

MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

Vol. 1, Issue 5
Holidays 1999

Holiday Tips

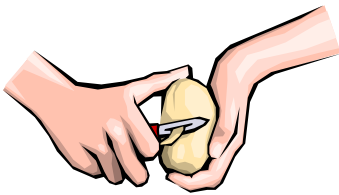
The holidays can be hectic and expensive. Try these ideas to help stretch your budget, save your time, and feed your family better.

Skinny Mashed Potatoes

5 large potatoes, cut into 1" pieces
3 1/2 cups chicken broth
Generous dash pepper

In saucepan place potatoes and broth. Over high heat, heat to boil. Cover and cook over medium heat 10 minutes or until potatoes are tender.

Drain, reserving broth. Mash potatoes with 1 1/4 cups broth and pepper. If needed, add additional broth until potatoes are desired consistency. Serves about 6.



Simple Blender Gravy

Add 1 rib of celery, 1 onion, 1 carrot to the roasting pan and roast with the turkey. When turkey is done, remove to serving platter and keep warm. Pour vegetables and broth from roasting pan into blender container. Let stand a few minutes to allow fat to rise to the top. Using a ladle, skim off fat and discard. Check the markings on the blender container and add 2 tablespoons of flour per cup of broth and vegetables. Blend until smooth. Because the liquid is hot, the gravy will thicken. Pour into saucepan, stir constantly until gravy boils. Turn heat down to low to keep gravy warm until ready to serve. The vegetables add a rich flavor and almost no calories.

Food Safety Tips



You may want to update holiday recipes that use raw or lightly-cooked eggs, to avoid the risk of foodborne illness. That's because we now know that refrigerated grade A eggs with clean, uncracked shells—those usually assumed to be safe—can be contaminated with *Salmonella enteritidis* bacteria.

Raw Egg Recipes Not Safe

Eggs must be cooked thoroughly in order to kill any bacteria—such as salmonella—that may be present. If your eggnog-recipe calls for raw eggs, it's not safe. Likewise, neither is Hollandaise sauce or mousse. Don't worry about cakes, cookies and candies though. Eggs used in baking get thoroughly cooked, and candy (such as divinity) containing eggs, reaches temperatures far above that needed to kill bacteria. However, raw cookie dough isn't safe to eat!

Here is a recipe for cooked eggnog to try:

Holiday Eggnog

4 cups low-fat milk
6 eggs
1/2 cup sugar
1 teaspoon vanilla
Ground nutmeg

Heat milk in large saucepan until hot (do not boil or scald). While milk is heating, beat together eggs in a large bowl, gradually adding the sugar.

Gradually add the hot milk mixture to the egg mixture. Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. Thermometer should register 160 °F. Stir in vanilla. Cool quickly by setting pan in a bowl of ice or cold water and stirring for about 10 minutes. Cover and refrigerate until thoroughly chilled, several hours or overnight. Pour into a bowl or pitcher. Sprinkle with ground nutmeg if desire.



Kid Corner

Sweet Potato - Cranberry Nutbread

3/4 cup cooked, peeled and mashed fresh sweet potato (one large)
3/4 cup brown sugar, firmly packed
3 eggs slightly beaten
1/4 cup butter or margarine, melted
1 tsp. grated orange peel optional
1/3 cup orange juice
2 1/2 cups sifted all-purpose flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. ground cinnamon
1 cup coarsely chopped fresh cranberries
1/2 cup chopped walnuts

In large mixing bowl, combine mashed sweet potato, brown sugar, butter, eggs, orange peel and orange juice. Sift together flour, baking powder, baking soda, cinnamon; blend into sweet potato mixture. Stir in cranberries and nuts. Pour into lightly oiled and floured 9x5x3-inch loaf pan.

Bake in 350 °F oven 50 to 60 minutes or until cake tester inserted in center comes out clean. Remove from pan, cool. Wrap in foil or plastic wrap. Store overnight for easy slicing. Makes 1 loaf.



Household Helpers



Are many of your plastic containers discolored with spaghetti sauce or fruit stains? To prevent spaghetti sauce or fruit stains on plastic containers,

lightly wipe or spray with non-stick vegetable spray before adding the food. Look! No stains!

RUDOLPH, THE REINDEER ORANGE

4 medium oranges

Draw a reindeer face on each orange (for have children do it themselves) with black and red permanent ink markers. Draw and cut out paper antlers for each orange using brown construction paper. To attach, cut slits in top of each orange the width of the bottom of antlers; slip antlers into oranges.

To make oranges stand up, cut eight 4 x 1 inch strips of cardboard. Overlap ends of each strip, and staple together. Place decorated orange on holder.

Free Nutrition Education Programs



Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

Budgeting and stretching food dollars.
Basic nutrition and menu planning.
Preparing low cost, easy recipes and menus.
Preserving, storing and preparing food safely.

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