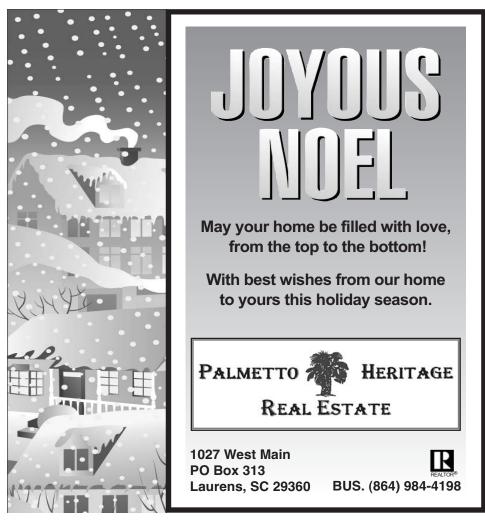
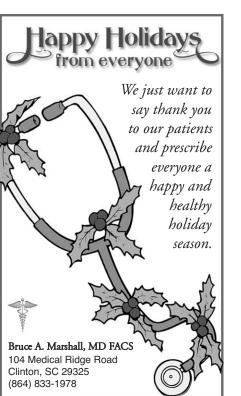




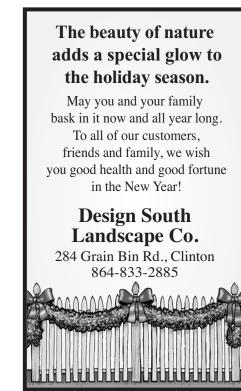
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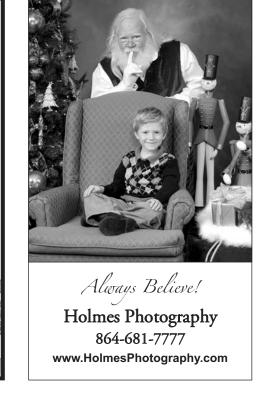












high heat until the color darkens slightly and the chilies are fragrant, about 30 seconds per side. Transfer the ancho chilies to a medium-size bowl. Add enough hot water to the bowl to cover the chilies. Let stand until the chilies soften, about 20

Puree four ancho chili halves with 1/2 cup soaking liquid in a blender. Add the roasted poblano chilies; puree. Season with salt and pepper. Drain the remaining two chili halves; chill. (Puree and

Preheat oven to 350°F. Rinse the turkey inside and out, and pat dry. Sprinkle the turkey with salt and pepper. Cut the remaining two ancho chili halves into strips. Place the chili strips and onion

Mix the butter and achiote paste in a small bowl to blend. Run your fingers between the turkey breast skin and meat to loosen. Rub half of the achiote butter over turkey breast under skin. Rub soaked chilies can be made one day ahead. butter over the outside of turkey. Place turkey in

turkey. Tie legs together to hold shape. Pour 1 1/2 cups of stock into the pan.

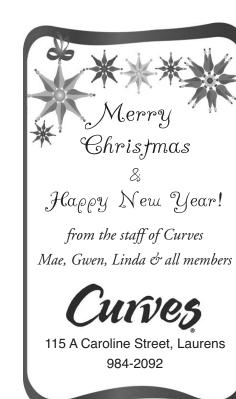
Roast the turkey 45 minutes. Tent the turkey loosely with foil. Continue roasting until a meat thermometer inserted into the thickest part of the thigh registers 180°F, basting every 30 minutes with pan juices, about 3 1/2 hours. Transfer the turkey to platter. Tent with foil.

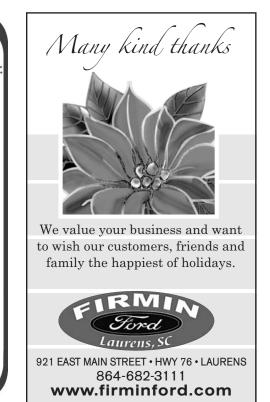
Pour the turkey pan juices into a measuring cup. Spoon off the fat from the pan juices, reserving Makes 14 servings.

a large roasting pan. Tuck wings under the 1/4 cup of fat. Add enough remaining stock to the pan juices to measure 3 cups. Return 1/4 cup fat to the roasting pan. Place the pan over two burners set at medium heat. Add the Masa Harina; whisk until the mixture resembles a paste, scraping up any browned bits, about 2 minutes. Gradually whisk in the pan juices. Add chile puree: simmer 4 minutes to blend the flavors. Season gravy with salt and pepper. Serve turkey with









Mound half of the lobster mixture lengthwise on serve, cut in slices. phyllo 1 inch from the edge. Roll phyllo into 2 inch Serves 4 thick roll and place on a cookie sheet. Repeat process to make a second roll.

Brush roll tops with melted butter. With a serrated Gravy knife, make partial slices in roll before baking or 2 fresh poblano chilies

crumbs and repeat two more times, to end with a freezing. Bake at 350° for 15 minutes, then at 3 dried ancho chilies, stemmed, halved and 1/4 C. Masa Harina (corn tortilla mix, available in 450° for 5 to 10 minutes. Let rest 10 minutes. To seeded

Achiote Butter-Basted Turkey with Ancho Chili

1 22 to 24 pound turkey, giblets discarded 1 large white onion, quartered 3/4 C. butter, room temperature

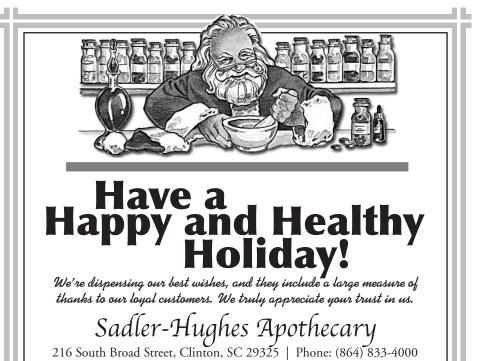
3 T. achiote paste (available in Latin American

