1 1/4 inch thick
- 2 T. dried juniper berries
- 2 med. size cloves garlic
- 1 T. coarsely ground pepper
- 6 T. vegetable oil
- 1 oz. dried chanterelles or 1/2 lb. fresh mushrooms
- Flour for dusting chops
- Salt to taste
- 1/4 c. cognac, brandy or calvados
- 1 c. dry white wine

#### SAUCE

- 1/2 c. beef broth
- 1/4 c. heavy cream
- 1 T. cornstarch mixed with 1/4 c. cold water (if necessary to thicken sauce)

Place juniper berries, garlic and pepper in food processor or blender and process to a paste, adding 2 T. of the oil gradually. (This may also be done with a mortar and pestle.) Rub paste into both sides of chops and refrigerate five hours or overnight.

Let chops return to room temperature. Wash and slice mushrooms. Dust chops lightly with flour and brown in remaining oil in heavy skillet (about 4-5 min. each side). Transfer chops to shallow flame-proof baking dish just large enough to hold the eight chops tightly. If possible use a dish that has a cover. Preheat oven to 350. Heat cognac in a ladle, when it ignites, pour over chops. Place mushrooms around chops, add white wine and salt if desired. Cover dish with foil, pressing foil close to surface of chops. (If pan has no cover, use double thickness of heavy-duty foil and seal tightly.) Bring dish to simmer on top of stove. Transfer dish to center of oven and bake 1 hour and 45 minutes. Transfer chops to serving dish, reserving juices in pan, cover chops and keep warm in oven.

Add enough broth to deglaze pan, add heavy cream (for a smoother sauce, process for a few seconds in food processor or blender removing mushrooms from mixture first). Bring sauce to boil over low heat and reduce to consistency of heavy cream. Pour sauce over chops and garnish with parsley or watercress.

### BREAST OF CHICKEN CHARENTE

- 1/4 c. flour
- 1 1/2 T. tarragon salt to taste
- 1/2 t. ground pepper

4 skinless, boneless chicken breast halves

- 4 T. butter
- 1 T. corn oil
- 1/2 c. brandy
- 1 c. chicken broth
- 3 T. Dijon mustard
- 2 T. lemon juice
- 1/4 c. capers, drained

On sheet of waxed paper, combine flour, 1 T. tarragon, salt and pepper. Lightly dredge chicken breasts in mixture, shaking off excess. Heat butter and oil in large skillet, add chicken and saute for 3 minutes on each side. Pour brandy over chicken, increase heat to ignite. If it does not ignite, light with match. Shake pan till flames subside. Add chicken broth, mustard and lemon juice. Bring to boil, cover and reduce heat and simmer 7 to 10 minutes turning once. Arrange chicken on warm platter. Boil sauce over high heat 1 minute and reduce to consistency of heavy cream. Pour sauce over chicken and sprinkle with capers.

### VEAL OSCAR

- 1 lb. scallopi veal
- 3/4 lb. king crab legs
- 1 pkg. frozen or 1 can white asparagus
- 1 large shallot, minced
- 2 T. butter
- 1 t. vegetable oil
- Bernaise sauce
- Flour for dusting veal slices

Steam crab legs and remove from shell. Heat asparagus thoroughly and keep warm with crabmeat in low oven or place in microwave to reheat later.

#### Prepare sauce

- 1 c. butter
- 3 T. white wine vinegar
- 2 T. finely chopped shallots
- 1 T. tarragon
- 10 black peppercorns
- 3 T. dry white wine salt and white pepper
- 3 egg yolks

Melt butter in saucepan, set aside and let cool till tepid. In heavy medium saucepan, boil wine, vinegar, shallots, tarragon and peppercorns over high heat until reduced by two-thirds. Set aside and cool. Whisk egg yolks and pinch salt into cooled vinegar mixture. Cook over low heat whisking constantly, until sauce thickens slightly. Immediately remove from heat and begin whisking in butter in droplets. When sauce begins to thicken, whisk in remaining butter. Strain sauce and keep warm.

Melt butter and oil in large skillet, add shallots and saute slightly. Increase heat and add lightly floured veal slices and saute quickly until lightly brown.

Arrange veal on individual dinner plates, top with crabmeat and white asparagus. Pour Bernaise sauce over, garnish with parsley and serve.



### Members installed

The Harveys Lake Lions Club installed two new members at a recent meeting held at May's Old Place at Harveys Lake. New members and their sponsors are shown here. From left, George Nahas, sponsor; John Yagodzinski, new member; Bill Zimmiski, installing officer; Ronald Spock, new member; and John Bulman, sponsor.

