

Cookbook

Garnet's recipes quick but tasty

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Dallas Post/ C.M. denmon

Stir crazy

Michele Garnett likes to help her mother prepare dinner whenever possible. She carefully stirs the Rib Ticklin' Barbecue Sauce her mother plans to use on meat she is having for their family dinner. (C.M. Denmon Photo)

Diane Garnet of Lake Silkworth has a variety of simple and easy-to-prepare recipes to share with Post readers. Since her husband, John, is employed at Proctor & Gamble near Mehoopany, and works different shifts, there have been many weeks that Diane and her four-year-old daughter, Michele, have dined alone. As a result, Diane has collected a file of recipes that are nutritious but take little time to prepare which gives her more time to spend with Michele.

The former Diane Scavone, daughter of Mr. and Mrs. Donald Scavone of Mooretown, returned to Mooretown from New Jersey in 1976 with her twin sister, Donna; her older brothers and sisters and her parents. She graduated from Lake-Lehman High School in 1977 and in 1980, she and John were married.

Diane enjoys cooking best when John is home and she is able to prepare a full course dinner for family and friends.

Since there are few children Michele's age living near the Garnet family, Diane spends a great deal of time with her daughter which doesn't leave her a lot of leisure time.

Diane likes to crochet and recently she learned how to do needlepoint which she finds enjoyable. She also likes to bowl and is a member of two leagues at Bonomo's Sports Center.

During the summer, Diane, John and Michele go family camping. Todate they hve camped at local campsites but in the near future they plan to camp at a site in another state. Living at a lake, it is natural that they enjoy the water, which they do. When weather permits, they do a lot of swimming and water skiing.

The recipes Diane shares with Post readers

this week are easy to prepare but equally delicious. Hamburg Barbecue takes only 10 to 20 minutes to prepare but makes a delicious lunch or a quick supper and can be served with a salad and vegetable. The Rib Ticklin' Barbecue Sauce does not take a lot of preparation and cooking takes only 30 or 35 minutes. It is a delicious sauce for barbecued chicken, pork, or beef. Beer Batter Chicken, served with French fries, is ideal for outdoor picnics or for serving for summer suppers. It is easy to prepare as evening refreshments when friends come in for a night of games or cards. Apple Crisp makes a delicious dessert to top off any meal and is an American favorite.

HAMBURG BARBECUE

1 lb. hamburger
3/4 c. catsup
1 1/4 T. vinegar
1 T. prepared mustard
1 t. onion salt
1 T. celery salt
2 T. sugar
Brown hamburger, add other ingredients. Cook for 10 minutes. Spread on rolls and serve.

RIB TICKLIN' BARBECUE SAUCE

1/2 c. Karo (light or dark) corn syrup
1/2 c. catsup
1/2 c. finely chopped onions
1/4 c. cider vinegar
1/4 c. prepared Mustard
1/4 c. Worcestershire sauce
In saucepan stir together all ingredients. Stirring frequently, bring to boil, reduce heat and boil gently 15 minutes longer to thicken. Brush on meat, turning frequently, during last 20 minutes of meat cooking.

BEER BATTER CHICKEN

two thirds c. all purpose flour
1 t. salt
1/2 t. double acting baking powder
one third c. beer
1 egg
1 3-lb. broiler, cut-up
2 t. salad oil
1 16-oz. pkg. frozen crinkle cut French fries
Start about 55 minutes before serving. In bowl, with fork beat first three ingredients. In another bowl, with fork beat together beer, egg and salad oil. Stir into flour mixture. Coat half of chicken with batter. Meanwhile, in 12-inch skillet over medium heat, heat half inch salad oil to 370 degrees. Fry coated chicken until browned and tender, about 20 minutes, turning once with tongs. Drain on paper towels. Repeat with remaining chicken. Also prepare French fries as directed on package.

To serve, arrange chicken and fries in a napkin lined basket. Makes four servings.

APPLE CRISP

6 lg. apples, peeled and sliced
1/2 c. orange juice
1/2 c. sugar
1/2 t. cinnamon
3/4 c. sifted flour
1/2 c. light brown sugar, packed
1/4 t. salt
6 T. margarine
Arrange apples in greased baking dish. Pour orange juice over apples. Combine sugar and cinnamon and sprinkle over apples. Combine flour, brown sugar, salt and butter to make crumbly. Spread over apples. Bake at 350 degrees until apples are tender and crust is lightly browned, almost 45 minutes. Makes 6 servings.