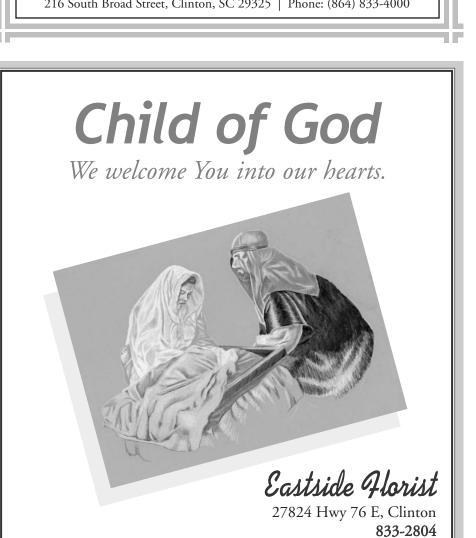
4 C. chicken stock

Latin American markets and many supermarkets) salt and pepper to taste

Char the poblano chilies over a gas flame or in a broiler until blackened on all sides. Enclose chilies in a paper or plastic bag. Let stand 10 minutes to steam. Peel and seed chilies.

Toast ancho chilies in a heavy, large skillet over









2008 Holiday Recipes

Healthy fresh salsa

Ingredients

13 large tomatoes 6 large onions

3 large bell peppers 10 large jalopenos

Cooking Instructions

dice all vegetables do not use a chopper add salt to taste you may use more or less of each ingredient depending on your taste preference let chill for 1 hour and presto you have a perfect and healthy dip or side dish for cooked vegetables.

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Dorothys Pumpkin Muffins

Prep: 15 mins Cook: 22 mins Ready in: 37 mins

Ingredients

1 1/2 cups flour

2 tsp baking powde3r

3/4 tsp salt

1/2 cup sugar

1/2 tsp cinnamon

1/4 cup butter 1/2 cup raisins

1/2 cup pumpkin

\dagger 2 cup milk

Cooking Instructions

Add all dry ingredients and cut in the butter and

In separate bowl add egg pumpkin and milk stir and add to dry ingredients.

Pour into muffin cups about 2/3 full ...sprinkle each muffin cup with 1/2 tsp sugar.

Bake at 400 degrees 20-22 min.

Cranberry-Mint Cooler with a Frozen Ho... Prep: 3 hr. Cook: 1 mins Ready in: 3 hr., 1 mins

Ingredients

Silicone shot glass mold (available at some Bed Bath & Beyond stores)

Fresh cranberries

Fresh mint

Water

3 oz. white cranberry juice

3 oz. club soda

Cooking Instructions

Add cranberries into the bottom of shot glass mold cups. Cut cranberries in half if necessary. Add fresh mint leaves into the mold pushing them down so they keep the cranberries in place when water is added.

Pour water to the mold cups and place on a flat surface in the freezer until solid.

When ready to serve unmold frozen shot glasses and place them each into a tall slender glass. Add amount of white cranberry juice and soda as listed above into each glass and serve.

Holiday Shortbread

Prep: 20 mins Cook: 20 mins Ready in: 40 mins

2 1/2 cups all-purpose flour

10 ounces (2 1/2 sticks) cold unsalted butter, cut into small pieces

1/2 cup powdered sugar

Pinch salt

1/4 teaspoon vanilla extract

Cooking Instructions

In a stand mixer, combine the flour, butter, sugar, and salt. Using the paddle attachment, mix the ingredients on low speed until combined. Add the vanilla. Mix until the dough is smooth and comes

Turn the dough out onto a floured work surface. Divide into 2 pieces. On the edge of a piece of parchment or waxed paper, shape the dough into a log, and carefully roll up until the paper ends, folding the outside corners into the log. Repeat with the second piece of dough. Refrigerate for at least 30 minutes.

Preheat the oven to 275 degrees F.

Remove the rolled logs, unwrap, and cut into 1/4inch slices. Transfer to ungreased cookie sheets and bake until golden on the edges, about 25 minutes. Transfer the cookies to wire racks to cool for 15 to 20 minutes before handling.

Chicken Broth Stuffing

Prep: 45 mins Cook: Ready in: 45 mins Ingredients

Box of Bell's Brand Stuffing Mix (Chicken flavor)

2-4 Carrots (chopped)

2-4 Celery (chopped)

1 Box Swanson's Chicken Broth

Chicken Gravy

Chopped Onion (optional)

Cooking Instructions

Place stuffing mix in microwavable bowl place half or less of chopped onion (optional) carrots celery and small amount of chicken broth into mix and stir. Microwave according to stuffing box directions. Serve immediately while warm (with gravy if desired)!

Rita's Sweet Holiday Baked Ham

Prep: 20 mins Cook: 2 hr. Ready in: 2 hr., 20 mins Ingredients

1 cup maple syrup

1 cup orange juice

1 cup ginger ale

1/2 cup brown sugar

1/2 cup honey

1 (10 ounce) jar maraschino cherries, halved

1 (12 pound) fully-cooked, bone-in ham

1 (15.25 ounce) can pineapple slices in juice, drained

1 box round wooden toothpicks Cooking Instructions

Sugar-Glazed Pecans Preheat the oven to 350 degrees F (175 degrees

1/2 cup champagne or ginger ale In a medium bowl, mix together the maple syrup, orange juice, ginger ale, brown sugar and honey. 2 teaspoons salt

ham with a sharp knife in a diamond pattern. Cuts

should be about 1/4 inch deep. This will allow the

Place the ham into an oven bag, and carefully

pour the juice mixture over it, keeping all of the

juice in the bag. It may look like there is too much

juice, but the ham will soak it up while baking.

Place the pineapples onto the top of the ham, and

secure with toothpicks. Place cherries into the

centers of the rings, and secure with toothpicks

also. Tie the end of the bag closed with the ties

provided, place in a large roasting pan, and cut a

Bake the ham for 2 hours in the preheated oven.

The internal temperature should be 160 degrees

F (80 degrees C) when done. Be sure not to

touch the bone when taking the temperature. Re-

move ham from bag to a serving plate, and let

few small slits in the top of the oven bag.

stand for 10 minutes before carving.

