

# Cookbook

## This single guy is a gourmet cook

By CHARLOT M. DENMON  
Staff Correspondent

Ed Connor of Dallas learned to cook when his parents would go on vacation and he was home alone. He had two choices — dine out or learn to prepare food at home, so Ed decided to try the latter. He enjoyed trying new ideas, so he seldom tried preparing recipes from a cookbook but used his own creativity.

"I found adding a little of this and a little of that was interesting and, before long, I became intrigued with creating original and different foods," he said.

"3 Day Chili is probably my favorite, probably because it requires so much time," Connor added. "Time is the important factor in bringing out the flavor in this chili recipe."

Ed, who has lived in Dallas since 1961 and is single, is a self-employed insurance agent in Kingston. A graduate of Dallas High School and the University of Pittsburgh where he received a B.A. degree in English, he is also involved with the recruitment of prospective student-athletes from this area for the university.

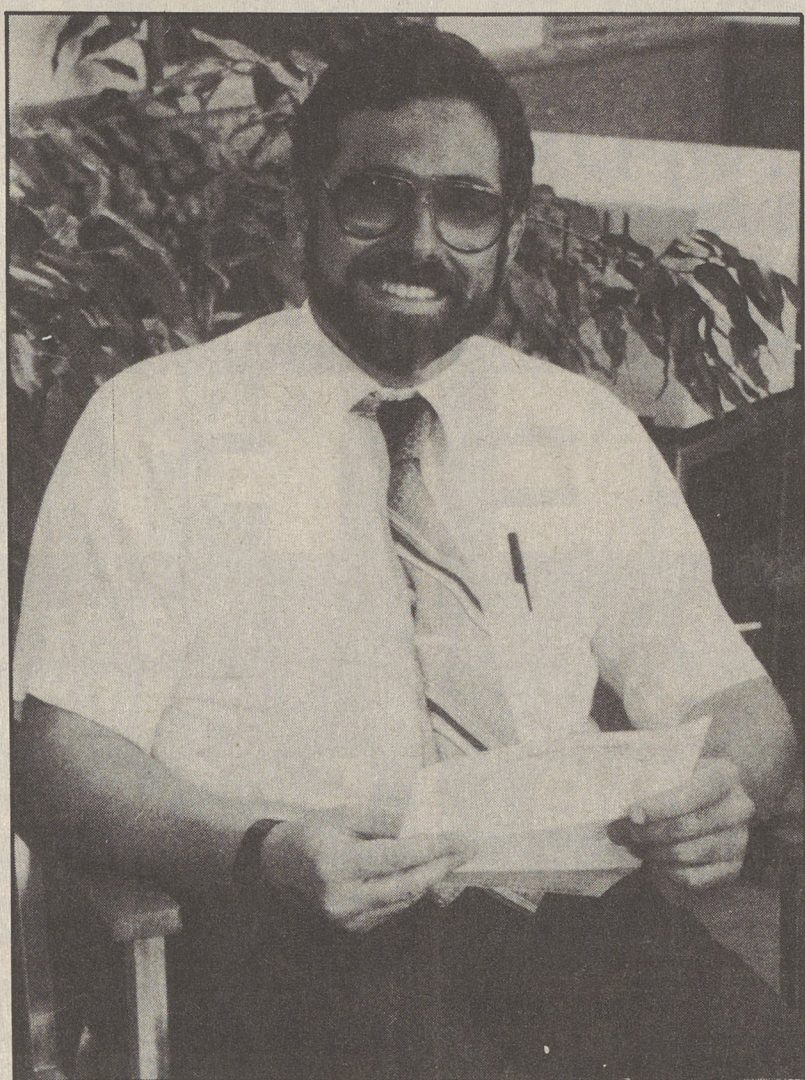
In addition to cooking, Ed enjoys bowling and is a member of a league in Wilkes-Barre. He also golfs, hikes and goes camping. When at home, in his leisure time Ed enjoys music, particularly classic, rock, country and jazz.

He is an extensive traveler and has covered about 27 or 28 of the 50 states, and is usually accompanied by his camera for Ed is an enthusiastic photographer.

He is active with the West Side Jaycees, past president of the organization and presently, he is vice president of the Back Mountain Ambulance Association and an active member of that and the Dallas Fire Company and Ambulance. He is a certified Emergency Medical Technician and serves as corresponding secretary for the Fire and Ambulance.

Ed shares three of his favorite recipes with this week's Dallas Post readers, three which are not too difficult to prepare but are gourmet in taste.

The Macaroni Salad is easy to



Dallas Post/Charlot M. Denmon

### Checking his recipes

Ed Connors looks over his favorite recipes before handing them in for the cookbook column.

prepare and has a slightly different flavor than most. It is an excellent dish for warm weather for dining indoors or from out-of-doors events. The Poached Fish can be served with a tomato salad or as a complete meal when served with potatoes or wild rice, hot green vegetables and a favorite salad. Top it off with a favorite lemon dessert and beverage.

The 3-Day Chili is a meal in itself. Serve with Italian Bread and dessert and if desired, cold beer.

cool while macaroni is cooling. When eggs and macaroni have cooled, dice eggs, carrots, slice celery and peppers and mix in a large bowl with the macaroni, mixing preferably with your hands. After mixing for about five minutes, add mayonnaise and unsweetened pineapple juice. After these are thoroughly mixed, add relish and stir. For best results, refrigerate for at least six hours before serving.

