



Cookbook



Students prepare luncheon

By CHARLOT M. DENMON
Staff Correspondent

Each year the Foods & Nutrition students at Dallas Senior High School prepare and serve the luncheon for the Fall and Spring meetings of the high school's Vocational Advisory Committee. This year, the classes under the direction of Miss Audrey Ide were involved in the selection, preparation and serving of the menu.

Five classes of sophomores, juniors and seniors — approximately 75 students — studied and prepared a variety of recipes throughout both semesters. The students were intermingled instead of being divided by grade level and each of the five classes were given a variety of foods from which to select those they would like to prepare. Among foods prepared this year were veal, pork, lamb, beef, clam chowder, pizza, chili, pasta dishes, biscuits, yeast bread, brownies, roast chicken, Wacky cake, Swedish or Italian meatballs and coffee cake. They also did microwave cooking.

For the luncheon, the students in each of the classes made suggestions for the menu to be served at each of the luncheons and Miss Ide made the final selection. This is Miss Ide's first year as a full time teacher at Dallas and she has found it very enjoyable teaching the Foods and Nutrition classes.

The Fall luncheon in November was a sit-down luncheon served by the students and included Chicken Pompadour, Spiced Cranberry Ring and Company Cheesecake. The Spring luncheon in March of this year was a Soup and Salad Buffet and included New England Clam Chowder or Vegetable Bisque, tossed green salad, pasta salad, and fruit salad. The dessert was Pecan Pie. Breadsticks, Swedish Limpa Rye and beverage was also served.

All of the students were involved in the preparation of the food for each of the luncheons with each class responsible for the preparation of a particular recipe. The students, who served as waiters or waitresses at the luncheon, were those who volunteered. Nearly 75 percent of the students in the Foods and Nutrition classes are male students and, according to Miss Ide, most are excellent chefs.

The recipes these students share with Dallas Post readers this week are some of those served at either the November or March luncheon such as the New England Clam Chowder, Pecan Pie, Company Cheesecake, Chicken Pompadour and the Spiced Cranberry Ring. Each of these are delicious as were the other foods served at the luncheons which are always enjoyed by the committee members.

CHICKEN POMPADOR
6 pcs. boneless chicken breast, skinned
Salt
Black pepper
2 eggs
Flour for dredging
2 c. chopped blanched almonds
6 T. butter or margarine

Pound chicken breasts lightly so they are of even thickness. Season them with salt and pepper. Beat the eggs in a shallow dish. Put a good amount of flour on a piece of waxed paper; dredge the chicken breast in flour, dip it in the eggs, then coat it with almonds. Press with palm of your hand so that the almonds will stick to the chicken. Melt the butter in a large frying pan and saute the chicken breasts for 4 to 5 minutes on each side or until cooked through and golden brown.

SPICED CRANBERRY RING
2 3-oz. pkg. or 1 6-oz. pkg. raspberry gelatine
¼ t. salt
¼ t. cinnamon
Dash of ground cloves
2 c. boiling water
1 16-oz. can whole cranberry sauce
2 T. grated orange rind
1 c. diced orange sections
1 c. chopped apple

Dissolve gelatin, salt, cinnamon and cloves in boiling water. Add

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Student volunteers

Among the student volunteers, who helped prepare the menu, and also volunteered as waiters and waitresses for the recent Vocational Advisory Committee were seated, left to right, Tom Schacht, junior; Danette Dokovitch, senior; Kristen McHenry, junior; standing, Tom Landon, sophomore; and Marc Stella, sophomore. Absent from the photo were Nathan Kelley and Jaclyn Kerpovich.

cranberry sauce and orange rind. Chill until thickened, fold in orange and apple. Pour into six cup mold. Chill until firm, about four hours. Unmold, garnish as desired. Makes 12 servings.

COMPANY CHEESECAKE
¼ c. graham cracker crumbs (about 16 crackers)
2 T. sugar
3 T. butter or margarine, melted

2 8-oz. pkgs. plus 1 3-oz. pkg. cream cheese softened
1 c. sugar
1 c. grated lemon peel
¼ t. vanilla
3 eggs

Heat oven to 350 degrees. Stir together graham cracker crumbs and 2 T. sugar. Mix in butter thoroughly. Press mixture evenly in bottom of 9-inch springform pan. Bake 10 minutes. Cool. Reduce oven temperature to 300 degrees. Beat cream cheese in large mixer bowl. Gradually add 1 cup sugar, beating

Contest is slated

Pennsylvania is searching for another national Beef Cook-Off winner from recipe entries now being accepted for the July 16 Pennsylvania Beef Cook-Off at Trinity High School in Shiremanstown.

Gloria T. Bove of Bethlehem, Northampton County, last year's state winner, wowed the national judges in Wichita, Kansas to win first place and \$5,000 for her "Cheesy Beef and Spinach Casata".

The top 10 Pennsylvania finalists will compete for \$300 in state prize money. They will prepare their dishes for a panel of judges. Winning recipes will be determined based on taste, ease of preparation, practicality, originality and appearance.

To receive a complete set of Cook-Off rules, send a self-addressed stamped envelope to: Mrs. Mary Wilson, Chairman, PENNSYLVANIA BEEF COOK-OFF, 862 Webster Drive, State College, PA 16801. Telephone (814) 238-5888. Entry deadline is May 1, 1986.

The Cook-Off is sponsored by the Pennsylvania Beef Council in cooperation with the Pennsylvania Cattleman's Association and Moyer Packing Company.