BEST OF THE BEST CREAMED CORN

Prep: Cook: 15 mins Ready in: 15 mins

1 PKG GREEN GIANT NIBBLETS CORN

1PKG GREEN GAINT CREAM CORN

1 SMALL BLOCK CREAM CHEESE

SALT AND PEPPER TO TASTE

1 PKG GREN GIANT SHOE PEG CORN

LET CORNS DEFROST. LET CREAM CHEESE

AND BUTTER GET SOFT. MIX CREAM

CHEESE AND BUTTER IN SAUCE PAN AND

HEAT ON LOW UNTIL THEY BLEND. ADD ALL

THREE PACKS OF CORN AND SALT AND

PEPPER. HEAT UNTIL WARM.. EASY AND A

Prep: 10 mins Cook: 10 mins Ready in: 20 mins

First drain and finely chop 1 can of artichoke

Next mix with Mayonnaise and Freshly grated

Parmesan cheese and season with salt and pep-

3/4 cup Fresh Grated Parmesan Cheese

Ingredients

1/2 STICK BUTTER

Cooking Instructions

CROWD PLEASER.

1 can Artichoke hearts

3/4 cup Mayonnaise

To Ta Salt & Pepper

Cooking Instructions

hearts (or a food processor).

Heat in 350° oven for 10 minutes

Artichoke Dip

Ingredients

ham to soak up the juice.

Stir in the juice from the maraschino cherries, and 2 teaspoons cinnamon half of the cherries. Score the outer edge of the 1 teaspoon ground ginger

2 cups sugar

8 cups pecan halves

Cooking Instructions

Preheat the oven to 250 F Spray two (15x10x1-inch) baking pans with non-

stick coating spray. Separate eggs and in a large bowl whisk egg

Add 1/2 a cup of champagne or ginger ale, salt, cinnamon, ground ginger, sugar and pecan

Now fold this together until the nuts are evenly

Spread the mixture out onto the baking pans.

Bake at 250 degrees for 1 to 1 1/2 hours until the coating is absorbed and the pecans appear dry, stirring occasionally to prevent sticking.

Separate the pecans into a single layer with two

When they are cooled store at room temperature in an airtight container.

Seasoned Chicken

Prep: 20 mins Cook: 50 mins Ready in: 1 hr., 10

Ingredients 12 chicken (buy them cut thin)

1 pinch salt

5 cups olive oil

3 tablespoons season salt

2 cups milk

Cooking Instructions

Mlx the chicken, eggs, milk, salt, and season salt

Pour the olive oil into a frying pan.

Fry the chicken in the pan until they are fully cooked on the inside and a liltle browned on the

Put chicken on a plate and sprinkle some season salt on top to add a decorative look. Enjoy!

Pumpkin Cheese Bread

Ingredients

2 1/2 cups sugar

1 8 oz pkg cream cheese, softened

1/2 cup margarine or butter

1 16 oz can pumpkin

3 1/2 cups flour

2 teaspoons baking soda

1 teaspoon salt 1 teaspoon cinnamon

1/2 teaspoon baking powder

1/4 teaspoon ground cloves



What a glorious night it was, May you carry the joy of that night in your heart now and forever! NHC Homecare

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^ASavior Is Born!

The Clinton Chronicle







Happy Holidays

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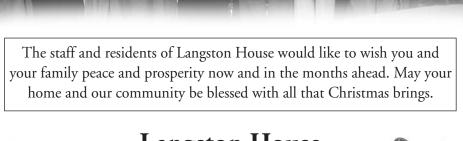
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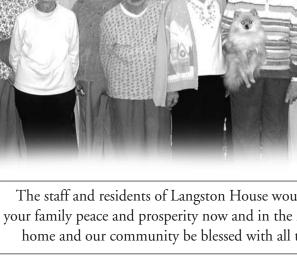




Langston House 939 Springdale Drive, Clinton (864) 833-0338







remove browned bits. Strain, discarding vegetables. Serve au jus with the roast. Serves 8-10

Roast Duck with Orange Sauce 1/4 cup orange marmalade

1/4 cup fresh orange juice

2 tablespoons soy sauce

1 tablespoons soy sauce

1 tablespoon Dijon mustard

1 clove garlic, minced

1 4 to 4 1/2 pound duckling salt and pepper

In a small saucepan combine the orange marmalade, orange juice, soy sauce, Dijon and garlic. Bring to a boil and simmer for 5 minutes.

Remove all fat from duck and wash and thoroughly dry both inside and out. Prick duck skin in several places with the tines of a fork. Using an elastic food tie, truss the duck. Season inside and out with salt and pepper.

Rotate on the spit rods for 1 1/2 to 2 hours or until

and the juices run clear.

Brush the duck with some of the sauce about 15 minutes before the duck is done.

Let stand 15 minutes before cutting into serving pieces. Serve with orange sauce. Serves 4.

Roast Duck with Orange Sauce 1/4 cup orange marmalade

1/4 cup fresh orange juice

2 tablespoons soy sauce

1 tablespoons soy sauce 1 tablespoon Dijon mustard

1 clove garlic, minced

1 4 to 4 1/2 pound duckling

salt and pepper

In a small saucepan combine the orange marmalade, orange juice, soy sauce, Dijon and garlic. Bring to a boil and simmer for 5 minutes.

Remove all fat from duck and wash and thoroughly dry both inside and out. Prick duck skin in several places with the tines of a fork. Using an the internal temperature reaches 170 degrees elastic food tie, truss the duck. Season inside and

out with salt and pepper.

the internal temperature reaches 170 degrees

pieces. Serve with orange sauce.

Serves 4.

1 teaspoon salt

Rotate on the spit rods for 1 1/2 to 2 hours or until and the juices run clear. Brush the duck with some of the sauce about 15 1/2 cup butter, melted

minutes before the duck is done. Let stand 15 minutes before cutting into serving

Lobster Strudel 1/2 cup onion, chopped 2 tablespoons butter 1 cup dry vermouth 4 each egg yolks, beaten 1/4 cup parsley, snipped

1/2 teaspoon pepper

4 ounces cream cheese, cubed

12 ounces lobster meat

8 each phyllo dough sheets

1/2 cup bread crumbs

Cook onions in butter until golden. Add vermouth.

