

Cookbook

Easy to prepare in advance

One-pot meals save time for working parents

By CHARLOT M. DENMON
Staff correspondent

For most of our readers, Labor Day marks the end of informal, outdoor cooking with barbecued meals, picnics and one-day trips.

Vacations have come to an end, the children are back in school and, in many homes, both mother and dad are off to work. No one remains at home to prepare time-consuming evening meals and the homemaker is forever wondering what to prepare for dinner.

This transitional time from leisure living to back-to-work is the time for the delight of every cook — the casserole — a one-pot meal. The casserole may be made in advance, refrigerated and heated quickly and served with the appropriate accompaniments can be a gourmet meal to be served easily to any number of people.

Those are the type recipes we

share with Dallas Post readers this week's cookbook column—one-pot meals, nutritious, money-saving, quick and tasty and most of them able to be prepared in advance.

The 5-Hour Company Beef Stew is a hearty and unique stew that improves with standing. It may be cooked a day in advance and reheated at serving time. The important point to remember is not to stir the stew while baking. Served with a green salad, crisp celery sticks, crusty Italian bread with sherbet or Sorbet for dessert it is a hearty and gourmet dinner.

Ground Turkey Chili not only may be prepared in advance but may be made in large quantities and left-over be frozen for another meal. Ground turkey, fresh or frozen, is available at several local markets but many people do not use it because they do not know many ways to use it. This spicy turkey chili, with a flavor half Italian,

half Mexican, makes a delicious Fall evening dinner. Serve it to family or friends with thick slices of dark rye or pumpernickel bread, butter, salad, and apple with cheese for dessert.

Ground Beef and Macaroni is just what the homemaker needs on super-busy days. Like the other recipes, it may be made ahead or, if you keep the ingredients on hand, preparation time takes only 30 minutes. Add a tossed salad and hot rolls and you have a quick, nutritious and tasty dinner.

Chopstick Tuna is a quick-to-make casserole, which may be made in advance, covered and refrigerated for heating later in the oven. It is best served with spinach salad, and rice prepared according to your taste. Creamy Chicken and Green Beans take about 25-30 minutes to prepare and only 15-20 minutes cooking time. It is good served with

a citrus fruit salad and hot breads or dinner rolls. Add dessert and it makes a one-pot dinner for friends as family.

GROUND TURKEY CHILI

- 1 lb. ground turkey
- 2 T. butter or margarine
- 1 garlic clove, minced
- 1 lg. onion, chopped fine
- 1 t. each salt, dried basil, chili powder
- 1/2 t. dried thyme
- 1/2 t. oregano
- 1/4 t. black pepper
- 1 16-oz. can stewed tomatoes
- 1 16-oz. can Italian kidney beans or red kidney beans
- Parmesan cheese

Thaw turkey if frozen. Heat butter or margarine in large saucepan or casserole, add garlic to butter and saute for 30 seconds. Add onion and cook over medium to high heat until onion begins to brown, add turkey and cook about five minutes, stirring until turkey is no longer pink. Add salt, basil, chili powder, thyme, oregano and black pepper stirring well, then add tomatoes and beans undrained. Simmer 10 to 15 minutes and serve hot with Parmesan cheese on each serving.

CREAMY CHICKEN & GREEN BEANS

- 3 chicken breasts, split in halves
- 1/4 t. thyme leaves
- 1 sm. onion, chopped fine
- 1 c. water
- 1 lb. green beans, cut in 1-1/2" lengths
- 6 oz. mushrooms, sliced
- 1/4 c. butter or margarine
- 2 T. flour
- 1 t. mustard
- 1/2 t. salt, optional
- dash ground nutmeg & white pepper
- 1 c. half & half
- 1/4 c. Parmesan cheese

