

FOOD



New Year's Cooking Down East

By REBA MITCHELL

As far back as I can remember, many people have had dry beans or peas for New Year's dinner. Some will only use black-eyed peas. There are those that also cook hog jowl with their black-eyed peas. Dried beans, peas, or black-eyed peas with hog jowl eaten on New Year's day is suppose to bring good luck or a more prosperous year. This is a belief or myth that has been handed down for generations.

Since it is the season for peas and beans, I'm giving a recipe for smoked sausage with peas or dry beans for those that do not use hog jowls.

Peas & Smoked Sausage

- 1 lb. dried peas or beans washed
- 6 cups water
- 6-8 links of smoked sausage

Bring to rapid boil and then simmer 2-3 hrs. or until beans are tender.

Peas or beans may be cooked with a meaty ham bone or cubed ham. If you are on a fat restricted diet and want the ham flavor in your beans or peas, put the ham bone in a pot and boil 'til meat is fork tender. Remove meat from pot. Chill the broth in refrigerator until the fat is solid. Remove the fat and cook beans or peas in the broth. Remove the meat from bone. Discard the fat. Cut the lean in bite size pieces and put in with beans or peas. This reduces calories as well as eliminating fat in your diet.



Recipes in the "budget" category usually focus on money savings. Yet another resource—time—needs budgeting, too. This Quick 'n Easy Sausage Casserole is fast to fix and economical, so the dish qualifies for the "budget" title on all accounts. Convenience comes from using brown 'n serve sausages that are fully cooked and merely need reheating before serving. The sausage links are arranged atop sliced, cooked potatoes that have been sauced with a mushroom soup/cheese mixture.

QUICK 'N EASY SAUSAGE CASSEROLE

Yield: 4 to 5 servings

- 8-ounce package Swift Premium Brown 'N Serve Sausage* (any variety)
 - 2 cans (16 ounces each) potatoes, drained and sliced (or 4 cups cooked, sliced potatoes)
 - 4-ounce can mushrooms, drained
 - 1/3 cup sliced celery
 - 10-3/4 ounce can condensed cream of mushroom soup
 - 1 cup shredded Cheddar cheese, separated
- Combine potatoes, mushrooms, celery, condensed soup and 1/2 cup shredded cheese. Spoon into buttered 1-1/2 quart casserole or baking dish. Arrange brown 'n serve sausage atop casserole. Sprinkle remaining 1/2 cup cheese over top. Bake in 350°F oven for 35 to 40 minutes.

*Generic Term: brown 'n serve sausage (Pure pork sausage links are not satisfactory in this recipe.)

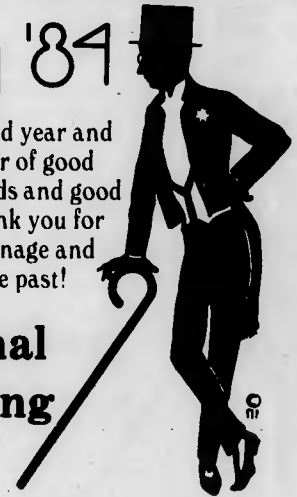
Spicy Congealed Salad

- 1 envelope Knox gelatin
- 2 cups apple juice
- Dissolve gelatin in 1/2 cup of juice over low heat.
- Add remaining juice with 1/2 tsp. cinnamon
- 1/4 tsp. ginger
- 1/4 allspice or cloves
- When partially jelled, add 1/4 cup chopped peaches or pears.

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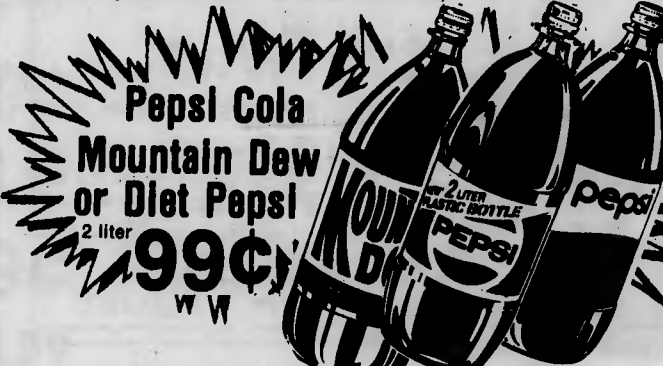
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