

Great Food Ideas

The Time is Ripe for Green Valencia Oranges



Don't pass up those green tinged oranges in your market. They're the ripest, sweetest, juiciest of the season.

An interesting phenomenon called "regreening" occurs with valencia oranges as the summer progresses and the weather warms... the oranges begin to turn green again at the stem end. The warm weather causes the skin to reabsorb chlorophyll and turn green again when the fruit is fully ripe and remains on the tree. Regreened oranges are really the "pick of the season"... fully ripe, sweet and delicious!

Take advantage of the plentiful valencia crop and try this refreshing Fruity Fresh Orange Sherbet.

- FRUITY FRESH ORANGE SHERBET**
- 2 1/2 cups milk
 - Grated peel of 1 Sunkist orange
 - 1 1/2 cups fresh squeezed orange juice
 - 1 cup mashed papaya, bananas, kiwis, or strawberries*
 - 1 cup sugar

In bowl combine all ingredients; stir until sugar dissolves. Pour into ice cream freezer container. Following manufacturer's directions freeze in electric or hand-cranked ice cream freezer. Serve in dessert glasses or orange shells. Garnish with fresh fruit and mint, if desired. Makes about 7 cups.

To make Sherbet in Refrigerator/Freezer: Cut ingredients by one-half. Follow directions above. Pour into shallow pan. Freeze until mixture is firm around edges (about 1 1/2 hours). Spoon into bowl; beat until smooth. Return to freezer, freezing until firm. Makes about 3 1/2 cups.

*Add a little more sugar if kiwis or berries seem tart. For more information and recipes in a free booklet, "The Unbeatable Valencia," send your request with a self-addressed, stamped long business envelope to: Sunkist Growers, Inc., Dept. VR, Box 7888, Van Nuys, California 91409-7888. Allow 4 weeks for delivery.

COOKIN' GOOD

By Joy Louras

Beef 'n' Corn Casserole

Just add a tossed salad to this tasty meal-in-a-dish and you have a hearty dinner for six to eight people. You'll need:

- 2 T butter
- 1 medium onion, minced
- 2 lbs. ground beef
- 2 T flour
- 2 T chili powder
- 3 tsps. salt
- 1/2 tsp. freshly ground black pepper
- 1 cup beef broth
- 2 hard-cooked eggs, cut in eighths
- 1 can (17 oz.) cream-style corn
- 2 eggs, well beaten
- 1 cup milk

Preheat oven to 350 degrees F. Melt butter in skillet and cook the onion until transparent. Add the beef, stirring frequently, and cook until it loses its red color. Remove the skillet from the heat. Drain off excess fat and set aside. In a bowl, mix the flour, chili powder, 2 teaspoons salt, pepper and broth. Stir this into the meat mixture. Return to heat and cook over medium flame, stirring constantly, until thickened. Gently fold in the hard-cooked eggs. Transfer the contents to a lightly-greased two-quart casserole. In a saucepan, combine the corn, beaten eggs, remaining salt and milk. Cook over medium heat, stirring until thickened. Pour the corn mixture into the casserole, and bake for 35-40 minutes. Pipin's hot rolls are lovely to dish up the sauce.

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Extension Notes

Raw Milk May Be Natural, But It Can Make You Sick

By JOAN GOSPER
N.C. State University

Raw milk has become a hot item in some areas of North Carolina, but the only way to get it is to buy a cow. "The phone's been ringing off the hook with questions from people wanting to buy raw milk," says Dr. John Rushing, extension food science specialist at North Carolina State University. The selling of raw milk is illegal in North Carolina, but the extension specialist admits that "enforcement is slim to none. We don't have enough milk inspectors to cover the state."

Some people have tried to get around laws against selling raw milk by selling "shares" in a dairy farm or in a goat herd, but these ploys are also illegal.

There have been two incidences recently when people were exposed to raw milk with disastrous results. Raw milk was accidentally pumped in on top of pasteurized milk when a valve malfunctioned at an Illinois dairy. Some 16,284 people got sick and two of them died because the salmonella bacteria were not destroyed during pasteurization. An outbreak of listeriosis occurred in California when a Mexican-style cheese was made with underpasteurized milk. Some 103 people got sick and 40 died.

If raw milk's so dangerous, how did people survive before pasteurization? "You just ended up getting all the diseases. Some of them lived and some of them didn't. We really came out of the dark ages when we started pasteurizing milk," Rushing says.

Rushing recommends that people who have cows or goats at

home pasteurize the milk. Heat the milk until it reaches 145 degrees and hold it there for 30 minutes. If the milk is heated in a double boiler,

it won't burn or stick. "Don't try pasteurizing milk in the microwave. It doesn't heat evenly enough," Rushing says.

