

Food/cooking

Chef's corner



HOME & BUSINESS CHEF — Jan Wertman, co-owner of J&J Deli with her husband, Jim, prepares food for her family at home and also in the business. In her leisure time, she enjoys amusing her two grandsons, Ryan and Jeffrey. (C.M. Denmon Photo)

BY CHARLOT N. DENMON

Jim and Jan Wertman are the owners of J&J Deli & Bakery, a family business where they sell not only baked goods, cold meats, cheese and other deli products but also a variety of homemade macaroni and cheese, potato salad, cole slaw, macaroni salad, baked beans, fruit salad, and rice pudding.

Jan and her son, John, make all of the homemade foods as well as daily specials such as lasagne, pigs in the blanket, chili, various kinds of chicken and delicious homemade soups, all prepared from recipes handed down in the family.

These tasty foods as well as a wide variety of hoagies, cold and hot sandwiches make J&J's a one-stop place for persons who need a lunch or dinner in a hurry.

Jim and Jan also do catering and no group is too large or too small whether just a fruit or cheese and meat platter, or a full course dinner from appetizer to dessert. They also prepare sandwiches and specials for

business people who call and order lunch to go.

Jim and Jan are assisted in the business by their son, John, and two days weekly by their daughter Janine, which gives Jan two afternoons off.

For obvious reasons, Jan prefers not to share her family recipes with Post readers but did agree to some of the special food recipes she prepares for the family when they get together.

This one is special for St. Patrick's Day.
HAM & CABBAGE
Leftover ham, cooked
1 whole onion, diced
1 head cabbage
5-6 potatoes

Cover cooked, leftover ham with water, add diced onion and cook until tender. Remove from pan, discard fat and bone. Cut ham in chunks and place back into broth. Quarter head of cabbage and potatoes which have been peeled and add to ham. Add a little more water, if necessary. Bring to a boil, then simmer until tender (about 1/2 hour). Delicious served with loaf of French bread.

Bake it Irish

Celebrate March 17, the feast day of St. Patrick, with dinner flavored with that special Irish flair!

POTATO BREAD

Makes 1 loaf
3 1/2 c. all-purpose flour
two thirds c. mashed boiled potato, at room temperature
2 T. sugar
1 1/2 t. salt
1 pkg. Fleischmann's Rapid-Rise Yeast
3/4 c. milk
1/4 c. water
2 T. margarine or butter
1 egg white
1 T. cold water
Cornmeal

Set aside 1 cup flour. In large bowl, mix remaining flour, mashed potato, sugar, salt and yeast. In saucepan, over low heat, heat milk, water and margarine or butter until hot to touch (125 to 130 F degrees); stir into dry mixture. Mix in only enough reserved flour to make soft dough. On lightly floured surface, knead 4 minutes.

Roll dough to 16 x 8-inch rectangle; roll up from long edge as for jelly roll; seal seam and end. Place on greased baking sheet sprinkled with cornmeal; cover. Place large shallow pan on counter; half-fill with boiling water. Place baking sheet over pan; let dough rise 20 minutes.

Cut slashes on top of loaf. Beat egg white and cold water; brush on loaf. Sprinkle with cornmeal. Bake at 400 degrees for 25 minutes or until done. Remove from baking sheet; cool on wire rack.



Bon jour, mon ami

Wyoming Seminary Lower School's eighth grade French students recently enjoyed a French dining experience at the former Le Paris Restaurant in Kingston. The students ordered their meals in French and all the table conversation was in the foreign language as well. The meal was expertly prepared by the restaurant's owner, Francois Ysambert.

Shown in the photo seated from left are Allison Gutstein, Kingston; Emily Bruno, Plains; Wendy Kozemchak, Wilkes-Barre; Sarah Fried, Kingston; Barrett Feldman, Shavertown; and Corine Casterline, Dallas. Standing, Jean Bart, Wilkes-Barre; Mr. Allen Woodard, assistant dean of the Lower School; Stephen Hedden, Dallas; Cathy Stine, Harveys Lake; Mrs. Sandy Argentati, foreign language department head; Durelle Scott, Kingston; Mrs. Daryl Moriarity, French teacher; Greg Choi, Shavertown; Mrs. Elaine Eidam, French teacher; and Tudor Jones, Dallas.

Everyone loves the proverbial Irish potato

In Ireland, one of the first European countries to cultivate the potato on a large scale, potatoes were used as a source of whisky called poteen.

The German word for potato, kartoffel, is said to be derived from tartuffel or truffle, and erdapfel or earth apple.

The spud was not cultivated

in Franch as a food until the 18th century. Before then, Louise XVI wore potato flowers in his buttonhole to encourage the growing of potatoes.

Germany's first potato promoter was Frederick the Great. In 1744, he gave free seed potatoes to peasants and ordered that they be planted.

In 1651, Frederick William I, Monarch of Prussia threatened to cut off noses and ears of all those who refused to plant potatoes.

Because potatoes could be grown at much higher altitudes than maize, they were an important food staple in the Andean highlands from Colombia to Chile in the late 1400's.

Something new on the menu

ARA School Nutrition Services at the Dallas School District is "Marching Ahead". March is National Nutrition month and a nutritious school lunch provides one-third of the Recommended Daily Allowances for students. Our special menu days during the month of March include:

March 10 - Any Dallas School District student who purchases

a lunch and finds a smile on their tray will receive a chocolate covered banana.

March 15 - New menu item - Veal Parmesan with a side of spaghetti.

March 16 - "End of Winter Picnic";

March 17 - St. Patty's Day "Top of the Mornin'" menu.

March 23 - Easter Dinner for District students.

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Belgrade State Folk Ensemble	3/24			Sandra Reaves-Phillips	4/22
The Dead (MOVIE)	3/29			Tony Bennett	4/23
Dark Eyes (MOVIE)	3/20			Nitty Gritty Dirt Band	5/1
Jean de Florette (MOVIE)	3/31			Merle Haggard	5/21

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- Frank Zappa (Allentown) 3/19
 - Beverly Hills Knockouts 3/22
- at the Woodlands.

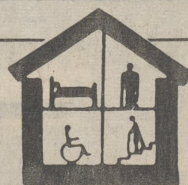
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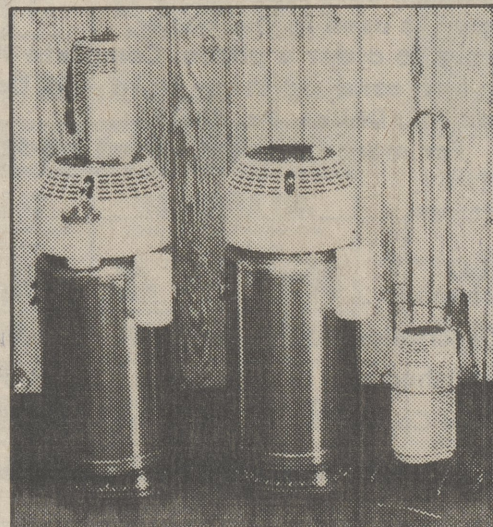
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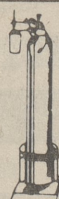
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