SCHOOL LUNCH MENUS

WEST SIDE TECH

Feb. 12 - 18
WEDNESDAY--Ash Wednesday--Fish and cheese fillet, cabbage and noodles, stewed tomatoes, soft pretzels, milk.
THURSDAY--Ham patty w-relish on bun, chilled fruit juice, macaroni-cheese, Sweetheart cake, milk.
FRIDAY--In Service Day.
MONDAY--President's Day.
TUESDAY--Hamburg on bun, assorted condiments, spiced apple-sauce, chips, pickles, cherry pie, milk.

GATE OF HEAVEN SCHOOL

Feb. 12 - 18
WEDNESDAY--Waffles and sausage, applesauce, stuffed celery, pudding pops, milk.

THURSDAY--Spaghetti w-meat

sauce, cheese stix, fruit cocktail, pretzel rods, milk.
FRIDAY--No school.
MONDAY--No school.
TUESDAY--Flying saucer, French fries, fruited jello, Tastykake, milk.

DALLAS SCHOOLS

Feb. 12 - 18
WEDNESDAY--Macaroni-cheese or fish fillet on roll w-tartar sauce, buttered green beans, chilled peaches in syrup, choice of milk or juice.

THURSDAY--Honey roast turkey dinner, dressing, whipped potatoes, corn, choice of milk. Bonus: Spice cupcake.

FRIDAY--No school.

MONDAY--President's Day.
TUESDAY--Frankfurter plain or w-meat sauce or Italian cold cut hoagie w-lettuce-cheese, chicken noodle vegetable soup, fresh apple wedge, choice of milk or juice. Bonus: Crisp cheese curls.

LAKE-LEHMAN SCHOOLS

Feb. 12 - 18
Senior High
WEDNESDAY--Ash Wednesday--Batter dipped fish on bun w-tartar sauce, macaroni-cheese, stewed tomatoes, peaches, milk.
THURSDAY--Chicken nuggets w-dip, French fries, mixed garden vegetables, Valentine cake, milk.

vegetables, Valentine cake, milk.

TUESDAY--Hot dog or Kielbasi on bun, mashed potatoes, steamed sauerkraut, peaches, milk.
Junior High & Elementary Schools
WEDNESDAY--Ash Wednesday--Batter dipped fish on bun, tartar sauce, macaroni-cheese, stewed tomatoes, peaches, milk.
THURSDAY--Chicken nuggets w-dip, French fries, mixed garden vegetables, Valentine cake, milk.
FRIDAY--No school. Teacher In-service.
MONDAY--No school.
TUESDAY--Steak hoagie, onion rings, peaches, Tastykake, milk.

How to get the most out of each food dollar

Consumers are generally concerned about getting the best for their grocery dollar while at the same time assuring healthy food selections for themselves and their families. The American Heart Association (AHA) offers some hints to help get the most for your food dollar.

- Use moderate sized portions of fish, poultry or lean meat. AHA's dietary guidelines recommend 5 to 7 oz. per person daily from this food group, and AHA suggests fish and poultry be eaten more frequently than red meat.
- Frozen fish is often less expensive than fresh fish.
- Make your own frozen prepared foods such as stews, spaghetti sauce or casseroles.
- Combine dried beans, pes, lentils, with chicken, fish or leftover meat. This will provide a satisfying protein-rich dish.

- When substituting dried beans and peas for a meat course, remember pre-seasoned dried beans are more expensive. Experiment with herbs and spices and learn to season your food yourself.
- Buy "good" or "standard" grades of beef. They are the leanest and contain more protein and less fat than "prime" or "choice" grades.
- The larger the turkey or chicken the more meat in relation to the bone and the more servings per pound.
- Chicken, turkey and fish often cost less than meat, and they have less fat and fewer calories. In addition, fish fat is polyunsaturated.
- Many factors can influence your total food budget: What foods you buy, where you live and shop, how much time you have for meal preparation and how carefully you plan your meals.

Miss Stahovec to attend youth leadership seminar

Jeanie Stahovec, daughter of Mary Lou and Andy Stahoved, Machell Avenue, Dallas will represent Bishop O'Reilly High School at the Hugh O'Brien Youth Foundation Leadership Seminar April 30 in Lancaster.

A sophomore, Jeanie is a member of the girls' softball and basketball teams and has lettered in both sports. She is a member of the Glee Club, Chamber Choir and serves as student government representative.

She has also been active in the drama club. A member of Gate of Heaven Church, Jeanie is a member of the church's youth group.

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