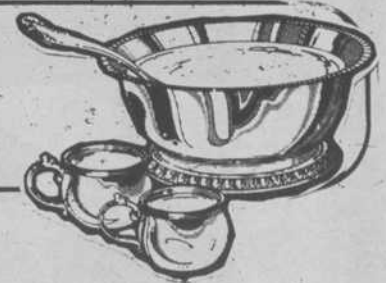


# Food

By Betty Brown

## Gifts From Your Kitchen



### HOLIDAY DIVINITY

Before cutting, let stand a few days loosely covered in a dry place to set.

- 2 cups sugar
- 1/2 cup each water and light corn syrup
- 2 egg whites
- 1 cup coarsely chopped nuts
- 1/4 cup chopped candied cherries
- 1/4 cup minced preserved ginger

In heavy medium saucepan over low heat, cook and stir sugar, water and corn syrup until sugar dissolves. Increase heat to medium. Cook without stirring until a candy thermometer registers 268 degrees (hard-ball stage) or until small amount dropped into very cold water forms a ball. Meanwhile beat egg whites until stiff but not dry. Beating constantly, slowly pour the hot syrup into egg whites in a fine steady stream until all is incorporated. Continue to beat until candy holds its shape and starts to lose its gloss. Fold in nuts, fruits and minced ginger; spread in greased 9-inch square pan. When firm, cut into 1-inch squares. If desired, place each in a small fluted paper cup. Makes about 80 squares or 1 1/2 lbs.



### HOLIDAY DIETING TIPS

By Ellen Schuster, Home Economist  
Cooperative Extension Service

The sugarplum fairy is not a nice person.

She's got 10 pounds out there just waiting for you.

There are ways to outwit this sweet, but cruel, gremlin. A little planning and a little caution can get you through to January without major damage to your diet and figure.

The most effective way to avoid temptation is to get all those high calorie treats out of the house. It will make the holidays easier for you and your family and friends if you set out platters of dried fruits instead of candies, cookies, and sweet breads.

Tell your friends you're allergic to sweets. After all, they make you break out... in fat.

Take the boxes of fudge and fruitcake that do sneak into your house to the nearest charity food collection center immediately.

Stock up on ingredients for low calorie treats. You might include fructose or an artificial sweetener like aspartame or saccharin, flavoring extracts and spices, unsweetened cocoa, plain low-fat yogurt, unflav-

ored gelatin, and fruit packed in its own juice.

Indulge yourself with exotic fruits. How can you feel deprived while feasting on papaya, kiwi, pineapple or persimmons?

Now that home is secure, how do you safely venture forth into the holiday atmosphere where calories are so thick you can put on weight just by inhaling?

Holiday brunches will be the scene of more than one diet casualty. Fortify yourself with a good, balanced breakfast an hour before the brunch. Then make this party meal a light lunch. Preparing your stomach beforehand, makes the rolls, stollen, and cookies less tempting.

Try a cup of spicy or fruity tea to take the bite out of a sweet tooth.

When confronted with a luscious dessert you just can't pass up, remember that this is the season for sharing. Don't be selfish. Split it with a friend.

For more information or recipes for low calorie holiday treats, call Ellen Schuster, Cooperative Extension Service, 731-3130.

A home-prepared specialty from your own kitchen is always a welcome and much appreciated gift to give to friends and relatives. We're sure that you can think of many of your own specialties to make. However, a few tasty suggestions are given here.

### LIZZIES

- 1 pkg. (15 oz.) raisins
- 1/2 cup bourbon
- 1 1/2 cups flour
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 1/4 cup butter or margarine, softened
- 1/2 cup packed light brown sugar
- 2 eggs
- 1 pound (4 cups) pecan halves
- 8 ounces diced citron
- 1 pound candied cherries
- Confectioners' sugar



Soak raisins in bourbon for 1 hour. Mix flour, baking soda and spices; set aside. Cream butter; gradually beat in sugar. Beat in eggs, one at a time, until well blended. Stir in raisin mixture, pecans, citron and cherries; mix well. Drop by heaping teaspoonsful 1 1/2 inches apart onto greased cookie sheets. Bake in preheated 325 degree oven for 15 minutes or until light brown. Remove to racks to cool. Sprinkle with confectioners' sugar stirred through a strainer. Makes 96.

### PICKLED CARROTS

- 3/4 cup vinegar
- 3/4 cup water
- 1/2 cup sugar
- 1 tablespoon mustard seeds
- 6 whole cloves
- 10 medium carrots, cut into 1/2 inch sticks
- 12 large green onions, cut same length as carrots



In medium saucepan over medium heat cook vinegar, water, sugar, mustard seeds and cloves until sugar dissolves. Add carrots; cook until crisp-tender. Add green onions; cook 1 minute. Cool; pack tightly into four 1/2 pint jars, arranging vertically for green and gold pattern. Add hot vinegar mixture to cover; seal. Refrigerate 24 hours before serving. Makes 2 pints. NOTE: Zucchini can be substituted for green onions.

### POTTED CHICKEN LIVER PATE

- 1/4 cup margarine
- 4 ounces lean bacon, diced
- 12 ounces chicken livers, cut into quarters
- 1 large clove garlic, crushed
- 2 tablespoons brandy or bourbon
- 1/2 teaspoon salt
- Dash of hot-pepper sauce
- Melted chicken fat or butter



Melt margarine in heavy saucepan; add bacon, chicken livers, garlic, brandy, salt and hot-pepper sauce. Cover; cook over low heat, stirring occasionally, 10 minutes or until chicken livers lose pink color; cool. Puree in food processor or blender until smooth or put through meat grinder using fine blade. Pack into two 1-cup crocks or bowls. Spoon on enough chicken fat to cover surface. Chill up to two weeks. Before serving, remove and discard chicken fat. Spread on toast or crackers to serve. Makes 2 cups.

### BRANDIED ORANGES

- 2 cups water
- 1 cup sugar
- 2 cinnamon sticks
- 1 bay leaf
- Peel of 1 orange (colored part only), cut in strips
- 1/3 cup brandy
- 8 medium oranges, peeled, pith removed

In medium saucepan over medium heat stir water, sugar, cinnamon sticks, bay leaf and peel until sugar dissolves; bring to boil. Reduce heat; simmer 30 minutes or until slightly thickened. Remove from heat; stir in brandy. Discard bay leaf. Meanwhile, arrange desired amount of oranges in hot jars (see note). Pour in hot syrup to cover. Cover tightly; cool; refrigerate. Let stand 48 hours for flavors to develop. Keeps refrigerated up to 2 weeks. Makes 8 servings. (Note: You will need a 2-quart jar to hold all eight oranges.)

### CITRUS-HONEY MARMALADE

- 2 large-size thin-skinned oranges, washed, cut into chunks and seeded
- 1 medium-size thin-skinned lemon, washed, cut into chunks and seeded
- 1 1/2 cups honey
- 1/4 cups water

Chop fruit fine in food processor, blender or with sharp knife. (Fruit should measure 1 1/4 cups.) Place in a 3-quart heavy saucepan; stir in honey and water. Bring to boil over high heat. Reduce heat to medium. Boil rapidly, stirring often, 20 minutes or until mixture is shiny and thickened. (Chill a sample to test; cook five to ten minutes longer if too thin.) Ladle into hot sterilized jars; seal at once with 1/8 inch melted paraffin. Refrigerate up to 3 weeks; freeze for longer storage. Makes about 3 cups.

## 24 HOUR POKER!

LOW LIMIT GAMES



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