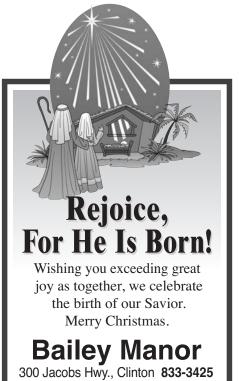
Boil until reduced to 1/3 cup.

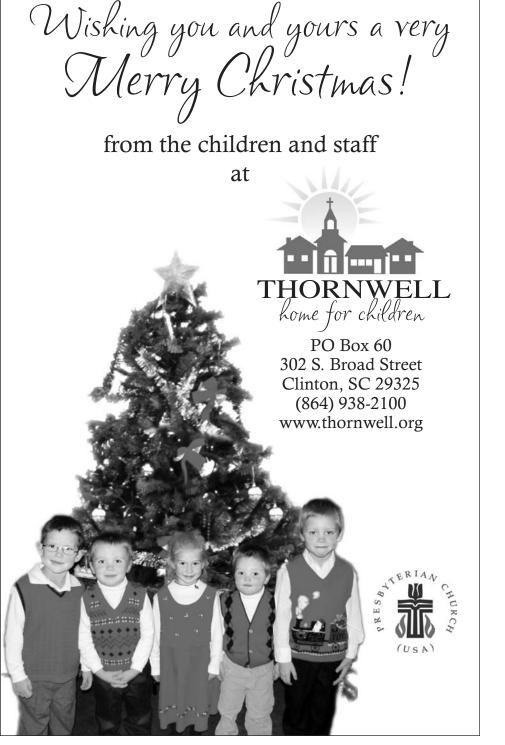
Whisk a tablespoon or two of butter mixture into beaten eggs. Slowly add egg yolks to butter and onion mixture. Add parsley, salt, and pepper. Add cream cheese and cook, stirring until cheese is melted. Fold in lobster.

Thaw phyllo dough according to package directions. Place 1 sheet phyllo on work surface; brush with butter and sprinkle with 1 tablespoon bread crumbs. Layer a second sheet, butter, and









1 cup chopped nuts

Cooking Instructions

Combine sugar, cream cheese & margarine, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in pumpkin. Add combined dry ingredients, mixing just until moistened. Fold in nuts, if desired. Pour into two greased & floured 9X5 inch loaf pans (or 3-4 smaller loaf pans for mini-loaves). Bake at 350 degrees F one hour or until wooden toothpick inserted in center comes out clean. Cool 5 minutes.; remove from

The Clinton Chronicle

Potatoes Au Gratin

Ingredients

2 pounds Idaho Potatoes

1 cup grated Gruyère or Emmenthaler cheese

1/2 cup half and half

melted butter

to ta salt and pepper

Cooking Instructions

Preheat the oven to 425 F

Lightly grease a shallow 1 1/2 quart casserole dish with butter.

Peel Idaho Potatoes, and then using a mandolin slice the potatoes

Now grate Gruyère or Emmenthaler cheese Next arrange the sliced potatoes and layers with melted butter and season with salt and pepper and sprinkle with the cheese

Layer with melted butter, half and half and season with salt and pepper

Then top with more grated cheese and sprinkle with Parmesan

Now bake the casserole covered for 30 minutes After 30 minutes uncover and bake an additional 15 minutes or until the potatoes are tender

No bake candy peanut butter balls Ingredients

1 jar 16oz reeses peanut butter 2 sticks butter

@ 1/2 bag confectioners sugar

4 1 lb bars of hersheys chocolate candy bars melted

Cooking Instructions

first take a large microwavable bowl. scoop in jar of peanut butter and add sticks of butter and melt. mix in 1/2 the bag of confectioners sugar until consistancy is crumby. roll into 1 inch balls (or egg shapes for easter). last in separate bowl melt 4 candy bars in microwave bowl spoon on top and sprinkles if desired. chill and serve.

Corned Beef and Cabbage I Ingredients

3 pounds corned beef brisket with spice packet 10 small red potatoes

5 carrots, peeled and julienned

1 large head cabbage, cut into small wedges Cooking Instructions

Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a 1 tablespoon ground black pepper

boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and 6 oranges, guartered let rest 15 minutes.

Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across

Beer Can Turkey

1 (9 to 10 pound) whole turkey, thawed or fresh 2 teaspoons dry mustard

2 teaspoons granulated onion

2 teaspoons paprika

2 teaspoons kosher salt

1 teaspoon granulated garlic

1 teaspoon ground coriander 1 teaspoon ground cumin

1 teaspoon freshly ground black pepper

1/4 cup canola oil

12 to 24 ounces beer

Remove giblets, neck and any excess fat from turkey. Rinse with cold water; drain well.

In a small bowl combine spices, herbs and sea-

Meanwhile, preheat gas grill with all burners on high or build a charcoal fire. Reduce heat to Indirect Medium heat (about 350°F) or position grayashed briquettes on either side of an aluminum drip pan. Pour beer inside turkey sitter and set

Blot turkey dry with paper towels. Rub interior of bird with 2-3 teaspoons of rub mixture. Brush turkey all over with oil and place drumstick-side down on sitter. Season turkey exterior with remaining rub.

Place turkey/sitter directly on the grill rack cooking grate, carefully balancing the bird.

Grill over Indirect Medium heat for about 2-3 hours until the juices run clear and a meat thermometer registers 185 degrees F in thigh and 170 degrees F in breast. Wearing barbecue mitts, carefully remove turkey from the grill, being careful not to spill the hot beer. Discard the beer.

Let turkey rest at least 20 minutes before carving.

Makes 12 servings

Note: On some grills, lid may not close com-

pletely. In this case, a small gap will still allow turkey to grill thoroughly. For added safety, place foil over turkey to avoid contact with grill lid.

