

# Hot And Cold Tips For Picnics

The most relaxing picnics are those where the food is cooked at home. All that's left is spreading out the red and white checkered tablecloth and bringing out the food.

"With summer here and picnics popular, there's always concern about keeping foods safe to eat," says Donna Higgins, director of Del Monte Kitchens. "The most important thing is to keep hot foods hot and other perishable foods cold. An ice chest, filled with ice, is a necessity if foods will be out more than a few hours before being eaten. Insulated hot foods are best eaten in 2 to 3 hours."

Here are two recipes for quick and easy sandwiches that travel well and can be made ahead. Jamaican Joe relies on already-seasoned Cajun style stewed tomatoes, ground beef and canned black beans to make this sandwich quickly.

For a picnic, spoon the just-cooked meat mixture into a wide-mouth thermos to keep it hot. Or, bring it in a pot, wrapped in newspapers or towels.

Once the bulgur wheat is cooked, Tabbouli Lamb Sandwich goes together in minutes. It stores well in a zipper-style plastic bag, but needs to be kept chilled.

## JAMAICAN JOE

- 1/2 lb. lean ground beef
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1/8 to 1/4 tsp. cayenne pepper
- 1 can (14-1/2 oz.) DEL MONTE® Cajun (or Original) Style Stewed Tomatoes



Jamaican Joe is easy to make and travels well for carefree summertime picnics.

- 1 can (15 oz.) black or pinto beans, drained
- 1/2 cup diced green pepper
- 3 whole wheat hamburger buns, split halves

In skillet, brown meat with onion, garlic and cayenne; season to taste with salt and pepper; if desired. Drain. Stir in tomatoes and beans. Cover and cook over medium-low heat 5 minutes. Stir in green pepper. Cook, uncovered, over medium-high heat 5 minutes or until thickened, stirring occasionally. Just before serving, lightly toast buns. Spoon about 1/2 cup meat mixture over each half bun. Serve open-faced with a dollop of sour cream, if desired. (6 servings)

Variation: If using Original Style, add a pinch each of cinnamon, ground cloves and cayenne.

Nutritional Information: Calories-253 (25% fat); Cholesterol-24 mg; Fat-7 gm; Sodium-317 mg.

## TABBOULI LAMB SANDWICH

- 1 can (14-1/2 oz.) DEL MONTE® Original Style Stewed Tomatoes
- 1/2 cup bulgur wheat
- 1-1/2 cups cooked, diced lamb or beef
- 3/4 cup diced cucumber
- 3 Tbsp. minced fresh mint or parsley
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- 3 pita breads, cut in halves

Drain tomatoes, reserving liquid. Pour liquid into measuring cup; add water, if needed, to measure 3/4 cup. In small saucepan, bring liquid to boil. Stir in bulgur; cover and simmer 20 minutes or until done. Cool. Chop tomatoes. In medium bowl, combine tomatoes with meat, cucumber, mint, lemon juice and oil. Stir in cooled bulgur. Season to taste with salt and pepper, if desired. Spoon about 1/2 cup tabbouli into each half pocket bread. (6 half pocket sandwiches)

Nutritional Information: Calories-239 (25% fat); Cholesterol-35 mg; Fat-7 gm; Sodium-343 mg.

# DEAR BETTY CROCKER

Q. Can I freeze a cream pie?

D.J. West Hurley, N.Y.

A. Cream, custard and meringue-topped pies do not freeze well. The cream and custard fillings separate and the meringues toughen and shrink. However, a plain cream filling made with cornstarch to thicken, plus a small amount of gelatin, will freeze well for up to a month. For best results, freeze the filling in a separate pie plate from the crust. Slide frozen filling into baked crust. Top pie with meringue and bake according to directions to brown the meringue. Or, top with sliced bananas or shredded coconut, if you like.

Q. When I brush an egg wash on the top of my yeast bread, the crust develops small blisters as it bakes. What causes this?

C.K. Fallon, N.Y.

A. It's probably caused by air bubbles in the egg wash (one egg yolk plus two tablespoons of water). You may be able to minimize this by brushing egg wash on lightly. These tiny bubbles are within the characteristics of a good loaf of bread.

Q. Can olive oil be used for deep-fat frying?

T.C. Lincoln, Neb.

A. Corn oil and vegetable oil are the best choices for deep-fat frying because both have higher smoke points. A light olive oil, which has

been filtered to produce lighter colored and less fragrant oil, can be used for deep fat frying because its smoke point is high enough. Other types of olive oil have low smoke points and are best for low to medium heat cooking and salad dressings and marinades.

Do you have a cooking question? Write "Dear Betty Crocker," Box 1113, Dept. Betty, Minneapolis, Minn. 55440.

Tip of the week: Pasta won't boil over if you add two tablespoons of oil to four quarts of cooking water.

## KALEIDOSCOPE OF DREAMS

A soft breeze in a dream portends good fortune and success. If the wind is blowing very hard, it means you are faced with a struggle that you will eventually overcome.

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# Leadership Summit And Agenda For Blacks Sought By Lawmakers

WASHINGTON — The National Black Caucus of State Legislators (NBCSL) is convening a National Black Leadership Summit in order to develop a legislative agenda for African Americans for 1992.

According to Colorado Senator Regis F. Groff, president of NBCSL, the Black Leadership Summit will be held as a part of the 15th annual national conference of NBCSL, scheduled for December 2-6 in Las Vegas, Nevada.

Groff said, "There are so many critical issues facing African Americans at the federal, state, county and city levels that it is urgent for African American leaders to

come together, exchange ideas and experiences to forge a common black legislative agenda.