This "Additive" Has Always Been Present In Milk

Some people are worried about a new "additive" called bovine somatotropin, or BST, that is found in milk. BST is not new and it's not an additive. "All cows produce BST and it is naturally found in milk," says Dr. John Rushing, extension food science specialist at North Carolina State University.

Researchers have tested injections of this natural chemical on cows and have found that it increases milk production without increasing the amount of food that the cow is fed. That means that milk can be produced more economically. But tests are still being run, and BST is not available to farmers.

"I don't consider BST to be a food safety issue," Rushing says. "BST is a protein, so it's digested in the stomach and intestine. It was studied in the 1950s as a possible treatment for growth disorders in humans, but it had no effect on people even when it was injected."

Finally, it has always been present in milk.

The FDA has already ruled that BST represents no health problem. There is a push to require a special label if milk comes from a cow that has been given BST. "It's hotly debated, but from a scientific standpoint, the data indicate that there would be no health problem."

If it's not a health problem, are people worried? Rushing says "chemophobia" in our society is a trust of any sort of chemical. "I think of milk as that perfect food, feed to babies, so we get antsy when we hear about chemicals." Other objections are raised by some farmers, who fear the increased production would lower prices for producers. Animal rights activists have also objected to BST, although Rushing says there is no evidence that BST harms a cow.

Consumers do not have to worry about BST levels in milk in grocery stores harming their families, extension specialist concludes.

SCREW LOOSE? — To insure that a screw won't come loose, dip it in glue before using.

PLAYING WITH FIRE — When grilling outside, always have something on hand to quench a fire flareup caused by dripping. You can use a spray bottle, but a child's water pistol is more fun.

Goodness Gracious It's Good

Good 'n' Easy Snack Cake

Whenever the kids crave something sweet or unexpected guests arrive, it's easy to whip up a homemade snack cake. Whatever the occasion, opt for one made with the convenience and healthful goodness of an oat bran muffin mix.

Carrot Pineapple Snack Cake is just the recipe to have on hand to satisfy a sweet tooth and provide needed fiber. The grated carrot and crushed pineapple add natural sweetness and great texture to the cake. The creamy icing is simply lowfat Neufchatel cheese mixed with a little honey.

Best of all, for those counting calories and watching their cholesterol intake, the cake is delicious when prepared with the two egg whites and served with a light dusting of confectioners' sugar instead of the icing.

Carrot Pineapple Snack Cake
1 egg or 2 egg whites, beaten
1 can (8 1/2 ounces) crushed pineapple in its own juice, drained (reserve 3 tablespoons juice)

- 1/2 cup grated carrots
- 1 package (7 ounces) Martha White Oat Bran Muffin Mix
- Lowfat Cream Cheese Icing, following

Preheat oven to 350°F. Grease an 8-inch square baking pan. In mixing bowl, combine beaten egg or egg whites, pineapple, reserved juice and carrots. Blend in muffin mix just until moistened. Pour batter into prepared pan. Bake 24 to 26 minutes or until golden brown and cake begins to pull away from sides of pan. Cool in pan on wire rack. Spread with Lowfat Cream Cheese Icing. Makes 6 to 8 servings.

Lowfat Cream Cheese Icing: In mixing bowl, combine 3 ounces softened Neufchatel cheese and 2 teaspoons honey. Blend well.

For more easy recipes that start with convenient mixes, write for "Easy Baking," Martha White Kitchen, P.O. Box 58, Dept. 390-A, Nashville, TN 37202.

Cooking Corner

German Cognac Paté: An Appetizing Idea

Planning a special meal or buffet? Some of the most appetizing ideas, food-wise, come from Europe, the best chefs agree. Germany is especially renowned for its winning ways with one of the world's most elegant appetizers — patés.

Patés are basic fare at many restaurants in Germany. As diners are perusing the menu and ordering, they are served one or two delicious patés and a variety of crackers and hard rolls. The flavor-ful paté spread on crackers is a perfect complement to a hearty ale — and it will take the edge off of anyone's appetite.

While visiting Germany recently, Oster's Director of Home Economics, Mary Haneman, tried several local patés. After returning to the Oster Test Kitchens, she developed a basic paté recipe that is delicious and easy to prepare. Try it served with crusty rolls and crisp crackers.

Cognac Paté

- 1 tablespoon strained green peppercorns
- 1 green onion with top, cut in 1-inch pieces

- 4 ounces liver sausage, cut in 4 pieces
- 2 teaspoons heavy cream
- 2 teaspoons Cognac dash salt

Assemble "Oster" Food Processor Accessory. Place green peppercorns and onion in processor bowl and cover unit. With hand on cover, process continuously until ground. Remove cover, add liver sausage, cream, Cognac and salt. Cover and process 4 Fast Pulses or until well mixed. Serve on crackers, toast or pumpernickel bread.
Yield: 2/3 cup

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