Place chicken breasts in large frypan, sprinkle with thyme and onion, add water. Bring to boiling, reduce heat. Cover, simmer until just tender, about 10 minutes. Remove chicken, reserve liquid. Remove and discard bones and skin and cut meat into bite-sized pieces. Meanwhile, cook beans in boiling water about eight minutes, drain

and spread in a two and a half quart buttered baking dish. Cook mushrooms in heated butter over moderate heat until lightly browned. Mix in flour, mustard, salt if used, nutmeg and white pepper and let cook until bubbly. Remove from heat, gradually stir in half and half and half cup of reserved chicken liquid. Return to heat and cook, stirring until thickened. Fold in chicken, spoon over mixture and sprinkle with cheese. Broil about six inches below heat until sauce is lightly browned three to five minutes. Serve at once.

CHOPSTICK TUNA

- 1 6-1/2 oz. can chunked tuna
 - 1 can cream of mushroom soup, undiluted
 - 1/4 c. water
 - 1 10-oz. pkg. frozen green beans
 - 1 3-oz. can chow mein noodles
 - 1 diced tomato
 - 1/2 c. chopped celery
 - 1/4 c. sliced green onions
- Drain and flake tuna and place in mixing bowl. Blend soup and water, add to tuna, then add frozen peas, unthawed, cup of noodles, tomato, celery and green onions. Toss to mix lightly. Turn mixture into buttered casserole dish, top with remaining noodles. If desired, cover and refrigerate to bake later or bake at once in 375 degree oven for 25-30 minutes or until heated through. May be garnished with cashew nuts, if desired. Serve hot.

GROUND BEEF & MACARONI MEDLEY

- 1 lb. lean ground beef
- 1 T. butter or margarine
- 1 sm. onion, minced
- 1 lg. can tomatoes with juice
- 1/2 c. uncooked elbow macaroni
- 1 10-oz. pkg. frozen mixed vegetables
- 1 t. salt
- 1/2 t. dried oregano

1/2 t. dried basil
1/4 t. pepper
grated Parmesan cheese

Crumble ground beef into large frypan with butter or margarine. Cook over high heat stirring until meat is no longer pink. Add onion and turn heat to low. Add tomatoes with juice and macaroni. Blend well. Heat until mixture simmers, add mixed vegetables, cover and cook until vegetables are done and macaroni is tender, about 20 minutes. Sprinkle with salt if desired, pepper, oregano and basil. Sprinkle with Parmesan cheese or serve grated cheese to spoon over individual servings. If desired, garnish with black and green olives. Serves four.

5-HOUR COMPANY BEEF STEW

- 2 lb. chuck beef cubes
 - 1 lb. can tomatoes
 - 1 1/2 frozen stew vegetables
 - 1 sm. can water chestnuts, drained and sliced
 - 1 T. sugar
 - 3 T. tapioca
 - 1 T. salt
 - 1/4 t. pepper
 - 1/4 c. dry red wine or water
- Combine all ingredients in large casserole. Blend and bake in 250 degree oven for five hours without stirring. Serve while hot with green salad, crisp celery sticks, crusty Italian bread, sherbet or fruit ice for dessert. Makes eight generous servings.

Freezing preserves nutrients better than canning process

Freezing is the best method for storing summer's fresh fruits and vegetables so they're about as nutritious when served in January as when picked in July.

According to Josephine Kotch, Luzerne County Extension Home Economist, vegetables that are properly blanched, quickly frozen and stored correctly have a nutrient value equal to or greater than any other home preservation method.

Studies have shown that frozen green beans retain 20 percent more vitamin C than canned beans. This is a research conducted at PSU Food Science Department.

Frozen peas served hot retain about 40 percent of their original vitamin C, compared to 45 percent retention for fresh peas served the same way. Canned and freeze-dried peas retain 35 percent of their vitamin C content.

Vegetables that are to be frozen must be blanched to maintain long-term quality. Use steam blanching because water blanching increases loss of water-soluble vitamins like B and C.