Brine Smoked Turkey

16 to 18 pounds Honeysuckle White Whole

1 cup salt

1 cup firmly packed brown sugar

8 quarts stock, vegetable (2 gallons)

2 cups grapefruit juice

1 onion, quartered

4 bay leaves

10 pounds ice (1 bag)

8 quarts cold water (2 gallons) 2 tablespoons Worcestershire sauce

Mix salt, brown sugar, vegetable stock, grapefruit juice, onion, pepper, and bay leaves in a stockpot and bring to a boil until sugar and salt are well dissolved. Remove from heat and cool.

ice and cold water. Submerge turkey. Brine for at into the turkey least 6 hours, or preferably, overnight.

Remove turkey from brine and dry well. Rub salt and pepper onto turkey skin. Stuff turkey with orange quarters and tie legs together.

Smoke turkey in a smoker set to 250 F for about 7 hours, until internal temperature is 170 F (hickory chips may be added). Remove and let rest for 45 minutes before serving.

Cajun Deep-Fried Turkey

1/2 cup kosher salt

3 tablespoons onion powder 3 tablespoons black pepper

3 tablespoons white pepper

2 tablespoons sweet basil

2 teaspoons bay leaves, ground

1 tablespoon cayenne pepper 2 teaspoons filé powder

3 tablespoons garlic powder

1 1/2 tablespoons paprika 1 (10 to 12-pound) whole turkey, non self-basting

4 to 5 Gallons peanut oil, See Note Stir salt, herbs and peppers together. Mix until well blended. Use 1/2 to 2/3 cup for a 10-12 18 to 24 pounds Honeysuckle White Whole pound turkey. May be stored for several months

in an airtight covered jar. Remove the giblets and neck, rinse the turkey well with cold water and pat dry thoroughly with paper towels. Take care to dry both inside cavities. Place in a large pan and rub the interior and exterior of the bird with seasoning mix. To allow for good oil circulation through the cavity, do not truss or tie legs together. Cut off the wing tips and plump little tail as they may get caught in the fryer basket. Cover pan and place in refrigerator

Place the OUTDOOR gas burner on a level dirt or grassy area. Never fry a turkey indoors, in a garage or in any structure attached to a building. Do not fry on wood decks, which could catch fire, or concrete, which could be stained by the oil. (Safety tip: have a fire extinguisher nearby for added safety.) Add oil to a 7-10 gallon pot with a basket or rack.

At the medium-high setting, heat the oil to 375 degrees F., (depending on the amount of oil, outside temperature and wind conditions, this should take about 40+ minutes).

Meanwhile, place the turkey in a basket or on a rack, neck down.

When the oil temperature registers 375 degrees F on a deep-fry thermometer, slowly lower the turkey into the hot oil. The level of the oil will rise

due to the frothing caused by the moisture from the turkey but will stabilize in about one minute. (Safety tips: to prevent burns from the splattering oil wear oven mitts/gloves, long sleeves, heavy shoes and even glasses. It is wise to have two people lowering and raising the turkey.)

Immediately check the oil temperature and increase the flame so the oil temperature is maintained at 350 degrees F. If the temperature drops In large pot or ice chest, add stockpot mixture to to 340 degrees F. or below, oil will begin to seep

> Fry about 3 to 4 minutes per pound, or about 35 to 42 minutes for a 10 to 12 pound turkey. Stay with the cooker at all times as the heat must be regulated

> When cooked to 170 degrees F. in the breast or 180 degrees F. in the thigh, carefully remove the turkey from the hot oil. Allow the turkey to drain for a few minutes. (Safety tip: allow the oil to cool completely before storing or disposing.) _Remove turkey from the rack and place on a serving platter. Allow to rest for 20 minutes before carv-

Note: Use only oils with high smoke points, such as peanut, canola or safflower oil. To determine the correct amount of oil, place the turkey in the pot before adding seasoning and add water until turkey is covered. Take turkey out of the water before marking the oil level. Measure the amount of water and use a corresponding amount of oil. Dry the pot thoroughly of all water. Makes 12 servings.

Classic Roast Turkey

Turkey (thawed if frozen)

1 tablespoon olive oil (or other vegetable oil) Fresh basil, parsley, or thyme sprigs optional

Follow preparation instructions on Honeysuckle

White bag as follows:

Preheat oven to 325 F. Remove thawed turkey from bag. Remove giblet package from neck skin area. With legs facing away, press one leg down near leg clamp to release. Release other leg. Do not remove clamp from turkey. Remove neck from body cavity. Rinse inside and outside of turkey with cold water. Drain well and pat dry.

If stuffing turkey, allow 3/4 cup stuffing per pound of turkey. Bake any extra in casserole dish. STUFF IMMEDIATELY BEFORE ROASTING. Re-tuck legs in clamp. Roast immediately. Place turkey in roaster or in shallow pan with rack. Brush turkey with vegetable oil. Roast at 325 F according to chart. It is not necessary to baste your Honeysuckle White turkey and opening the oven door will slow cooking time. Using a meat thermometer is recommended. Insert into the thickest part of the breast without touching the bone. Thermometer should read 170 F when turkey is done. Start checking pop-up timer and meat thermometer 1 hour before turkey is due to

