

GIVE YOUR BUDGET FOOD THE ECONOMY EDGE

MENUS

The Best Orange Date Bars

- 1 1/4 Cups all purpose flour
- 1/2 Teaspoon baking powder
- 1/4 Teaspoon salt
- 3/4 Cup (1 1/2 sticks) butter or margarine
- 3/4 Cup sugar
- 1 Egg
- 2 Teaspoons grated orange peel
- 1 Package (8 oz.) chopped dates
- 1 Cup coarsely chopped pecans
- Orange Cream Cheese Icing

Preheat oven to 325°F. Grease a 13x9x2-inch baking pan. Sift together flour, baking powder and salt into mixing bowl; set aside. Melt butter in large saucepan over low heat. Remove from heat and stir in sugar, egg, flour mixture, orange peel, dates and pecans; mix well after each addition. Spread batter into prepared pan. Bake 25-30 minutes or until lightly browned and edges begin to pull away from sides of pan. Cool completely on wire rack. Frost with Orange Cream Cheese Icing. Store covered in refrigerator. Cookies freeze well. Makes 36 1x3-inch bars.

Orange Cream Cheese Icing: Combine 3 oz. softened cream cheese, 1 cup sifted confectioners' sugar and 1 teaspoon grated orange peel in small mixing bowl; blend well.

Rye And Molasses Bread

- 1 1/2 Pkgs. active dry yeast
- 1/4 Cup warm water
- 1 Teaspoon sugar
- 2/3 Cup molasses
- 1 Tablespoon grated orange rind
- 1 Tablespoon salt
- 1 1/2 Teaspoons ground fennel seed
- 2 Cups buttermilk
- 1/2 Cup rolled oats
- 1/2 Cup wheat germ
- 2 1/2 Cups dark rye flour
- 1 1/2 Cups Graham flour
- 1 Cup unbleached white flour (approximately)
- 2 Teaspoons whole fennel seed

Dissolve yeast in water with sugar. Set aside in a warm place to proof, about 5 minutes.

Mix one tablespoon of the molasses with one tablespoon warm water. Set aside to use as a glaze. Combine remaining molasses with orange rind, salt and ground fennel in a small saucepan. Bring to a boil, then mix with buttermilk in a large bowl. Stir in the yeast mixture.

Stir in the oats, wheat germ and rye flour with a wooden spoon. Add the Graham flour, half a cup at a time, to make a soft, somewhat sticky dough. Turn dough out on a board liberally spread with unbleached white flour. Knead the dough until soft, smooth and fairly elastic, adding unbleached white flour as necessary. Kneading should require 10 minutes. The dough should still be soft but most of the stickiness should be gone.

Place dough in a buttered bowl, cover and set aside to rise until doubled, 1 1/2-2 hours. Punch dough down, knead briefly and divide in half.

Shape each portion of the dough into a narrow, plump oval and press half the fennel seeds into the top of each loaf. Set loaves on a buttered baking sheet and set aside to rise until doubled, about 1 hour.

Preheat oven to 375°F. Brush each loaf with molasses glaze prepared in step 2, and bake in the middle of the preheated oven until the loaves sound hollow when tapped, about 35 minutes. Brush glaze on loaves once or twice during baking.

Cool on racks loosely covered so crust remains soft. Do not slice until completely cooled. Makes 2 loaves.

It's Time To Plan Super Bowl Parties

With all due respect to the Super Bowl, there are as many superlatives associated with Super Bowl TV viewing parties as there are with the big game itself.

For example, according to the National Football League Public Relations Department in New York City, Super Bowl XXIV holds the world's record for the greatest number of viewers of a single televised sporting event. An estimated 109 million Americans tuned in on Jan. 28, 1989 to watch the San Francisco 49ers defeat the Denver Broncos. In addition, another 750 million people in 54 foreign countries also watched the game on home TV sets.

Super Sunday is one of the most popular days of the year to throw a party, a fact confirmed by the National Food Merchants' Association. The association says the 48-hour period preceding the Super Bowl kickoff is busier than nearly every other two-day shopping period with the exception of Thanksgiving and Christmas.

And, a spokesman for the National Association of Pizza Operators says more customers order pizza delivered at halftime of the Super Bowl than at any other delivery deadline of the year.

According to professional party planners, all of these Super Bowl phenomena provide insight on how to plan and execute a successful Super Bowl party.

