

# Prepare Ahead Recipes

Planning a trip to the mountains or coast? Avoid fast foods enroute with this prepare-ahead menu. Line mushroom baskets or shoe boxes with large paper dinner napkins. Pack individual luncheon and make everything disposable. Have a trash bag on hand. All the work is done the night before—next morning, get up and go.

## HAMBURGER QUICHE Can Freeze

- 1 nine inch deep dish pie crust
- ¼ lb. ground beef
- 2 teaspoons worcestershire sauce
- 1/8 teaspoon allspice
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/3 cup chopped onion
- 1/3 cup chopped green pepper
- 1 tablespoon salad oil
- 1/2 cup mayonnaise
- 1/2 cup milk
- 2 eggs beaten
- 1 tablespoon cornstarch
- 1 1/2 cups Cheddar or swiss cheese

Preheat oven to 375 degrees. Brown crust for 3-5 minutes. Brown beef, and drain. Add worcestershire sauce, allspice, salt, pepper and garlic powder and set aside. Saute onion and green pepper in oil. Add to the meat mixture. Combine mayonnaise, milk, cornstarch, and eggs. Add to meat. Stir half the cheese into this mixture. Pour into pie shell. Spring remainder of cheese on top. Bake for 35-45 minutes or until set.

## CARROT VINAIGRETTE Do Ahead

- 8 carrots
- 2 tablespoons tarragon vinegar
- 2 tablespoons salad oil
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon sugar
- 1/4 teaspoon dried dill weed
- 1/2 teaspoon fresh lemon juice
- 2 tablespoons chopped scallions

Pare carrots, cut in julienne strips and cook in 1/4 cup boiling water until just tender. Combine rest of ingredients, pour over carrots and chill several hours overnight.

## HONEY-WHOLE WHEAT BREAD Can Do Ahead. Frozen (Two Loaves)

- 3 cups water
- 1/2 cup honey
- 2 tablespoons corn oil
- 4 cups whole wheat flour, divided
- 1/2 cup nonfat dry milk
- 2 teaspoons salt
- 2 pkgs. active dry yeast
- 4 1/2 cups bread flour

Heat water, honey and oil over low heat until warm. Mix together 3 cups whole wheat flour, dry milk, salt and yeast in a large mixing bowl. Add honey mixture. Blend at low speed one minute, then medium speed for two minutes. By hand stir in remaining whole wheat flour and the bread flour. Knead dough on a floured surface for about five minutes. Place dough in a greased bowl, cover and let rise 45-60 minutes or until doubled in bulk. Punch down and divide in half. Shape each half into a loaf by rolling the dough out to a 14x7 inch rectangle. Start with the 7 inch side, roll up jellyroll fashion. Place in greased pans. Cover loaves and let rise 30-45 minutes or until light and doubled. Bake at 375 degrees for 40-45 minutes until loaf sounds hollow when lightly tapped. Remove from pans and cool on wire rack before slicing. Makes two loaves.

## BROWNIES Can Freeze

- 4 squares unsweetened chocolate
- 1 cup butter
- 4 eggs
- 1 1/4 cups sugar
- 2 teaspoons vanilla
- 1/2 teaspoon salt
- 1 cup flour

Preheat oven to 350 degrees. Melt chocolate and butter, remove from heat. Add each egg, individually and beat. Add sugar and remaining ingredients. Bake in 9x13 inch pan for about 20-25 minutes. Frost the brownies as soon as they come from the oven.

## FROSTING

- 6 tablespoons butter
  - 1 cup sugar
  - 6 tablespoons milk or half and half
  - 1 1/2 cups chocolate chips
- Bring butter, sugar and milk to boil. Boil for 30 seconds. Remove from heat. Blend in the chocolate chips and pour over the brownies.  
Makes 24-30 squares.

# Harris Teeter Helpin' out in the kitchen.

Versatile Crepes Made Easy In This Week's Meal-A-Days.




Center And Economy Chops Mixed  
**Fresh "Lean" Pork Chops Lb. 99¢**  
Limit 5 Lbs. Per Customer, Please



**Duke's Mayonnaise Oz. 88¢**  
Limit 1 With \$10.00 Or More Purchase Per Customer, Please




California **Iceberg Lettuce 2 Heads 88¢**  
Naturally Fresh Blue Cheese Or Low Cal Ranch Dressing...16 Oz. \$1.79



U.S.D.A. Choice Whole "Untrimmed" Beef  
**Round Tip ..... Lb. \$1.69**  
8 To 12 Lb. Avg. Wts.  
(You Receive Round Tip Roast Or Steaks And Trimmings) (Cut-Up And Counter Wrapped Free!)