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until fluffy. Add lemon peel and vanilla. Beat in eggs, one at a time. Pour over crumb mixture. Bake one hour or until center is firm. Cool to room temperature. Chill at least three hours. Loosen edge of cheesecake with a knife before removing side of pan. Top with strawberry glaze. Makes 12 servings.

STRAWBERRY GLAZE
Mash enough fresh strawberries to measure 1 cup
Blend 1 cup sugar and 3 T. cornstarch in small saucepan. Stir in one third cup water and strawberries. Cook, stirring constantly, until mixture thickens and boils. Boil and stir one minute. Cool thoroughly.

NEW ENGLAND CLAM CHOWDER
¼ c. diced bacon
¼ c. minced onion
1 10½-oz. can condensed cream of potato soup
¾ c. milk
2 cans (7-8 oz. ea.) minced clams

1 T. lemon juice
¼ t. pepper
In large saucepan, cook and stir bacon and onion until bacon is crisp and onion is tender. Stir in soup and milk; heat through, stirring occasionally. Stir in clams with liquid, lemon juice and pepper. Heat through. Makes four servings (1 cup each).

Recipe error corrected

An error appeared in a recipe published in the April 2 edition of The Dallas Post.

For the soft chocolate chip cookies recipe, offered by Judy Gudman, the ingredients should also include 3 c. flour and 1 t. baking powder.

The Dallas Post regrets the error and any inconvenience it may have caused anyone and would like to thank Mrs. Florence Crump for bringing the omission of ingredients to our attention.

Mrs. Crump, who claims she just guessed on how much flour and baking powder to use in this recipe, reported the cookies are "delicious."

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School menus

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

DALLAS SCHOOLS

April 9-15

WEDNESDAY - Ball park foot long frank on roll or grilled cheese sandwich, macaroni salad, fruit, beverage. Bonus, Pretzel rod.

THURSDAY - Spaghetti w-zesty sauce & freshly made bread, or Italian hoagie w-cold meat-lettuce-cheese, tossed salad w-dressing, Hawaiian pineapple cup, choice of milk or juice.

FRIDAY - Potato & cheese filled pierogies or hot dog on roll, steamed green beans, fruit salad, choice of milk or juice. Bonus: Nacho chips w-cheese sauce.

MONDAY - No school in elementary. Manager's choice in junior and senior high.

TUESDAY - Macaroni-cheese casserole w-slice of bread-butter, or peanut butter-jelly sandwich w-cheese cube, buttered mixed vegetables, choice of milk or juice. Bonus: Fluffy white cake w-blueberry sauce & whipped topping.

LAKE-LEHMAN SCHOOLS

April 9-15

Senior High School

WEDNESDAY - Orange juice, meatball hoagie, buttered corn, chocolate pudding, milk.

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

FRIDAY - French bread pizza, tossed green salad, potato chips, orange wedges, milk.

MONDAY - Toasted cheese or chopped ham-cheese sandwich, pickle chips, potato chips, tomato soup-saltnes, peaches, milk.

TUESDAY - Sloppy Joe or hamburger on bun, French fries, apple-sauce, cookies, milk.

Junior High & Elementary
WEDNESDAY - Hot dog on bun, cheese squares, minestrone soup-saltnes, peaches, milk.

THURSDAY - Oven baked chicken, mashed potatoes-gravy,

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

FRIDAY - French bread pizza, tossed green salad, potato chips, orange wedge, milk.

MONDAY - Toasted cheese sandwich, pickle chips, tomato soup-saltnes, peaches, milk.

TUESDAY - Sloppy Joe on bun, hash brown oval, baked beans, apple pie, milk.

GATE OF HEAVEN SCHOOL

April 9-15

WEDNESDAY - Wimpies, salad, pears, jello, milk.

THURSDAY - Porcupines, diced potatoes, wax beans, peaches, cookies, milk. Early dismissal.

FRIDAY - Pizza, stuffed celery, peaches, Tastykake, milk.

MONDAY - Hot dogs on bun, sauerkraut, potato rounds, pears, cookies, milk.

TUESDAY - Ham pattie w-bun, cheese stix, peas-carrots, peaches, milk.

WEST SIDE TECH

April 9-15

Breakfast

WEDNESDAY - Cereal assortment, banana, coffee cake, milk.

THURSDAY - Cereal assortment, banana bread-butter, juice, milk.

FRIDAY - Variety of cereal, orange smiles, apple fig bar, milk.

MONDAY - Variety of cereal, juice, cup cake, milk.

TUESDAY - Cereal assortment, fruit, pumpkin bars, milk.

Lunch

WEDNESDAY - Hoagie-Italian dressing-lettuce-tomato, corn chips, three beans salad, tandy cake, milk.

THURSDAY - Spaghetti-meat sauce, grated cheese, creamy cole slaw, roll-butter, fruited jello, milk.

FRIDAY - Grilled cheese, tomato rice soup-crackers, chilled peaches, chocolate chip cookies, milk.

MONDAY - Sausage on hard roll, assorted condiments, French fries, fruit, soft pretzels, milk.

TUESDAY - Pork bar-b-que-relish on soft bun, spiced applesauce, mixed vegetables, peanut butter cookies, milk.

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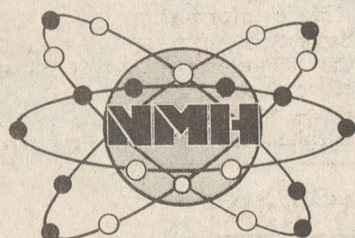
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