



Cookbook



Making pies

Anne Neyhard mixes together the ingredients for the Pumpkin Pie Cake she is making for dessert while her son, Robert, left and daughter, Tara, right, look on.

Dallas Post/Charlot M. Denmon

Anne Neyhard loves to try any new recipes she gets

By CHARLOT M. DENMON
Staff Correspondent

Anne Neyhard of Oak Hill loves to cook — appetizers, entrees, salads, casseroles, desserts — she is always ready to try each new recipe she gets. Her children's favorite, however, is their mother's baking especially the Pumpkin Pie Cake she bakes, appropriate for this season of the year.

Anne, who moved to the Back Mountain when she was five years of age with her parents, Mr. and Mrs. William Motyka, graduated from Lake-Lehman High School.

Following her marriage, she lived in various areas of the United States since her husband was in the Service. Her favorite area was Denver, Colo., where her son, Robert, now a student at Lake-Lehman Junior High, was born. Her daughter, Tara, age 10, a student at Lehman-Jackson Elementary School, was born locally. Two years ago, Anne and her family moved to Oak Hill from their former home in Plymouth.

Anne is employed by American Greetings Co. as a merchandiser and also does decorated cakes. She began doing the latter when her children wanted something special or unusual varieties of cakes and she couldn't buy them anywhere. Anne bought special pans and started baking and decorating the cakes herself. When she couldn't find the right shaped pans, Anne baked large cakes and shaped them. Soon other mothers heard about her cakes and began asking Anne to make and decorate cakes for special occasions.

Since both of her children are in school, Anne is involved with the Lehman-Jackson PTA, and also spends much of her leisure time as chauffeur for their various extra-curricular activities.

When she has time, she enjoys reading and this past summer she began playing golf. Prior to that, she bowled but gave it up this fall and winter because her son, Robert, became involved in soccer.

The recipes Anne shares with Post readers this week are family favorites and all are equally delicious. The Pumpkin Pie Cake makes an appropriate Thanksgiving dessert or great for serving to friends who stop in during the holiday season. The Nutmeg Butter Fingers are a favorite of her family and friends and also something different to take to bake sales or to club events. Chicken Breasts Supreme are ideal for dinner guests and the Meat and Potato Pie is an excellent cold weather one-dish entree. None are too difficult to prepare and all are economical as well as nutritious.

PUMPKIN PIE CAKE

1 - 32 oz. can pumpkin
4 eggs, slightly beaten
1½ c. sugar
1 lg. can evaporated milk
1 t. cinnamon
1 t. ginger
½ t. ground cloves

1 box yellow cake mix
2 sticks butter or margarine
Mix together first seven ingredients. Pour into a greased 13x9" pan. Sprinkle box of yellow cake mix, dry over pumpkin mixture. Melt two sticks of butter and drizzle over cake mix. Sprinkle with chopped nuts, if desired. Bake at 325 degrees for about 90 minutes.

NUTMEG BUTTER FINGERS

Finger Cookie:
1 c. butter (2 sticks)
¾ c. sugar
1 egg
2 t. vanilla
3 c. flour
¾ t. nutmeg
Butter Cream Frosting:
1/3 c. butter
1 t. vanilla
2 t. rum flavoring
2 T. light cream
2 c. sifted confectioners sugar
Nutmeg

To prepare cookies, pre-heat oven to 350 degrees. Cream butter thoroughly, add sugar gradually and continue beating until mixture is light and fluffy. Add egg and vanilla, mix well. Sift together flour and nutmeg. Add gradually to creamed mixture blending well after each addition. Shape dough into fingers (½ inch in diameter and 3 inches long). Bake on buttered cookie sheets at 350 degrees for 13 to 15 minutes. Cool.

To prepare frosting, cream well the butter, add vanilla and rum flavoring and blend. Gradually add confectioners sugar and cream. Beat until smooth and creamy. Spread over top and sides of cookies. Sprinkle lightly with nutmeg.

CHICKEN BREASTS SUPREME

3 med. chicken breasts, cut in half lengthwise
¾ t. seasoned salt
Paprika
1 chicken bouillon cube
1 c. boiling water

¼ c. sauterne
½ t. instant minced onion
½ t. curry powder
Dash of pepper
Mushroom sauce

Sprinkle chicken with seasoned salt and paprika. Place in 11x7x1½ inch baking pan. Dissolve chicken bouillon cube in boiling water; add wine, instant minced onion, curry powder and pepper. Pour over chicken. Cover with foil and bake at 350 degrees for 30 minutes. Uncover and bake 45 minutes longer or till tender. Remove chicken to warm platter. Strain pan juices, reserve.

To prepare mushroom sauce: in saucepan blend two tablespoons all-purpose flour with ¼ cup cold water; slowly stir in reserved pan juices. Cook and stir over low heat till sauce thickens and bubbles; boil three to four minutes longer. Add one 3-oz can sliced mushrooms, drained (½ cup), heat through. Spoon sauce over chicken breasts. Garnish with watercress.

MEAT AND POTATO PIE

1 beaten egg
½ c. milk
¾ c. soft bread crumbs (about 1 slice)
¾ t. salt
Dash of pepper
1 lb. ground beef
3 c. diced, cooked potatoes
1/3 c. chili sauce
¼ c. chopped green onion
1 t. prepared mustard
½ t. salt

2 oz. sharp, process American cheese, shredded (½ cup)
Combine first five ingredients, add beef and mix well. Press mixture into bottom and side of 9-in. pie plate. Combine potatoes, chili sauce, onion, mustard and salt, toss lightly. Spread mixture in shell. Bake at 350 degrees for 35 minutes. Remove from oven, sprinkle with cheese. Return to oven till cheese melts, about three minutes.