be done according to chart. When turkey is



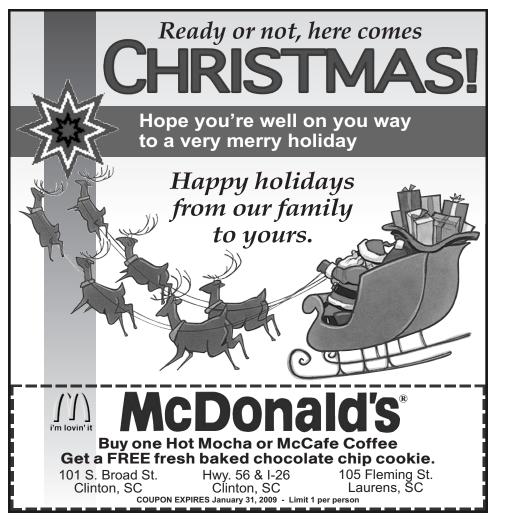


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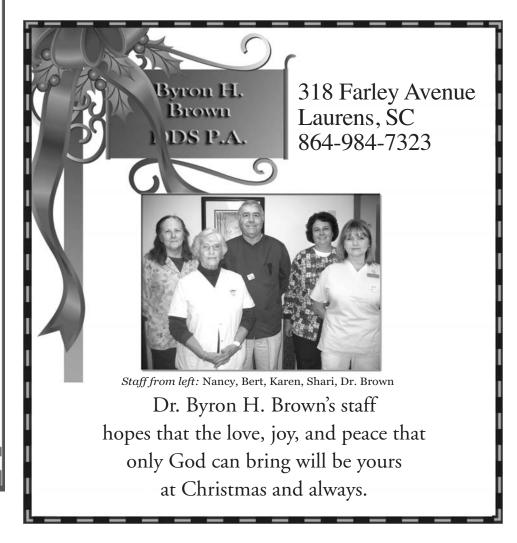
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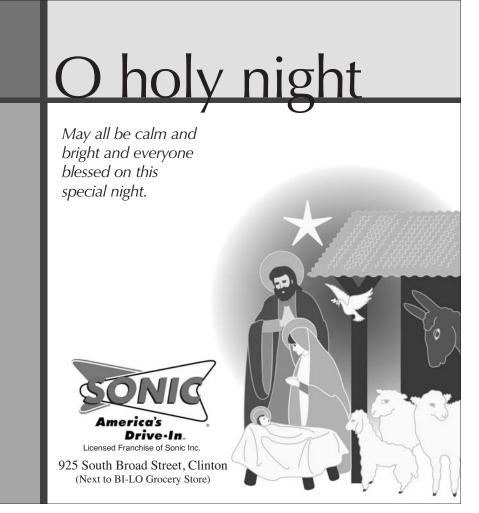
Wishing you and yours all the trimmings of a truly delightful holiday season.

Thank you for your very generous support this year.

It's been great serving you!

HOLIDAY!

Laurens County Government Offices



Make lamb:

Preheat oven to 350° F. Place bread on baking sheet. Bake until slightly dry, about 5 minutes. Cool. Combine bread and herbs in processor. Blend until bread forms crumbs. Transfer crumbs to bowl. (can be made 1 day ahead. Chill.)

Preheat oven to 425° F. Sprinkle lamb with salt and pepper. Heat oil in heavy large skillet over high heat. Add lamb and brown well, turning occasionally, about 10 minutes. transfer lamb to baking pan. Roast until meat thermometer inserted into center of lamb registers 130°F for medium-rare, about 20 minutes. Let lamb cool 10 minutes. brush mustard all over lamb. Dredge in baking pan, meant side up. Roast until crumb feel dry but are not colored, about 3 minutes. Let lamb rest 5 minutes at room temperature.

Meanwhile, make sauce:

Boil wine and Port in large saucepan until reduced to 1/3 cup, about 25 minutes. Remove from heat. Add butter; whisk just until melted. Season with salt and pepper.

Cut lamb between bones into chops. Spoon sauce around chops: serve. Serves 4.

Beef Brisket with Caramelized Onions and Merlot Sauce Recipe

1 first or flat-cut brisket, 4 to 5 lb. Salt and freshly ground pepper, to taste

2 Tbs. olive oil 1 1/2 cups chopped yellow onion

1/2 cup diced carrot

2 garlic cloves, finely chopped

1 can (28 oz.) plum tomatoes, with juices

2 cups Merlot or other full-bodied red wine

1 bay leaf

For the caramelized onions:

2 Tbs. olive oil

3 cups thinly sliced sweet onions such as Vidalia Salt and freshly ground pepper, to taste

1/2 cup pitted dried cherries

Preheat an oven to 325° F.

Season the brisket on all sides with salt and pepper. In a Dutch oven or a large, wide ovenproof pan with a tight-fitting lid, warm the olive oil over medium-high heat. Add the brisket and brown well on both sides, about 6 minutes total. Transfer to a plate. Add the onion and carrot to the pan and sauté until golden, about 5 minutes. Add the garlic and sauté until softened, about 1 minute. Add the tomatoes and juices, 1 cup of the wine and the bay leaf. Mix well and bring to a boil. Return the brisket to the pan, cover and place in the

Cook, basting occasionally with the pan juices, until the brisket is fork tender, about 3 hours. Remove from the oven and let cool in the juices. Carefully lift the brisket from the juices and transfer it to a deep platter. Cover with aluminum foil and refrigerate until cold, at least 2 hours or up to overnight. Let the pan juices cool, then pass through a food mill or press through a sieve into a bowl. Discard the solids and refrigerate the

juices until ready to use.

Just before serving, preheat the oven to 350° F. Cut the brisket across the grain into thin slices. Arrange the slices, slightly overlapping, on an ovenproof serving platter. Cover with aluminum foil and place in the oven for 15 minutes to heat

Meanwhile, cook the onions: In a large fry pan over medium-low heat, warm the olive oil. Add the onions and sauté, stirring often, until golden brown, about 20 minutes. Season with salt and pepper. While the onions are cooking, pour the remaining 1 cup wine into a saucepan over high heat. Add 1/4 cup of the dried cherries and bring breadcrumbs, coating completely, Return lamb to to a boil. Boil until reduced by half, about 5 minutes. Stir in the pureed brisket juices and return to a boil. Season with salt and pepper.

To serve, remove the brisket from the oven. Pour the sauce evenly over the top. Top with the caramelized onions and the remaining 1/4 cup dried cherries. Serve immediately.

Mara's Rich White Cheese Lasagna Recipe

1 package (8 ounces) lasagna noodles 1 to 2 tablespoons olive oil to coat pasta

1 pound ground beef

1 cup finely chopped celery

3/4 to 1 cup finely chopped onion 1 clove garlic, crushed

1 teaspoon dried oregano, crushed

2 teaspoons dried basil, crushed

3/4 teaspoon salt

1/2 teaspoon herb seasonings

1 cup half-and-half cream

3 ounces cream cheese, cubed 1/2 cup dry white wine

2 cups shredded cheddar cheese

1 1/2 cups shredded Gouda cheese

12 ounces creamy cottage cheese

1 egg, slightly beaten

12 ounces sliced mozzarella cheese Cook noodles according to package directions; drain and toss with olive oil to coat. Set aside.

