

INTERNATIONAL TASTERS  
BARRINGTON AREA BRANCH  
AMERICAN ASSOCIATION OF UNIVERSITY WOMEN  
FEBRUARY 1, 1987

# RISE AND SHINE



CITRUS PUNCH  
ROSY PEAR COMPOTE  
SMOKED SALMON SCRAMBLE  
BAKED HAM WITH CURRANT JELLY GLAZE  
CHEESEY POTATO CASSEROLE  
MIXED VEGETABLE SAUTE  
HERB BREAD            MINI BAGELS  
OATMEAL MUFFINS      CARMEL NUT ROLLS  
CHAMPAGNE  
COFFEE            TEA

### CITRUS TEQUILA PUNCH

4 cups unsweetened pineapple juice  
1 12-ounce can frozen lemonade concentrate, thawed  
1 1/2 cups tequila  
1 cup orange liqueur  
Lemon and lime slices

In 2-quart pitcher stir together pineapple juice, lemonade concentrate, tequila, and orange liqueur. Cover and chill thoroughly. Just before serving, add lemon and lime slices. Pour over ice cubes in glasses.

Yield: 8 (8-ounce) servings

### CATAWBA CITRUS PUNCH

1 16-ounce can frozen orange juice concentrate, thawed  
1 12-ounce can frozen lemonade concentrate, thawed  
5 cups water  
1 bottle (25.4 ounce) Sparkling Catawba non-alcoholic natural grape juice  
Orange and lemon slices

In large pitcher stir together orange juice concentrate, lemonade concentrate and water. Cover and chill thoroughly. Just before serving, add chilled catawba. Garnish with orange and lemon slices.

## BAKED HAM with CURRANT JELLY GLAZE

1 Fully cooked Ham half (5 to 7 pounds)  
1/2 cup currant jelly  
1 tablespoon Dijon mustard  
1 tablespoon brown sugar  
Whole cloves

Place ham fat side up on flat rack in shallow roasting pan.  
Score ham fat in 2-inch diamonds (cut only 1/4-inch deep.)  
Roast at 325° for 1 3/4 to 2 1/4 hours.

Meanwhile prepare CURRANT JELLY GLAZE: In small bowl combine jelly, mustard and brown sugar. The last 30 minutes of cooking time, remove drippings from pan. Stud ham with cloves and spoon glaze over ham. Continue to bake, basting occasionally, until meat thermometer reading is 130°.

## POTATO CASSEROLE

2 packages (2 pounds each) frozen Hash Brown Potatoes  
3 sticks butter or margarine  
1 pint half & half  
1 pound Velveeta cheese

Place potatoes in large casserole. In medium saucepan combine butter, half & half and cheese. Cook over low heat, stirring occasionally, until mixture is smooth. Pour cheese sauce over the potatoes. Do not mix. Let stand 1 hour. Bake at 350° 1 hour.

## SMOKED SALMON SCRAMBLE

8 eggs  
2 tablespoons milk  
2 tablespoons butter  
4 ounces (about 1 cup) boneless smoked salmon, flaked  
1/4 cup sour cream  
2 green onions, finely chopped

In bowl combine eggs and milk. Beat until eggs are a uniform color. In medium Teflon-lined skillet, melt butter over low heat. Add the eggs. As the eggs warm through, increase the heat somewhat. Using a wooden spoon, push the eggs from the bottom of the pan in long strokes. Continue this with increasing speed as the pan grows hotter. The eggs should be loose and creamy. Quickly fold in the smoked salmon and sour cream. Serve immediately. Garnish with chopped green onion.

### MIXED VEGETABLE SAUTE

3 medium zucchini, coarsely shredded or cut in julienne strips  
2 medium carrots, coarsely shredded or cut in julienne strips  
1 ear corn (cut from cob) or 1/2 cup frozen whole kernel corn  
Salt  
2 tablespoons butter  
2 tablespoons vegetable oil  
Pepper  
3 green onions, finely chopped

Place zucchini in colander and sprinkle generously with salt. Toss. Let stand at least 30 minutes. Rinse well under cold running water. Press with paper towel to remove excess interior and exterior moisture from the zucchini. In medium skillet heat butter and vegetable oil. Add zucchini, carrots and corn. Saute, stirring frequently about 4 to 5 minutes until heated through and vegetables are tender crisp. Add pepper to taste and garnish with chopped green onions.