2 Ltr. Non-Returnable Pepsi-Light, Mtn. Dew, Pepsi Free  
**Diet Pepsi or Pepsi-Cola ... Btl. \$1.09**



Jumbo Size **Snoball Cauliflower .. Ea. \$1.39**



H-T In Oil Or Water  
**Chunk Light Tuna .... 6.5 Oz. 58¢**



Plain, Self-Rising, Unbleached Or Bread  
**Pillsbury Flour ..... 5 Lbs. 68¢**  
Limit 1 With \$10.00 Or More Purchase Per Customer, Please



Vernedale **Ice Cream ..... Gal. \$1.19**  
Half

## QUALITY MEATS

- Dinner Bell **Hot or Mild Sausage ..... Lb. \$1.79**
- U.S.D.A. Choice Quality "Trimmed" Beef **Round Tip Steak ..... Lb. \$1.99**
- Round Tip Roast...Lb. \$1.99
- H-T **Sliced Bacon ..... 12 Oz. 99¢**
- "Thorn Apple Valley" **Hickory Smoked Bacon ..... Lb. \$1.69**  
(Lower Salt, No Sugar Added)
- "Fresh "Lean" Center Cut **Rib Pork Chops ..... Lb. \$1.99**
- Fresh "Lean" Pork Loin **Loin End Roast..... Lb. \$1.49**

## YOUR DAILY BREAD

- H-T **Hot Dog Rolls ..... 2 Pkgs. 99¢**  
8 Ct.
- H-T **Sandwich Bread.... 2 Loaves 99¢**  
2 1/2 Lb.
- H-T Unsliced Or Sliced **French Bread..... 1 Lb. 59¢**  
Loaf
- Earth Grain **Wheat Bread..... 1 Lb. 79¢**  
Loaf
- H-T **Applesauce Cake ..... 12 Oz. \$1.29**

## GREAT GROCERIES

- All Flavors Frito-Lay **Potato Chips ..... 7 5/8 Oz. \$1.09**
- French's **Idaho Spuds ..... 16 Oz. 89¢**
- H-T **Apple Juice ..... 48 Oz. 99¢**
- Skinner **Thin Spaghetti 4 7 Oz. \$1.00**
- Kraft **Tartar Sauce..... 6 Oz. 69¢**
- Kraft **Bacon & Tomato Dressing..... 16 Oz. \$1.39**
- Special Label Reg. Or Unscented Bounce **Fabric Softener ..... 60 Ct. \$2.59**
- Ziploc **Storage Bags ..... 25 Ct. \$1.29**
- La Choy **Water Chestnuts ..... 8 Oz. 89¢**
- H-T **Tomato Juice ..... 46 Oz. 79¢**
- Cates **Sweet Salad Cubes ..... 16 Oz. 88¢**
- H-T **Sundrop . . . . 2 Ltr. Btl. \$1.09**

## PICK OF THE CROP

- Florida **Red or White Grapefruit .... 3 For \$1.00**
- Medium **Green Peppers ..... 5 For \$1.00**
- Fresh California **Green Onions.. 3 Bunches \$1.00**
- Bedding Plants ..... Pack 79¢**

## DAIRY & FROZEN

- Philadelphia **Cream Cheese ..... 8 Oz. 89¢**
- Blue Bonnet **Margarine 2 1 Lb. \$1.19**  
Quarters .. 2 Pkgs.
- Frozen Green Beans, Peas, Cut Corn, Baby Limas, Broccoli Cuts Or Brussel Sprouts **Seabrook Vegetables ... 16 Oz. 79¢**
- H-T **Orange Juice ..... Gal. \$1.09**  
Half
- Frozen Chicken, Turkey Or Salisbury Steak **Morton Dinners ..... 11 Oz. 89¢**
- H-T 100% Pure From Florida **Frozen Orange Juice ..... 12 Oz. 99¢**
- Butter Flavored **Merico Biscuits ... 4 12 Oz. \$1.00**