

Cookbook



Students learning to cook

By CHARLOT M. DENMON
Staff Correspondent

Students in Mrs. Nancy Goeringer's Foods and Nutrition Class at Dallas Senior High School are doing much more than learning the proper foods to eat in order to keep physically fit. Sophomores, juniors and seniors attend daily classes where they study nutrition, then plan and prepare foods which they usually eat for lunch.

The two-semester foods and nutrition classes are attended by both boys and girls and on many occasions the male students in the class have proven that they are especially adept at preparing tasty and attractive dishes.

None of the recipes prepared by the students are done without pre-planning. The students, as a group, discuss various foods-their favorites, those most economical but nutritious as well as foods and menus that are equally as easy to prepare as they are tasty.

Several times each year, the students plan menus to serve to various committees. These committees, affiliated with the school, usually hold luncheon meetings and are always surprised but pleased and the fine work done by the students.

Prior to the luncheons, the students discuss various menus and, with the aid of Mrs. Goeringer and foods and nutrition aide Mrs. Millie Jones, decide on what they will serve. Next, they delegate the various jobs to be done including preparation, cooking, serving and cleaning up afterwards. In the past, committee members have expressed their deep appreciation for the work done by the students. The students also select and prepare some of their favorites which they eat at different times during the course.

This week some of the senior students share some of their favorites with Post readers including pizza, Lazy Daisy Oatmeal Cake, Bubble Bread and Sour Cream Twists. These are recipes easy to prepare and delicious to eat. We suggest you try them - you'll like them. We did!

LAZY DAISY OATMEAL CAKE
1 1/4 c. boiling water
1 c. uncooked oatmeal
1/2 c. butter or margarine (soft)
1 c. gran. sugar
1 c. firmly packed brown sugar
1 t. vanilla
2 eggs
1 1/2 c. sifted all purpose flour
1 t. baking soda
1/2 t. salt
3/4 t. cinnamon
1/4 t. nutmeg
Pour water over oats. Cover. Let stand 20 minutes. Beat butter until creamy, gradually beat in sugars, blend in vanilla and eggs. Stir in oat mixture. Sift together flour, salt, soda, and spices. Add to creamed mixture. Blend well. Pour batter into greased and floured 9" square baking pan. Bake in pre-heated 350 degrees oven 50 to 55 minutes. Do not remove cake from pan.

FROSTING
1/4 c. melted butter
1/2 c. packed brown sugar
3 T. milk
1/2 c. chopped nuts
3/4 c. coconut
Combine melted butter, brown sugar, milk, nuts and coconut. Spread over cake. Broil until bubbly. Remove from broiler.

BUBBLE BREAD
2 lvs. frozen bread dough
1 stick butter
1 c. sugar
2 T. cinnamon
1 c. chopped pecans or walnuts
Mix together sugar and cinnamon and set aside. Thaw loaves of bread. Let rise slightly. Melt butter. Pull of 1 1/2" balls of dough, dip in melted butter then in sugar mixture. Toss into well-greased bundt pan, cover layers with nuts. Continue building this until all dough is used. Any butter and sugar mixture remaining can be poured over the top. Let rise to top of pan about one hour. Bake at 350 degrees 30 minutes. Watch top doesn't dry out. Remove from pan while hot.

SOUR CREAM TWISTS
1/2 c. warm water (110-115 F.)
1 pkg. dry yeast
3/4 c. warm sour cream
3 T. sugar
1/8 t. salt



Dallas Post/Charlot M. Denmon

Making pizza sauce

Senior students in Dallas High School Foods and Nutrition Class taught by Mrs. Nancy Goeringer try their hand at making various kinds of pizza sauce. Above, Hugh Boyes checks tomato sauce mixture while next to him, Heidi Ricahrds, stirs yeast into warm water to use in the dough. Looking on, left to right, are Katie Winn, Kim Klimowitz, James Barlow and Jackie Gula. Students are also planning the luncheon for the Vocational Advisory Committee Luncheon to be held this month.

1 lg. egg
2 T. soft shortening
3 c. flour
Soften yeast in warm water. Dip level, pour flour and stir all ingredients together. Turn dough onto floured board and fold several times to smooth. Roll into 24"x6" oblong. Spread with soft shortening. Sprinkle half of dough with mixture of one third c. brown sugar and 1 T. cinnamon. Fold other half over and cut in 1 inch strips. Twist and place on greased baking sheet two inches apart. Cover, let rise one hour. Heat oven to 375 degrees. Bake 12-15 minutes or until golden brown. Frost with icing if desired.

