

FOR THE LADIES...

ROAST LEG OF LAMB CONTINENTAL

Preparation Time: about 30 minutes
Roasting time: 2 to 2½ hours
Oven temperature: 325°F

A whole leg of lamb roasts on a bed of potatoes and onions that absorb all the savory juices. This is an excellent choice for a festive meal. Serve along with a fresh spinach salad, and light dessert made with fresh fruits.

For 6 servings you will need:

- 1 leg of lamb, 5½ to 6 lbs.
- 2 large garlic cloves, peeled
- 2 tsp. salt
- 1 tsp. coarse ground black pepper
- 6 large potatoes, peeled, sliced
- 1 medium onion, peeled, sliced
- 2 Tbsp. all-purpose flour
- 1½ to 2 cups beef broth
- 2 Tbsp. butter or margarine
- 2 Tbsp. fresh parsley

Preparation:

1. Make slits in meat with tip of sharp knife; insert slivers of garlic. Rub surface of meat with salt and pepper.
2. Layer potatoes and onion in bottom of large shallow baking dish. Sprinkle with flour.
3. Place leg of lamb on top of potatoes.
4. Pour broth over potatoes; dot with butter. Sprinkle with parsley.
5. Insert meat thermometer so tip is in thickest part of the meat and does not touch bone or rest in fat.
6. Roast, uncovered, at 325°F until thermometer registers 175°F, for 2 to 2½ hours. Allow meat to stand 15 to 20 minutes before carving.

Good served with: a casserole of broccoli and cauliflower, sliced fresh tomatoes, and a light red wine, if you like.

Learn & Live!

CLARK COUNTY
COMMUNITY
COLLEGE

Eta Phi Beta Sorority, Inc.

Delta Epsilon Chapter
Las Vegas, Nevada

invites you to attend their
Second Annual Fund Raiser

May 20, 1990 at 7:00 p.m.
 Holiday Inn Center Strip

Working Women Striving For Success

Banquet

Guest Speaker
Entertainment

Proceeds to benefit United Negro College Fund

LaJean's Hair Design 649-3445
 Lookin' Good Beauty Salon 737-8533

\$25.00 Donation

Dishin It Out *By Nona*



Nona Carroll

MENU

Leg of Lamb
Sweet Potatoes
Eggplant
Banana-Coconut Pie
Herb Tea

ORANGE-GLAZED SWEET POTATOES

- 2 pounds sweet potatoes (about 6 medium)
- 2/3 cup sugar
- 1 tablespoon cornstarch
- 1 teaspoon salt
- ½ teaspoon grated orange peel
- 1 cup orange juice
- 2 tablespoons butter or margarine

Heat oven to 400°. Pare sweet potatoes; cut each lengthwise in half. Arrange in ungreased 1½-quart casserole.

In small saucepan, stir together sugar, cornstarch, salt and orange peel. Slowly stir orange juice into sugar mixture. Add butter. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.

Pour hot orange juice mixture over sweet potatoes in casserole. Cover; bake 1 hour, basting occasionally.

Makes 4 to 6 servings.

INDIAN FRIED EGGPLANT

- 1 medium eggplant (about 1½ pounds)
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon turmeric
- 2 teaspoons curry powder
- 1 cup milk
- 1 egg
- ¼ cup salad oil

Wash eggplant. Beat remaining ingredients with rotary beater until smooth. Heat fat or oil (inch deep) to 375° in large skillet.

Cut eggplant into ¼-inch slices. Dip slices into batter, letting excess drip into bowl. Fry in hot fat until golden brown, turning once. Drain. If desired, salt to taste.

BANANA COCONUT CUSTARD PIE

Filling whips up easily in a blender.

- Pastry:**
- ½ cup unbleached white flour
 - 1 cup rolled oats
 - ¾ cup flaked coconut
 - 5 tablespoons vegetable oil
 - ¼ teaspoon nutmeg
 - Unsweetened fruit juice

Filling:

- 1½ cups milk
- 3 eggs
- 2 ripe bananas
cut in pieces

1½ cups milk

- 3 eggs
- 2 ripe bananas, cut into pieces
- 1 teaspoon nutmeg
- ½ teaspoon baking powder
- 1/3 cup unbleached white flour
- 1 cup flaked coconut

Topping:

- ½ cup flaked coconut
- 1 ripe banana, sliced

In a medium-sized mixing bowl combine pastry ingredients except fruit juice; mix well. Gradually add fruit juice, using just enough to form a soft dough. Press pastry into lightly oiled 9" pie pan, covering bottom and sides evenly.

Combine filling ingredients in a blender and blend well. Pour into pastry-lined pie pan. Sprinkle liberally with nutmeg. Bake at 350 degrees for 50 minutes or until custard has set. Cool and refrigerate.

Shortly before serving, sprinkle pie with ½ cup flaked coconut and garnish with banana slices. Serve immediately. Serves 8.

Planning Tips

Cooking

Plan meals ahead—a week's menus at once if possible. To give yourself a proper rest have a mid-week roast and plan a cold picnic for the weekend. Prepare vegetables in advance if necessary and store in plastic bags in the refrigerator. They are just as quick to cook as canned or frozen vegetables. Use evenings or a free weekend to prepare a few nutritious snacks that the family can eat when you are not there to cook: open flans, wholemeal (wholewheat) scones, homemade soups, fresh fruit juices. Then, they will not be tempted in your absence to eat crisps (potato chips), sweets, sugary fruit drinks, etc.

Convenience Foods

These are usually taken to mean the mass-produced, instant foods, but there are some superb natural foods which could just as well be called convenience foods. Milk is possibly the most convenient food of all. And fish is easy and quick to prepare when there is no time to cook a meat dish. Apples, bananas and oranges all travel well, need no special container and are fun to eat. Eggs come in their own extremely convenient packaging, and can be cooked in just three minutes. So there is no excuse for anyone to argue that they don't have the time to eat correctly.

Beauty Tips

Olive Oil

Good for your face, hair and body, particularly for combating dryness. A tablespoon of oil in your bath water will help to stop your suntan fading. Warm olive oil, massaged into the hair and scalp is a superb conditioner immediately before a shampoo.

Before a manicure

Soak your finger nails in a small bowl of warm olive oil: it will be good for ragged cuticles.

Oranges

Cover pieces of orange peel in boiled water. Stand. Cool and use the liquid as a skin tonic.

Scratch the fresh peel with a knife to release the orange oil and rub over your arms and neck to make skin more velvety.