Some foods improve your well-being

Fad diets come and go, and some of them can be truly harmful to the body's system. Yet there are some key foods which can genuinely improve your well-being.

This list, prepared by nutritionist Joan Friedrich, appears in the November Reader's Digest. It tells you what to include in your diet and why.

— Bananas. High in minerals, they add potassium, one of the body's most important elements. A shortage of potassium can lead to weakness, insomnia, even an irregular heart rate.

— Bran muffins. Bran adds fiber to your diet and has been found to help reduce serum cholesterol.

— Broccoli. High in vitamins A and C.

— Chicken. One of the best protein sources, easily digested and low in fat.

— Flounder. High in protein and a good source of polyunsaturated fat, which lowers blood cholesterol levels. It is low in saturated fats.

— 99 percent fat free milk. Provides the calcium and phosphorus

Working women, 'yuppies' setting food trends today

Two groups — the working woman and young career couples known as "yuppies" — have emerged as today's trendsetters in food as well as other consumer products.

And their influence has contributed to the increasing importance of chicken in the diet, according to the National Broiler Council.

The working woman especially has helped to raise the national consciousness of eating for good health. While she is not always in the home at mealtime, she demonstrates concern and influence over the food served to children whom she has left in the charge of others. When she cooks herself, she seeks high quality, easily prepared foods.

Career couples, committed to living the "good life," believe that eating well and being healthy go hand-in-hand. They are young, affluent, sophisticated and willing to experiment. Extremely image conscious, they set high standards of excellence and for them the presentation of food is almost as important as taste.

Both groups see chicken as a good protein source, low in calories and cholesterol. While fried chicken is still America's favorite, the collective effects of both health and lifestyle influences have resulted in new trends in cooking chicken.

Broiled chicken is becoming increasingly popular. Poaching and baking, often without the skin, meets demands for decreased calorie count. Light sauces made from pureed marinades and wine reductions give chicken a gourmet touch. Burritos, enchiladas and pasta salads are made with chicken as an ingredient or teamed up with chicken.

In any form, chicken is in step with today's dietary demands.

While not among the top five winners, the finalist from Tennessee scored high with judges in the 36th National Chicken Cooking Contest+ for her Spicy Herb-Broiled Chicken. Imaginatively seasoned and broiled, it is in step with current chicken cooking trends.

SPICY HERB-BROILED CHICKEN

1 broiler-fryer chicken, cut in parts
1 t. poultry seasoning
½ t. dried mint
¼ c. cider vinegar
¼ c. soy sauce
2 T. cooking oil
2 cloves garlic, pressed
½ t. hot pepper flakes
1 c. chicken broth
2 T. catsup
¼ c. plain yogurt

In large bowl, make marinade by mixing together poultry seasoning, mint, vinegar, soy sauce, cooking oil, garlic and hot pepper flakes. Add chicken, turning to coat, and marinate at least 30 minutes. On broiler pan, place chicken, skin side down; broil 5 inches from heat for about 15 minutes. Turn chicken, brush with marinade and broil for about 15 minutes more or until fork can be inserted in chicken with ease. Remove chicken to warm platter. Drain broiler pan; remove and discard any excess fat. To pan, add chicken broth, catsup and remaining marinade; simmer over medium heat until reduced by a third. Add yogurt and bring to boil. Serve with chicken. Makes 4 servings.

+ All recipes prepared in the Cook-off along with other chicken recipes and information are included in The Chicken Cookbook. It is available for \$1.75 per copy (check or money order only; do not send cash) from: Chicken Cookbook, Department NBC, Box 307, Coventry, Connecticut 06238.

Chicken soup was the food "most remembered being comforted with as children," according to a survey of food service industry professional conducted by "Restaurant & Institutions" magazine. The National Broiler Council suggests that making soup stock is a good way to use less meaty parts of the chicken, such as backs, necks and wings. Or for a hearty cold weather meal, using the whole chicken with chunks of both light and dark meat enriching the soup.



Cake winner

Frosting Friends of Luzerne County recently held its Second Annual Cake Decorating Contest in Wilkes-Barre. Barbara Regan of Harveys Lake took many high honors including the People Choice and Decorators First place awards. The cake club is sponsored by the Luzerne County Recreation Dept. Frosting Friends will host the 1986 State Show here in Wilkes-Barre along with the Luzerne County Recreation Department. Above, from left, are Barbara Regan and Diane Conway, Luz. Co. Rec. Dept.

PSU offers course in holiday food

Don't spoil your figure by eating the wrong foods during the holidays. Whether you're eating at home or at parties, you can choose the nutrition filled, tasty filled, tastyfoods that help provide a healthy and trim body. Some families need aid to help them make smart food choices. And nutrition specialists at Penn State have provided such an aid in the form of a Correspondence Course to be studied or used as a reference. Included in the 11 lesson course are menus, recipes and a complete analysis of foods essential to living and good health.

Send for the course entitled, "Food - Selection and Preparation," to use as a guide for your holiday meals and for the entire year. You get the course by sending \$10.00, including handling, to "Foods," Department 5000, University Park, Pennsylvania 16802. Make check or money order payable to Penn State.

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