A fast freeze is important to maintain flavor, texture and optimal nutrient integrity. Storage tem-

perature is also important: food might freeze at 15F, but it will still be susceptible to chemical change. A food frozen at 0F, or less will not undergo significant nutrient loss for up to one year.

Canning is still probably the most popular method of preserving food. Nutrient loss can be minimized by reducing residual oxygen levels in canned foods before storage, says Josephine Kotch.

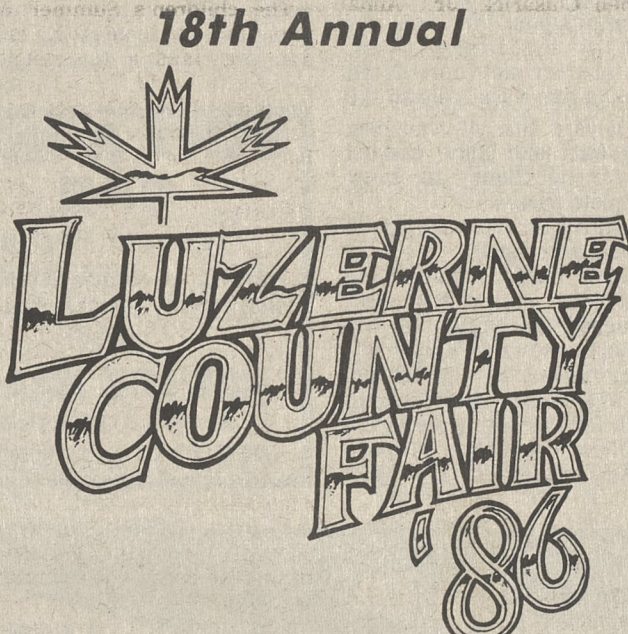
Although the hotpacking method of canning foods seems to expose the food to excessive amounts of heat, Kotch says it removes air from the food tissue, leaving less oxygen to break down nutrients once foods are processed. Hotpacking also inactivates enzymes such as thiaminase that may destroy vitamins.

Pressure canners, which sterilize foods at a high temperature in shorter times also increase vitamin retention.

Canned foods should be stored in a dry, cool place (preferably no more than 50F), away from pipes, radiators, furnaces, water heaters, hot attics and kitchen ranges.

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Thursday thru Sunday \$2.00
Parking \$1.00 Bus Fare \$1.00

ENTERTAINMENT SCHEDULE

Tuesday, September 2
4 - 9 p.m. Entry Day: 4-H, open class arts and crafts entries

Wednesday, September 3
8 a.m. - noon Entry Day: livestock, 4-H open class
4:00 p.m. Fairgrounds open to general public
5:30 p.m. Dallas High School Band-directed by Stephen Saive
6 - 7 p.m. OPEN CEREMONIES: Master of Ceremonies Paul Grimes WBAX
8:00 p.m. **BOXCAR WILLIE** with the Texas Trainmen
10:00 p.m. **BOXCAR WILLIE** with the Texas Trainmen - second show
S & S AMUSEMENTS — MIDWAY OPENS 6:00 P.M.

Thursday, September 4
9 a.m. - noon Entries for perishable items (only), 4-H and open class
1:00 p.m. 4-H Dairy Cattle JUDGING
2:00 p.m. JUDGING of open class arts & crafts and 4-H. Buildings will be closed to the public during judging
6:00 p.m. 4-H and open class beef cattle JUDGING
6:00 p.m. 4-H and arts & crafts building officially OPENS
7:00 p.m. **SHOTGUN RED** with Steve Hall & Southbound 76- "Star of HEE HAW" 1st show
8 - 11 p.m. "Just Visiting" (2nd stage area)
9:00 p.m. **SHOTGUN RED** with Steve Hall & Southbound 76- "Star of HEE HAW" 2nd show
****MASTER OF CEREMONIES****
Joe Talmon from WMJW power 92
S & S AMUSEMENT — Midway special 6:00 to 9:00 P.M. all rides \$5.00.