In deep skillet, cook beef, celery, onion and garlic until meat is browned and vegetables are tender. Drain fat from skillet. Add seasonings. Add halfand-half and cream cheese; cook over low heat, stirring, to melt cheese. Add wine. Add cheddar

and Gouda cheeses; stir until they are almost melted. Remove from heat and set aside. In separate bowl, combine cottage cheese and egg. Preheat oven to 375° F.

Layer half the noodles in greased 13-by-9-inch baking pan. Top noodles with half the meat-andcheese mixture, half the cottage cheese mixture and half the sliced mozzarella. Repeat layers of noodles, meat-and-cheese mixture and cottage cheese mixture. Do not add last layer of mozzarella. Bake uncovered at 375° F. 20 minutes. Place last layer of mozzarella on top and bake 15 minutes longer. Let lasagna stand 10 minutes before cutting to serve.

Makes 12 to 14 servings.

Salmon with Orange Cranberry Crust Recipe

2-3 pounds salmon fillet

2 cloves garlic, chopped

1-2 organic oranges, seeded and coarsely

2 cups cranberries

1 teaspoon fresh tarragon, shredded or 1/2 teaspoon dried tarragon

1/2 teaspoon kosher salt

1 teaspoon cracked peppercorns

Preheat oven to 450° F. Rinse fish, pat dry and place skin side down in a large baking dish. In a food processor, combine garlic, orange, cranberries, tarragon, salt and pepper. Pat the grated slurry over the salmon

Put fish in oven and reduce heat to 350° F. Bake until fish is opaque (about 20 minutes per inch of thickness). When done, cover with aluminum foil and let sit for 10 minutes before serving.

Chicken Cutlets with Raspberries

6 skinned and boneless whole chicken breasts. cut in half to make 12 and pounded thin

Salt and pepper to taste

1/2 stick unsalted butter 3 Tbsp raspberry vinegar

1/3 cup dry white wine

1-1/2 cups fresh or frozen (thawed) raspberries Sprinkle both sides of chicken with salt and pepper. Melt butter in a large pan over medium heat. Saute the chicken, a few pieces at a time, in the butter just until brown on each side; remove to warm serving platter.

Pour the vinegar and wine into the pan to deglaze

Stir in raspberries and cook over high heat, stirring constantly until slightly thickened. Pour sauce over chicken.

Serve immediately. Serves 6

Cornish Hens with Creamy Chipotle Sauce 4 each Cornish game hens, about 1 1/4 pounds 2 1/2 cups Roasted Tomatillo-Chipotle Salsa

1 pound green beans, trimmed

1 large white onion, sliced 3/8" thick

1/2 cup heavy cream 1 tablespoon vegetable or olive oil salt, preferably

Rinse the hens and pat dry. Set them in a bowl and coat with the Roasted Tomatillo-Chipotle

Salsa. Cover and let stand at room temperature

In a large pot of boiling salted water, cook the green beans and onion slices until both are crisptender, about 4 minutes. Drain and spread out on

Preheat oven to 450-degrees. Scrape the marinade from the hens back into the bowl and stir in the cream. Set the hens, breast side up, in a large oiled roasting pan with the legs facing out. Brush hens with the oil, season with salt and roast in the middle of the oven for 15 minutes.

Arrange the beans and onions around the hens. pour the marinade over and roast for about 20 minutes longer, or until the thigh juices run clear when pierced.

Transfer the hens and vegetables to a serving platter and cover loosely with foil. Spoon off any fat from the pan sauce. Set the roasting pan over 2 burners on moderate heat and boil, scraping up any browned bits, for 1 minute. Season with salt. Spoon half of the sauce around the hens and serve with the remaining sauce.

Roasted Tomatillo-Chipotle Salsa

4 to 6 dried chipotle chiles, stems discarded, or 4

to 5 chipotles in adobo sauce 6 large unpeeled garlic cloves

1 pound tomatillos, husked and rinsed

Sugar (optional)

If using dried chiles, heat a dry griddle or heavy skillet over moderate heat. Add half the chiles and toast, pressing down on them with a metal spatula, until they start to crackle. Turn and toast the other side. Transfer to a bowl and repeat with the remaining chiles. Cover the chiles with hot water and let soften for 30 minutes, stirring occasionally. Drain the chiles. If using canned chiles, simply wipe off the adobo.

Heat a dry griddle and toast the garlic, turning occasionally, until softened and blackened in spots about 15 minutes. Let cool, peel and roughly

Meanwhile, heat the broiler. Spread the tomatillos on a rimmed baking sheet and broil for about 8 minutes, turning once, or until blackened in spots and softened. Let cool.

Scrape the tomatillos and any accumulated juices into a food processor or blender and add the chiles and roasted garlic. Puree until thickened and smooth. For a chunkier salsa, pulse the tomatillos and roasted garlic until coarsely pureed. Finely chop the chiles and add them to the tomatillo mixture. Transfer the salsa to a bowl and stir in 6 to 8 tablespoons of water so the salsa has a spoonable consistency. Season with salt, plus a little sugar, if you want to soften the tangy edge.

Makes about 2 1/2 cups.

Prime Rib Of Beef

1/3 C. chopped onion 1/3 C. chopped celery

1/3 C. chopped carrot 2 tsp. salt

1/2 tsp. pepper 1/2 tsp. garlic powder

1 beef rib roast (6-8 lbs)

1 can (14 1/2 oz) beef broth Combine onion, carrot and celery; place in a greased roasting pan.

Combine salt, pepper and garlic powder; rub over the roast. Place fat side up over the vegetables. Bake, uncovered at 350° for 2 1/2 to 3 1/2 hours or till meat reaches desired doneness. (mediumrare-145°, medium-160°, well-done-170°)

Let stand for 10-15 minutes before carving. Skim fat from pan drippings; add beef broth; stirring to golden brown, cover with a loose tent of aluing pan around again to cook for the remaining minum foil to prevent over browning. When timer stem pops up, your turkey is perfectly cooked (meat thermometer should read 170 F).