"The current economic recession is having a depression level impact on African Americans. In contrast to previous periods, this economic downturn is occurring at a time when there are more black elected officials than ever before at all levels of government. It is, therefore, extremely important that we recognize and utilize these new resources to the greatest extent possible to improve conditions and the quality of life for our community," Groff said.

Groff indicated that the heads of

black national organizations and locally elected officials are being invited to the 1-day leadership summit on Monday, December 2, at Caesars Palace in Las Vegas.

The six major subject areas to be covered at the summit are education, health, economic development, criminal justice, civil rights, and political participation.

"In addition to our developing a legislative strategy and agenda, we plan to discuss networking, coalition building, and lobbying techniques to get legislation passed," Groff said.

"As we move toward 1992 with the presidential, congressional and local election campaigns, we want to be certain that the agenda of legislative issues is determined, in part, by our own elected officials and not by those who only want our support and votes."

As a continuation of the process of formulating the black legislative agenda, NBCSL's opening conference session will feature a panel of black mayors examining the topic "Strengthening State and Local Partnerships to Advance the African American Agenda."

Groff said African American elected officials and heads of organizations interested in participating in the December 2 summit should contact NBCSL's national headquarters in Washington, 202-624-5437.

## The Most Well Known Bat in the World And some "spirited" Halloween rum recipes for adults

The setting is Santiago, Cuba, 129 years ago, and Don Facundo Bacardi, who developed the secret for Bacardi rum, is in his small distillery. He needs a trademark for his delicious rum. He wants to pick a friendly symbol, one that will endear people to his new product. A palm tree? A butterfly?—how about a fruit bat? That's right, a bat was chosen and it has become the good luck symbol for the most popular spirit in the world.

As the legend goes, it seems that Don Facundo's little tin-roofed distillery was home to a colony of fruit bats and Amalia, Don Facundo's wife, suggested that the bat be used as a trademark. The rest is history. Since 1862, the bat has adorned the Bacardi rum label and has become the proud trademark for the rum that continues to out-sell every other spirit in the world.

The bat also is a symbol closely associated with Halloween. And this association has not always been kind to the bat's reputation. So we'd like to dispel some common myths about one of the world's most misunderstood creatures.

Gentle and intelligent animals, they are more closely related to humans than mice. Bats are devoted mates, and most bat species have one baby a year. Young bats often convince their mothers to take care of them long after it's necessary. Sound familiar? Despite common belief, a bat's eyesight is as good as ours. Their skeletal make-up is also similar to ours.

With 39 species of bats in the United States and 1,000 worldwide, the bat is the cultural symbol of happiness and family unity for many people the world over. In fact, in many countries, people build bat houses the way others build bird houses.

While most know of some bats' fondness for blood, the vast majority of bats eat insects. And, as their name suggests, fruit bats eat fruit, spreading seeds and pollinating tropical trees and shrubs. Bats (like Don Facundo's fruit bats), thus play a vital role in our world's food chain. In fact, any loss of bats in the tropics could seriously threaten the survival of the tropical rain forests, which are vital to maintaining our climate worldwide.

This Halloween, in honor of the friendly and valuable bat, Bacardi rum wanted to share a little of its family tradition, some interesting bat facts, and even the following recipes... for adults, of course.

### Bacardi Bat Bite

- 1 oz. Bacardi Black Rum
- 5 oz. Cranberry Juice

### Bacardi Black Widow

- 1 oz. Bacardi Black Rum
- 5 oz. Orange Juice
- Splash of Amaretto



## Marion Joyce COUPON COOKBOOK CORNER BBQ TIPS

For juicy, tender burgers, handle the meat as little as possible. Burgers won't stick to the grill if you let the rack heat up before putting them on. Flavor chicken with dry herbs and spices as thyme, rosemary, curry, garlic, ginger, paprika and pepper. Grill chicken gently, do not burn skin. Fish is great and fast on the grill. Fish steaks are best using oily firm textured types.

## Marion Joyce CONSUMER HEALTH CORNER

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Finally, there is an insect repellent that actually smells good and feels great on the skin, while providing effective protection from the annoying bugs of summer. S.C. Johnson Wax introduces OFF® Skintastic™, an insect repellent in a unique, pleasant smelling lotion formula that also moisturizes the skin. Skintastic™ is the first product that combines effective repellency in a good smelling, great feeling lotion. Its breakthrough cosmetic qualities combined with effective repellency addresses the needs of those of us who have been non-users or infrequent repellent users and have been looking for low level insect protection in a scent-pleasing, skin-conditioning formula. The petrolatum and glycerine formula gives Skintastic™ a non-greasy feel and a light pleasant fragrance. It contains also in a special Aloe Vera formula which moisturizes the skin. Skintastic™ also contains 7.1% Deet, the active ingredient that repels annoying and biting insects such as mosquitoes, flies, gnats and no-see ums. Deet is the most effective repellent available and is registered with the Environmental Protection Agency. With the effectiveness of Deet, Skintastic™ helps safeguard against annoying and biting insects for up to two hours. Skintastic™ is ideal for light outdoor activities such as walking, gardening, barbecuing, picnicking and viewing fireworks, all those enjoyable pastimes often ruined by pesky insects. Making sure your family is protected from annoying and biting insects when outdoors is important. It doesn't take a deep wood or marshy area to become exposed to insects. It can happen in your own backyard. Skintastic™ is an OFF® product, a familiar and trusted name in insect repellents and the market leader in the repellent industry. The Skintastic™ bottle is handy and convenient, just the right size to fit perfectly into a backpack or travel bag, great to send to camp. Its unique flip-top cap is designed for easy dispensing. Read the label carefully and follow the directions. Skintastic™ can be used on the body as well as the face and forehead. EPA registration for Skintastic™ was granted in March, 1991. It is located in the insect repellent section, along with the entire OFF® product line.



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