Friday, September 5
4:00 p.m. Open class for dairy cattle JUDGING
5:00 p.m. "Clowning Around" with **PAT WARD** - The Magical Clown
5:00 p.m. HALTER HORSE JUDGING
6:15 p.m. **Lake-Lehman High School Band** - directed by John Millauskas
7 - 11 p.m. "Just Visiting" (2nd stage area)
8 - midnight **RPM Old Star Band** - Rock & Roll 50's music
****MASTER OF CEREMONIES****
Joe Talmon WMJW
LIVE broadcast: WMJW Power 92.
Joe and Scooter show (6:30 to 9:30)
S & S AMUSEMENTS - Midway Opens 6:00 P.M.

Saturday, September 6
10:00 a.m. OPEN Western HORSE SHOW- show ring sponsored by Luzerne County 4-H clubs
Noon - 4 p.m. **POLKA DYNAMITE** Polka Band- 1st stage
3 - 6 - m. **BOBBY BAIRD'S** Dixieland JAZZ Band- (second stage)
3:00 p.m. Luzerne County Fair OPEN Horseshoe Pitching Tournament - preliminaries
4:30 - 5 p.m. **PAT WARD** Magic Show
5:00 p.m. Luzerne County Fair Queen Contest

Main prizes donated by United Penn Bank, Flowers donated by Reese Florist, Tunkhannock.

5:00 p.m. E.P.G.A. Gymkhene Horse Show- sponsored by the Luzerne County 4-H clubs
5:30 p.m. "Clowning Around with **PAT WARD** - The Magical Clown
7:00 p.m. Northeastern PA RIP CORDS- Skydivers
7 - 11 p.m. **STARPATH** (second stage)



THE LEAHY FAMILY

Sunday, September 7

10:00 a.m. OPEN English Horse Show-sponsored by the Luzerne County 4-H clubs

11 a.m. - 1 p.m. **Duryea Plectrumeers Orchestra**— 1st stage

2:00 p.m. **Luzerne County Fair OPEN Horseshoe Pitching Tournament**- Class A & Class B

2:30 - 6:30 JUST US" (second stage)

3:00 p.m. The fabulous **LEAHY Family** (1st show) "Dynamic family entertainment"

5:00 p.m. The fabulous **LEAHY Family** (2nd show) "Dynamic family entertainment"

6:00 p.m. "Clowning Around with **PAT WARD** - The Magical Clown

7:00 p.m. **Hanover Area Varsity Cheerleaders**
*U.S.C.A. International Champions
*Pamela Aregood-Agnew, head coach

7:30 - 10:30 p.m. "BACK TO BACK" (second stage)

8:00 p.m. **GREAT ROCK SCARE**

8:30 p.m. Hanover Area Varsity Cheerleaders- Dance Routine

8:45 p.m. Luzerne County Fair Raffle **DRAWING**

9:00 p.m. **GREAT ROCK SCARE**
S & S AMUSEMENTS MIDWAY OPENS: 1 P.M.

Luzerne County Fair Transportation Authority

BUS SCHEDULE
Sept. 3 - Sept. 7

	KINGSTON CORNERS	MAIN & BENNETT LUZERNE	CARVERTON ROAD TRUCKSVILLE	SHAVERTOWN SHIP. CTR.	DALLAS SHIP. CTR.	FAIR-GROUNDS
1:30	1:35	1:45	1:50	2:00	2:10	2:30
3:30	3:35	3:45	3:50	4:00	4:10	4:30
5:30	5:35	5:45	5:50	6:00	6:10	6:30
6:30	6:35	6:45	6:50	7:00	7:10	7:30
8:30	8:35	8:45	8:50	9:00	9:10	9:30

The departure time from the Fairgrounds are as follows:
2:30 - 4:30 - 6:30 - 7:00 - 7:30 - 8:30 - 9:30 - 11:00
Bus Fare \$1.00 Adm. \$3.00 Wed., \$2.00 Thurs. - Sun.