### POACHED FISH

1 c. white wine  
16 oz. flounder or salmon+++  
Italian seasoning to taste  
½ c. dried mixed vegetables  
+++Other fish may be used if preferred.

In large teflon skillet, place fish and combine other ingredients. Use a low to medium heat cooking approximately one minute for each ounce. Cover skillet while cooking.

### 3-DAY CHILI

1 c. diced celery  
1 c. diced green & red peppers  
½ c. diced onion  
1½ c. diced tomatoes  
3 10-oz. cans kidney beans  
2 6-oz. cans tomato sauce  
Italian seasoning (to taste)  
Garlic powder (to taste)  
1½ lbs. ground meat  
1-2 T. chili powder  
Salt & pepper to taste  
Optional: 2 chopped boiled potatoes  
12-oz beer

Reason this is referred to as 3-Day Chili is because it literally takes three days to make it. Day one simply slice and dice vegetables, combining them in a bowl, then transferring them to a plastic bag. When they are in the plastic bag, add your favorite Italian seasoning, garlic powder, salt and pepper. Shake ingredients until thoroughly mixed. Let refrigerate for 24 hours.

Day two, take ingredients from refrigerator, mix in a large pot with ground meat, kidney beans, tomato paste and chili powder. Make certain after browning meat, to drain excess fat, mix ingredients and simmer on medium flame for 45 minutes stirring frequently. Let cook and refrigerate for 24 hours.

Day three, reheat mixture, and if desired add hot sauce to taste. Served with fresh Italian bread, makes a really delicious meal.

### MACARONI SALAD

8 oz. elbow macaroni  
2 med. size carrots, shredded  
2 stalks celery, finely chopped  
½ med. to lg. green pepper, finely chopped  
2 eggs, shredded  
4-6 T. mayonnaise or salad dressing (to taste)  
3 oz. unsweetened pineapple juice  
1 T. hamburger relish

Boil macaroni for 12 minutes or to suit taste texture. Let set for approximately 20 minutes to cool. While boiling macaroni, also boil the eggs and let them

## Use care when taking vitamins

Probably the most talked-about group of nutrients is vitamins. Most people believe that vitamins are important and good for them.

Many also have the notion "if a little is good, more must be better" — a fallacy which can be dangerous when applied to vitamin supplementation, according to Dairy, Food and Nutritional Council.

About 14 vitamins are known to be needed for health. Recommended amounts have been established for ten.

Vitamins function primarily as catalysts - action regulators - in chemical reactions within the body. Vitamins are essential for the release of energy within the body, for tissue building and for controlling the body's use of food. By themselves, vitamins do not supply energy or build tissues. Each vitamin serves one or more special functions in the body that no other nutrient can.

Frequently vitamins are classified by their solubility in fat or water. The fat-soluble vitamins A, D, E, and K are stored by the body. Water-soluble vitamin C, thiamin, niacin, and riboflavin are not stored to any extent.

Vitamins are measured in extremely small amounts - in milligrams (one-thousandth of a gram) and in micrograms (one-millionth of

a gram) or in International Units (IU). IU measures the potency; the ability to promote growth or cure a deficiency disease.

An inadequacy of a minute amount of a vitamin can have far-reaching effects on body processes and health. Too much of certain vitamins, though seemingly a small amount, can produce harmful toxic conditions.

Most vitamins need to be provided daily because the body cannot synthesize vitamins in sufficient amounts. Ordinarily, a well-chosen

variety of commonly available foods in daily meals and snacks will provide adequate amounts of essential vitamins.

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## Want to lose weight? Try the Rotation Diet

Want a diet in which you can lose 10 to 15 pounds in 21 days and then take a vacation from the weight-loss regimen? Then, reports the August Reader's Digest, the Rotation Diet may be for you.

On it, you rotate between three-week periods of quick weight-loss and rest-maintenance periods during which you can go off the diet. During Week 1, women consume 600 calories a day for three days, followed by 900 calories a day for four days. Week 2 allows for 1,200 calories a day. Week 3 repeats the 600-900 calorie rotation. Men are permitted 1,200-1,500 calories a day during the first and third weeks and 1,800 calories a day the second week.

After 21 days you stop dieting for one to three weeks - the length of time is up to you. Then, if you have more weight to lose, you diet for another 21 days. For many people, one rotation is enough.

With the Rotation Diet, you have a good chance of keeping the pounds off. When caloric intake is restricted during a typical crash diet, your metabolic rate - the speed with which your body burns calories. Body temperature falls, heart-rate slows, and other body functions are reduced - all in an effort to conserve energy. This metabolic adaptation is called the starvation response. But research indicates that there is no reduction in metabolic rate with the Rotation Diet. Instead, many participants actually showed an increase. This means

that they were increasing their ability to eat after the diet without regaining weight.

In fact, with a wise choice of foods and a reasonably active lifestyle, most people can at up to 20 percent more calories a day than they are now eating and not gain weight.

How can the Rotation Diet short-circuit the starvation response? First, says Martin Katahn, originator of the diet and director of the Vanderbilt University Weight Management Program, you eat a variety of foods. (High Protein) diets that cut out such carbohydrates as bread, potatoes, fruits and vegetables are more likely to slow the metabolic rate.) Second, you don't stay on a calorie intake below 1,200 calories for more than a week. And third, if you are sedentary, you are urged to be more active.

A 30-minute exercise session - (See DIET, page 10)

Betty McDonald  
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