First of all, make sure you have a couple of TV sets with crisp color quality.

Second, shop your supermarket party supply section early to scoop up plenty of paper plates, cups and napkins imprinted with football or Super Bowl themes.

When guests begin arriving, make sure you control the passing game—keep passing trays of simple, easy-to-prepare snack foods. Chips, dips, veggies, party mix, beef sticks and cheese chunks all keep visitors huddled around snack trays.

But the Super Bowl party foods that score best are those pizza-style bits and bites from the freezer case at your supermarket.

The popularity of frozen pizza snacks at Super Bowl parties is confirmed by food industry sources. "Sales of Bagel Bites, our unique pizza-topped mini-bagels, peak every year just before Super Sunday," says Kate Kloos, Bagel Bites brand manager. "Frozen pizza-style snacks like Bagel Bites are popular at sports viewing parties for two reasons—they taste good and they are very convenient."

A whole tray of Bagel Bites, for example, can be prepared in a conventional oven in a matter of minutes. And Bagel Bites come in four varieties to please every taste—cheese, sausage, pepperoni, and a cheese, sausage and pepperoni combo.

So, passing is the key to a successful Super Bowl party. As long as the host and hostess keep passing trays of Bagel Bites and other delicious, easy-to-prepare snack foods, they can take time out to enjoy the game and still make their Super Bowl party a real winner with their guests.

Coffee-mate Adds To Good Eating

"Fun and Festive Foods with Coffee-mate Liquid Non-Dairy Creamer" is now available free to consumers. This is the fourth brochure in the "Good Eating with Coffee-mate Liquid Non-Dairy Creamer" recipe brochure series from Carnation Co. The recipe brochure series features a variety of recipes made with Coffee-mate Liquid. It was created in response to consumers' growing interest in eating lower-fat and lower-

Italian Meat Loaf



Is your family tired of the same old mealtime fare? Then try this easy European treatment of an all-American favorite. Perfect for the young, too, as this recipe marries meat and crunchy vegetables with the popular Italian flavor appeal of Mantovani Italian Steak Sauce. Rich herbs, tomatoes, red wine vinegar, tangy pepper sauce, sun dried tomatoes and imported spices are blended from the original Mantovani family recipe to create a distinctive sauce that enhances this meat loaf as well as any cut of steak.

MANTOVANI ITALIAN MEATLOAF

- 1 1/2 lbs. round steak, ground
- 1 large bell pepper, minced
- 1 large onion, minced
- 6 oz. Mantovani Italian Steak Sauce
- 1 tbsp. salt
- 2 cups cracker crumbs
- 3 eggs, beaten well
- 1 tsp. celery salt
- 1/2 cup water (for desired moisture)

Combine all ingredients and bake at 350 F until vegetables are tender and meat cooked to desired degree. Serve with additional Mantovani Italian Steak Sauce on side.

Picadillo Stew



Picadillo Stew is a delicious twist on the traditional ground meat favorite.

PICADILLO STEW

(Makes 4 to 6 servings)

- 1 pound beef stew cubes
- 1 clove garlic, finely chopped
- 1 (28-ounce) can whole tomatoes, undrained and broken up
- 1 cup chopped green bell pepper
- 1/2 cup sliced pimiento-stuffed green olives
- 1/2 cup raisins
- 2 teaspoons Wyler's® or Steero® Beef-Flavor Instant Bouillon or 2 Beef-Flavor Bouillon Cubes
- 1/4 to 1/2 teaspoon cayenne pepper
- 1/4 teaspoon curry powder
- 1/8 teaspoon each ground allspice and cloves
- Hot cornbread

In large skillet, brown meat and garlic. Add remaining ingredients except cornbread; bring to a boil. Reduce heat; cover and simmer 1 hour or until tender. Serve over cornbread. Refrigerate leftovers.

Rich Rum Raisin Sauce, Cappuccino Freeze and Bittersweet Chocolate Fudge Sauce. Each specially developed recipe also includes the calories, total fat, saturated fatty acids, and cholesterol saved compared to a similar recipe using traditional ingredients.

Consumers can receive a free copy of this new brochure by sending a self-addressed, stamped business-size envelope to "Fun and Festive Foods," P.O. Box C-2524, Young America, Minn. 55399-2524.