### ROSY PEAR COMPOTE

1 can (16 oz.) whole cranberry sauce  
2 tablespoons sugar  
1 tablespoon fresh lemon juice  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
6 Bosc pears, pared, cored and quartered  
2 medium oranges, peeled, sliced and halved

In saucepan combine cranberry sauce, sugar, lemon juice, cinnamon and ginger. Bring mixture to a boil; remove from heat. In 8x8 baking dish place pears and oranges. Pour cranberry mixture over pears and oranges. Cover pan with aluminum foil and bake at 350° about 40 minutes, or until pears are tender. Serve warm for dessert or chilled for breakfast.

Yield: 6 servings

## CRESCENT CARAMEL SWIRL

1/2 cup butter  
1/2 cup chopped nuts  
1 cup firmly packed brown sugar  
2 tablespoons water  
2 cans (8 oz. each) refrigerated crescent rolls

In small saucepan, heat butter. Coat bottom and sides of 12-cup fluted tube pan (bundt pan) with 2 tablespoons of the melted butter; sprinkle pan with 3 tablespoons nuts. Add remaining nuts, brown sugar, and water to butter in saucepan; heat to boiling, stirring occasionally. Remove crescent rolls from cans in rolled sections; do not unroll. Cut each of the four sections into 4 pinwheel slices. Arrange 8 slices in tube pan, separating pinwheel slightly to allow sauce to penetrate. Spoon half the caramel sauce over dough. Repeat with remaining dough, off-setting slices slightly. Pour remaining caramel sauce over dough. Bake 25 to 30 minutes in preheated 375° oven until deep golden brown. Cool three minutes; turn onto serving platter. (Makes 1 10-inch coffee cake)

## OATMEAL MUFFINS

1 cup rolled oats  
1 cup buttermilk or sour cream  
1 cup flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1 teaspoon salt  
1/3 cup shortening  
1/2 cup brown sugar  
1 egg  
Chopped nuts, optional  
Chopped dates, optional

In bowl combine oats and buttermilk; let stand for 1 hour. Sift together flour, baking powder, baking soda and salt; set aside. Combine shortening, brown sugar and egg; mix thoroughly. Stir in dry ingredients alternately with oat mixture. Add nuts and dates, if desired. Pour batter into greased muffin tins. Fill them about 2/3 full. Bake in preheated 400° oven about 20 to 25 minutes. (Makes 12 medium muffins)

## DILL SEED BREAD

1 package dry active yeast  
2 teaspoons granulated sugar  
1/4 cup warm water (100 to 115 degrees, approximately)  
8 ounces large-curd cottage cheese  
1 room temperature egg  
2 teaspoons grated onion  
2 tablespoons melted butter  
2 teaspoons salt  
1/4 teaspoon baking soda  
1 cup whole-wheat flour  
1 1/2 cups all-purpose flour  
2 teaspoons dill seed or dill weed

Dissolve the yeast and sugar in the warm water in a large mixing bowl, and allow to proof for about 5 minutes. Stir the cottage cheese into the yeast mixture, then add the egg and blend thoroughly. Put in the grated onion, melted butter, salt, and baking soda. Stir in the flours, 1 cup at a time, and the dill seed and turn out on a lightly floured board. Knead for about 5 minutes, or until the dough is smooth and springs back when indented with the fingers. Butter a 9 x 5 x 3-inch loaf tin and shape the dough to fit the pan. Cover and let rise in a warm, draft-free spot until doubled in bulk.

Bake in a preheated 375 degree oven for 35 to 40 minutes, or until the bread sounds hollow when you remove it from the pan and tap it with your knuckles. Cool on a rack before slicing.