PIZZA
Dough:
1 pkg. active dry yeast
1/2 c. warm water
2-2 1/2 c. flour
1 t. sugar
3/4 t. salt
1 egg
1 1/2 t. oil
Sprinkle yeast over water and stir until dissolved. Stir in one cup flour, sugar and salt; add egg and oil and stir until smooth and glossy. Stir in about one cup or enough flour to keep dough from sticking. On lightly floured surface knead dough until smooth and elastic, about 10 minutes (dough should be soft). Placed in greased bowl, turning to grease top. Cover with plastic wrap and clean dish towel. Let rise in warm draft-free place until more than double about one hour. Punch down; chill. For easier handling let dough stand at room temperature about 10 minutes before shaping. Make

dough few hours ahead of time or night before. Crust is deliciously crisp.

TOPPING
Pizza Dough
Oil
1 8-oz. can tomato sauce
1 6-oz. can tomato paste
1 lg. garlic clove, crushed
2 t. sugar
1 t. oregano
3/4 t. basil
1/4-1/2 t. crushed red pepper
1/4 lb. sweet Italian sausage (casings removed) or pork sausage meet, browned and drained
1/2 lb. pepperoni sliced thin
1/2 c. thinly sliced mushrooms
one third c. chopped onions
one third c. chopped green pepper
1/2-1 can (2 oz.) anchovy fillets (drained)
1/2 lb. mozzarella cheese, shredded
1/4 c. grated Parmesan cheese (optional)

Gently stretch or roll out dough to fit greased 16-inch pizza pan (or divide dough in half and form two 12-inch circles; place on greased cookie sheets. Crimp edges to form rim. Brush dough with oil. Bake (without toppings) on lowest rack in pre-heated 450 degree oven 3 to 4 minutes or until bottom of crust is slightly golden. Meanwhile mix tomato sauce and paste, garlic, sugar, oregano, basil and red pepper. Spread evenly over crust. Top with sausage, pepperoni, mushrooms, onion, green pepper and anchovies. Bake 15 minutes, then sprinkle with mozzarella and Parmesan. Bake 5 to 10 minutes or until cheese is melted and crust is golden. Makes about 8 wedges.

Some Easter food suggestions

Looking for some menu suggestions for the Easter holiday?

Tangy Marinated Mushroom Salad adds pizzazz to pre-dinner dining. In large bowl, combine 1/2 cup olive oil, 1/4 cup red wine vinegar, 1 tablespoons water, 2 teaspoons Lawry's Garlic Salt, 1 teaspoon minced chives and a dash of seasoned pepper. Add 1 pound fresh-mushrooms, sliced 1/4 inch thick; stir to coat thoroughly. Cover and refrigerate 3 to 4 hours, stirring occasionally. Serve on 2 quarts torn salad greens. Garnish with tomato wedges, egg slices and green pepper. Let guest serve themselves on dessert-size plates. Makes 6 servings.

Try **Crunch Brussel Sprouts** for a tasty side dish. Prepare 1 pound frozen brussel sprouts according to package directions; drain. Add 1/4 cup EACH melted butter and chopped walnuts and 3/4 teaspoon garlic salt; toss to coat well. Makes 4 servings.

Family and friends will rave over **Bake Ham with Cranberry Glaze**. In small saucepan, combine 1 can (16 oz.) whole berry cranberry sauce, one third cup ketchup and 1/2 teaspoon seasoned pepper. Heat thoroughly. Place ham on rack in shallow roasting pan. Brush glaze over ham. Bake in 350 degree oven about

1 1/2 hours. Brush with glaze several times while baking. Serve remaining glaze hot with slices of ham. Makes 2 cups of glaze; 6 to 8 servings.

Complement your meal with **Cheese Herbed Rolls**. In small bowl, blend together 1 package (3 oz.) cream cheese, softened with 1 1/2 teaspoons pinch of herbs and 1/8 teaspoon garlic powder with parsley.

Separate 1 package (4 oz.) refrigerated crescent rolls into triangles. Divide cheese mixture into fourths and place on wide end of each biscuit. Roll up biscuits according to package directions. Press top of rolls into poppy seeds. Place on ungreased baking sheet and bake in 375 degree oven for 10 to 13 minutes or until golden brown. Makes 4 rolls.

Reducing risk of clotting

Greenland Eskimos and Japanese fishermen share two characteristics, low incidence of heart disease and diet rich in omega-3 fatty acids. This fact has lead researchers to hypothesize that eating foods containing omega-3 fatty acids produces blood platelet cells with lower than normal tendency toward sticking. Such cells reduce the risk of clot formation, thereby lessening the chance of heart attack, says Josephine Kotch, Extension Home Economist for Luzerne County.

Omega-3 fatty acids, eicosapentaenoic acid and docosahexaenoic acid, are found in all fish and shellfish. Oilier fish such as mackerel, salmon, herring, sardines, lake and rainbow trout are richer sources.

Early experimental work with humans lowered blood cholesterol and triglyceride levels through large intakes of fish and fish oil supplements. Recent tests, however, have produced similar results with a 10-day diet of salmon alone.

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