## Put turkey to good use

Need an inventive way to use leftover holiday turkey?

Try this low-calorie, low-fat recipe from the American Heart Association, Northeastern Pennsylvania Region. The recipe is from "The American Heart Association Cookbook", Fourth Edition, copyright: 1984.

### TURKEY MOUSSE

- 2 c. diced cooked turkey
- 1 envelop gelatin
- 1/4 c. cold wter
- 1/2 c. chicken broth
- 1/2 c. mayonnaise
- 1 T. lemon juice
- 1 t. grated onion
- 1/2 t. tabasco sauce
- 1/4 t. paprika
- 1 1/2 c. low-fat cottage cheese
- 1/4 c. chopped green pepper
- 1/4 c. diced celery
- 1/4 c. chopped pimiento

Soften gelatin in cold water. Add chicken broth to softened gelatin, stirring until dissolved. Cool. Add mayonnaise, lemon juice, onion, tabasco sauce and paprika.

Whip the cottage cheese in blender until smooth and creamy. Add to gelatin mixture. Then fold in turkey, green pepper, celery and pimiento. Pour into a 1 1/2 quart mold. Chill until firm.

Yield: 10 servings. Approximate calories-serving 160.

## School menus

(Following are cafeteria menus for area school districts for the following week:

### WEST SIDE TECH

Jan. 2 - 8

**WEDNESDAY** - Hamburg on seed bun, assorted condiments, green beans, cheese wedge, fresh fruit, chocolate cookies, milk.

**THURSDAY** - Whimie on seeded bun, buttered corn, macaroni-cheese, apple cake, milk.

**FRIDAY** - Grilled cheese, vegetarian soup-crackers, chips, pickle spears, oatmeal raisin cookies, milk.

**MONDAY** - Hot dog on bun, relish-chopped onions, baked beans, chips, ambrosia, milk.

**TUESDAY** - Italian meatballs on hard roll, spiced applesauce, Ko-Ko Mungas Kookies, milk.

### DALLAS SCHOOLS

Jan. 2 - 8

**WEDNESDAY** - Juicy hot dog on roll or McDallas chicken sandwich w-lettuce, honey baked beans, apple wedges, choice of milk, juice.

**THURSDAY** - Triple decker peanut butter-jelly w-cheese cube and celery stick or ground beef taco (gr. beef-lettuce-taco sauce), seasoned green beans, choice of milk, juice. Bonus: Mini donut.

**FRIDAY** - Oven baked fish on roll w-lettuce-tartar sauce, or cheesy pizza (2 slices), creamy cole slaw, choice of milk or juice. Bonus: Strawberry gelatin w-whipped topping.

**MONDAY** - Hamburger w-cheese, soft roll or pork bar-b-que on Kaiser roll, buttered whipped potatoes w-gravy, sliced peaches, choice of milk or juice.

**TUESDAY** - Italian hoagie w-lettuce-tomato or whimie on crisp bun, hot beef noodle soup w-veggies, choice of milk or juice. Bonus: Freshly baked honey cookie.

### GATE OF HEAVEN SCHOOL

Jan. 2 - 8

**WEDNESDAY** - Hot dog on bun, beans, chips, cookies, pears, milk.

**THURSDAY** - Waffles-sausage, syrup-butter, applesauce, carrot-celery stick, jello, milk.

**FRIDAY** - Pizza, salad, peaches, cookies, milk.

**MONDAY** - Gator burger (spec. sauce), potato puffs, pears, pickles, milk.

**TUESDAY** - Spaghetti-meat sauce, salad, peaches, Italian bread-butter, cookies, milk.

### LAKE-LEHMAN SCHOOLS

Jan. 7 - 11

Intermediate & Elementary Schools

**MONDAY** - Pork bar-b-q on bun w-relish, buttered corn, applesauce, donut, milk.

**TUESDAY** - Hot dog on bun, cheese squares, vegetable soup-saltines, fresh apple, milk.

**WEDNESDAY** - Chili con carne, Johnny cake, buttered rice, peaches, milk.

**THURSDAY** - Chicken nuggest w-dip, French fries, mixed garden vegetables, Parker House roll-butter, pudding, milk.

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

**MONDAY** - Steak hogaie or hot dog on bun w-peppers, onion rings, green beans, pears, milk.

**TUESDAY** - Cheeseburg or hamburger on bun, pickle chips, vegetable soup-saltines, fresh apples, milk.

**WEDNESDAY** - Chili con carne, Johnny cake, buttered rice, peaches, milk.

**THURSDAY** - Chicken nuggests w-dip, French fries, mixed garden vegetables, Parker House roll-butter, pudding, milk.

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

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