

The Thinking Woman

Dorothy Johnson's Food Forum

MAPLE SUGARING

It's sapping time in New Hampshire, it's sugaring time in Vermont, Minnesota and Wisconsin, the cold nights and warm days mean that the sap is running. Hundreds of thousands of maple trees are tapped, buckets are hung and a few tentative drops of sap beat out the pulse of Spring.

From mid-March to mid-April, the small clapboard sugar shacks are readied. The large flat evaporating troughs are fired up, and the first run gallons of maple sap are boiled into pints of golden syrup.

Exactly who discovered the sweetness potential of maple sap is not known. It is known, however, that the early French settlers in the St. Lawrence River Valley, learned the secret of making syrup from the local Indian tribes. One legend tells of an Indian maid who was cooking a haunch of venison in the clear liquid she had obtained from the maple tree. She let the liquid boil too much and discovered maple syrup. From these obscure beginnings the production of maple syrup and maple sugar grew to become an industry of fundamental importance.

HAM BAKED IN MAPLE SYRUP

Remove the rind, if necessary from a slice of ham about 1-1/2 to 2 inches thick, slash the fat in several places to keep the meat from curling. Put the ham in a shallow baking dish. In a bowl mix together: 3/4 cup maple syrup, 2 tbsps. cider vinegar, and 2 tbsps. Dijon style mustard. Pour the mixture over the ham and bake in a moderate oven (350) degrees basting frequently for about 1 hour. Transfer the ham to a heated platter and keep it warm. Cook the remaining sauce over high heat, stirring constantly until it is thickened slightly. Pour the sauce over the ham.

CARROTS WITH MAPLE SYRUP

In a sauce pan, put 18 to 20 small young carrots, peeled. Cook them covered, in about 1 inch of boiling salted water for 10 minutes, or until they are tender, but slightly crisp. Transfer them with a slotted spoon to a plate and reduce the carrot liquid to about 1/2 cup. Into the liquid stir: 1/4 cup maple syrup, 1/2 stick or 1/4 cup butter, and 1 tsp. dry mustard. Cook the mixture over moderate heat until it has a consistency of a heavy syrup. Add the carrots and cook them shaking the pan until they are glazed and heated through.

MAPLE SYRUP PANCAKES

Into a bowl sift together: 1 cup flour, 1-1/2 tsp. baking powder, and a pinch of salt. In another bowl beat 1 egg thoroughly and stir in 1 cup milk and 2 tbsps. melted butter. Pour the batter from a ladle onto a heated lightly greased griddle, and cook the pancakes over medium heat until the underside is lightly browned and bubbles appear on the surface. Turn the pancakes and cook on the other side. Serve them with butter and maple syrup.

MAPLE SYRUP GRAHAM BREAD

Into a bowl sift together: 2 cups flour, 2 tps. each of baking powder and baking soda, and 1 tsp. salt. Stir in thoroughly 2 cups graham flour. In another bowl beat 2 eggs thoroughly, stir in 1-1/2 cups buttermilk, 1/2 cup sour cream and 1-1/3 cups maple syrup. Mix in dry ingredients. Divide the dough into 2 well buttered loaf pans, each 8-1/2 by 4-1/2 inches and bake in a moderately slow oven (325) degrees for about 1 hour or until it tests done. Let the loaves cool, cut the bread into slices and serve them with sweet butter.

MAPLE BREAD PUDDING

Cut French bread into 1/2 inch thick slices and toast them on both sides lightly. Butter one side generously and arrange the slices butter side up on the bottom of a buttered baking dish. In a bowl, beat 4 eggs lightly, and stir in 2/3 cup maple syrup and a pinch of salt. Gradually stir in 2 cups of

MS LINDA LEE



The lovely Ms. Linda Lee was born in Las Vegas, and graduated from Clark High School. While attending Clark, she took courses in book-keeping and typing. Aside from her teen social activities, she concentrated on being qualified for employment after completing high school, and her efforts were rewarded.

In 1972, she was employed by State Farm Insurance as a mail and file clerk, later was promoted to a switch board operator, then to her present position as CSO Secretary. Her present duties concern claims associated with auto bodily injuries.

Linda was born under the sign of Cancer and says she finds most Taurus men interesting. She likes football, tennis and soft music.

Her ambition is to become a counselor, model and housewife. Preferably in that order.

half and half (half milk-half cream), and pour the mixture over the bread. Place the baking dish in a pan of hot water and bake in a moderately hot oven (375) degrees for about 35 minutes or until custard is set.

Beauty by-lines

Tips from the experts for a more beautiful you



To correct dark circles under the eyes, say the beauty experts at Sears, use a lighter foundation to cover the area. Then apply your regular base.



To correct an uneven lip tone, try a special "lip balancer," then apply your usual lipstick.



If your skin is oily, be sure to use a translucent powder which adds no color -- just a smooth finish.



Think about your clothes colors as make-up colors, advise the fashion experts at Sears. A dark-skinned woman can choose from many flattering shades -- best are the blues, white, pink, yellow, gold and green.

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