

# Grandmother is still cookin' at 84

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worcestershire sauce in empty chili sauce bottle; shake well and pour over steak. Sprinkle paprika, salt and pepper over top. Dot with butter.

Bake on middle rack of preheated 400F oven about 45 minutes for rare, 55 minutes for medium or until desired doneness. Add green pepper and baste steak about 10 minutes before end of cooking time.

Transfer steak to platter. Tent with foil and let stand 10 minutes.

Keep chili sauce mixture warm. Thinly slice steak against grain. Serve topped with sauce and sprinkled with parsley, if desired. Makes 10 to 12 servings.

## Barley and Mushroom Casserole

*A fabulous meatless main course or delicious side dish to go with chicken, fish or grilled veggies.*

- ¼ cup butter
- 1 large onion, chopped
- ½ cup diced celery
- 1 cup pearl barley
- ½ lb (250 g) mushrooms, sliced (about 3½ cups)
- 2 cups chicken or beef stock
- ¼ cup finely chopped sweet green pepper
- ½ tsp salt
- ¼ tsp pepper

In saucepan or deep skillet, melt 3 tablespoons butter over medium heat. Cook onion and celery about 5 minutes or until softened. Stir in barley. Cook, stirring often, about 3 minutes or until lightly browned. Stir in mushrooms, stock, green pepper, salt and pepper. Bring to boil.

Meanwhile, in preheated 350F oven, melt remaining 1 tablespoon butter in 12-cup casserole. Grease casserole with melted butter.

Pour in barley mixture. Cover tightly and bake 45 minutes. Uncover and bake 10 to 15 minutes or until liquid is absorbed and barley is tender.

Makes 4 to 6 side-dish servings.

## Quick Mandel Bread

*The name says it all. Call it biscotti (the Italian version of this Jewish baking staple) and you've got yourself the trendy cookie to dunk in coffee, tea or milk.*

- 1¼ cups all-purpose flour
- 2 tsp cinnamon
- 1 tsp baking powder
- ½ tsp salt
- 3 eggs
- ½ cup granulated sugar
- ½ cup vegetable oil
- 1 tsp almond extract
- 1 cup slivered almonds

Sift together flour, cinnamon, baking powder and salt. Set aside.

In large bowl, beat eggs until light and lemon-colored. Add sugar gradually and beat until thick. Add oil and almond extract. Beat well. Fold in flour mixture and almonds.

Turn out on to greased baking sheet and spread out to make 7-by-11-inch rectangle. Bake in preheated 350F oven 20 to 25 minutes or until lightly browned and firm.

While still warm, cut dough in half lengthwise, then crosswise into ¾-inch strips. (Cookies will look like biscotti.) Spread out on baking sheet, cut sides down, and bake 20 to 25 minutes or until dry. Cool on racks.

Makes about 2 dozen.

## Elegant Noodle Pudding

*We used ricotta for this excellent dessert. Kaplan makes it with*

*Jewish-style cottage cheese available at stores like Daiter's and Mandel's Creamery. Regular cottage cheese, sold in tubs, is too runny.*

- 3 cups uncooked medium egg noodles
- ½ cup butter, melted
- 6 eggs, separated
- 4 cups Jewish-style cottage cheese or ricotta cheese (about 2 lb/1 kg)
- 2 cups sour cream
- ½ cup granulated sugar
- 1 tsp vanilla
- 1 tsp salt
- 2 tbsp all-purpose flour
- Glazed Berries (recipe follows)

In large pot of boiling, salted water, cook noodles about 8 minutes or until tender but firm. Drain. Rinse with cold water. Drain. In bowl, toss noodles with half the butter. Set aside.

Beat egg whites until stiff peaks form. Set aside.

In large bowl, beat yolks. Beat in cottage cheese or ricotta, sour cream, sugar, remaining butter, vanilla and salt. Sift in flour. Blend into yolk mixture. Fold in egg whites.

Add half this mixture to noodles; mix gently.

Pour noodles into greased 9-by-13-inch baking dish. Top with remaining egg mixture. Bake in preheated 325F oven 60 to 70 minutes or until lightly set in centre. (Pudding will firm up somewhat as it cools.)

Serve warm with Glazed Berries.

Makes about 15 servings.

## Glazed Berries

Two 300 g packages frozen unsweetened strawberries or raspberries

- ½ cup granulated sugar
- 2 tbsp cornstarch
- 2 tbsp water

Thaw berries and drain, reserving juice. If necessary, add enough water to juice to make 1 cup. In saucepan, bring juice to boil.

Meanwhile, in small bowl, blend sugar, cornstarch and water until smooth. Whisk into juice. Cook, whisking, until mixture boils and thickens. Reduce heat and simmer 1 minute to remove any raw cornstarch taste.

Remove from heat. Stir in berries.

Serve separately, warm or chilled, with noodle pudding. Makes about 2½ cups.

## Marble Chiffon Cake

*Kaplan unabashedly claims to have perfected the chiffon cake. Try this version and I'm sure you'll agree.*

- 1½ cup granulated sugar, divided
- ¼ cup unsweetened cocoa powder
- ¼ cup boiling water
- 2¼ cups sifted cake and pastry flour
- 1 tbsp baking powder
- ¾ tsp salt
- 1¼ cups egg whites (about 9 eggs)
- ½ tsp cream of tartar
- 5 egg yolks
- ¾ cup water
- ¼ cup vegetable oil
- 2 tsp vanilla

In medium bowl, combine ¼ cup sugar with cocoa. Blend in boiling water until smooth. Cool.

In separate bowl, sift together flour, 1 cup sugar, baking powder and salt. Set aside.

In large bowl, beat egg whites until frothy. Add cream of tartar and beat until soft peaks form. Gradually beat in ½ cup sugar. Beat until stiff glossy peaks form.

Using same beaters, beat yolks, water, oil and vanilla into flour mixture until smooth. Fold yolk mixture into egg white mixture gradually, blending well. Transfer about third of batter into cooled cocoa mixture. Fold to blend well.

In ungreased 10-inch tube pan, alternate layers of white and chocolate batter, beginning and ending with white batter. Quickly run spatula through batter to eliminate any large air pockets.

Bake in preheated 325F oven 55 minutes. Increase heat to 350F and bake 15 minutes or until tester inserted comes out clean and cake springs back when lightly touched. Turn pan upside down and let hang on legs attached to pan or on inverted small glass. Cool completely. Run sharp knife around edges of cake and remove from pan. (Cake can be stored in airtight container up to 2 days.)

Makes 12 to 14 servings.

## Canadians lighten up, survey says

NEW YORK — Three out of four Canadian adults consume "lite" foods and beverages, according to new research.

Reducing dietary fat is of particular importance, according to the survey by Pfizer Food Science Group. Two-thirds of Canadian adults consume foods and beverages which are low or reduced in fat, or are fat-free.

The most popular: salad dressing; dairy products such as milk, cheese, yogurt and sour cream; margarine; meat products.

"Better over-all health" was the reason most mentioned for using low-calorie or sugar-free foods and beverages, consumed by almost half those surveyed.

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