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Alternative checks for doneness: leg joint moves freely when the drumstick is rotated; or, when a fork is inserted into the deepest part of the leg joint, the juices are clear.

Remove turkey from pan to serving platter, reserving dripping in pan for gravy, if desired. Let turkey stand 10 to 15 minutes before carving, to allow juices near the surface of the skin to be redistributed, for juicier meat and easier carving. Make gravy during standing time and garnish turkey with fresh herb sprigs, if desired.

Grilled Whole Turkey

1 (12-pound) whole turkey

2 cups water

3 tablespoons chicken bouillon powder

2 teaspoons garlic powder

2 teaspoons onion powder

1 teaspoon poultry seasoning

1/2 teaspoon chopped parsley 1 teaspoon paprika

Prepare an outdoor grill for indirect medium heat, and lightly oil grate. Rinse turkey, and pat dry. Place turkey breast side down on the prepared grill. Sear turkey on both sides until skin is golden

to dark brown. In a large roasting pan, mix together the water, bouillon powder, garlic powder, onion powder, poultry seasoning, parsley, and paprika.

Place turkey breast side down in the roasting pan. Scoop the pan mixture over the turkey. Cover tightly with foil and place on grill.

Grill 3 to 4 hours, until the internal temperature of the thigh reaches 180*F (85*C). Remove turkey from grill and let stand 15 minutes before carving. Makes 10 servings.

Microwaved Whole Turkey

1 (12 pound) defrosted turkey_1 large oven roasting bag (turkey size)_1 recipe Turkey Basting Agent (recipe follows)

First, if desired, stuff the turkey with your favorite stuffing mix. Then paint the turkey with the prepared Turkey Basting Agent.

Gently place the stuffed and painted bird in the flour-dusted roasting bag and place into a glass microwave roasting pan.

Enter the weight of the turkey on your microwave computer. For example, a 12-pound, 8-ounce bird will cook in the microwave oven 115 to 121 minutes at 70% power. Standing time will be 57 to 60 minutes. Dividing the time into fourths, the bird will cook at 70% power for about 29 minutes on its breast side; turn the dish and cook another 29 minutes. Now carefully turn the bird upside down (there will be a lot of juices in the bag, so be extra careful), with the bird breast side up, cook another 29 minutes at 70% power. Turn the roast-

29 minutes at 70% power.

Carefully remove bird from roasting bag, saving the juices for the gravy. Remove the stuffing at this point and place in a covered dish to keep warm. Cover the bird loosely with a tent of tin foil and leave alone for 1 hour to vlet the bird finish cooking. Carve and serve. Refrigerate any left-

If your bird is smaller or larger than the example given and you do not have a meat microwave computer, adjust the times accordingly. Turkey Basting Agent

3 tablespoons butter or margarine_1/2 teaspoon paprika 1/4 teaspoon Gravy Master or Kitchen Bouquet

Microwave on high (100%) for 45 seconds. Use this mixture to paint the turkey to be baked in a microwave oven.

Basic Bread Stuffing 101

1/2 cup butter _1 large onion, chopped 3 medium celery ribs with leaves, chopped _1 (15ounce) bag cubed seasoned stuffing*_1/4 cup Bread Dressing For Roast Turkey chopped fresh parsley _3 cups homemade turkey stock or chicken broth, as needed _2 teaspoons poultry seasoning**_Salt and freshly ground black pepper

In a large skillet, melt the butter over medium heat. Add the onion and celery. Cook, stirring often, until the onion is golden, about 10 minutes. Scrape the vegetables and butter into a large bowl. Add the stuffing and parsley. Stir in enough of the stock to moisten the stuffing, about 2 1/2 cups. Season with the poultry seasoning, if desired, add salt and pepper to taste. Use to stuff the turkey, or place in a buttered baking dish, drizzle with an additional 1/2 cup stock, cover* and bake for 30 minutes at 350°F (175°C) for a side dish.

Makes 10 cups.

*For a crispier top, remove cover the last 10 minutes or so.

Variations:

Sausage and Apple Stuffing: In a large non-stick skillet over medium heat, cook 1 pound bulk pork sausage, breaking up the meat with a spoon, until cooked through, about 10 minutes. Add to bread stuffing along with 1 cup dried apples (about 3 ounces)

Oyster Stuffing: Drain two 8-ounce containers of shucked oysters and reserve the juices. (Or shuck 24 oysters, opening them over a fine wire sieve placed over a bowl to catch the juices.) If the oysters are large, cut them into 2 to 3 pieces. Add to stuffing along with the bread cubes. Add enough turkey broth to the reserved oyster juices to make 2 1/2 cups and use to moisten the stuff-

Chestnut Stuffing: Preheat oven to 400*F (205*C). Using a small sharp knife, cut a deep "X" in the flat side of each chestnut. Place in a single layer on a baking sheet and bake until the outer skin is split and crisp, about 30 minutes.

roasting the others.) Place the roasted chestnuts in a kitchen towel to keep them warm. Using a small sharp knife, peel off both the tough outer and thin inner skins. To loosen the peels on stubborn, hard-to-peel chestnuts, return to the oven for an additional 5 to 10 minutes, or microwave on high for 1 minute. You can also use one 15-ounce jar of vacuum packed chestnuts, available at specialty food stores. Coarsely chop the chestnuts and stir into bread stuffing 101. If desired, substitute 1/4 cognac or brandy for an equal amount of the turkey stock.

Or 1 pound firm white sandwich bread, cut into the oven

** To create your own poultry seasoning mixture combine 1 teaspoon each: crumbled dried rosemary, crumbled dried sage, dried thyme, dried marjoram, and celery salt with 1/4 teaspoon fresh Cornbread Dressing ground pepper. Crush together using a mortar and pestle, mini food processor, or spice grinder.

2 tablespoons butter or margarine

1 medium onion, chopped

1 cup chopped celery

1 teaspoon sage 1/2 teaspoon salt

1/4 teaspoon ground black pepper

8 cups dried bread crumbs

2 cups chicken broth In a large skillet melt butter. Add chopped onion and chopped celery; cook until tender. Stir in chicken broth, sage, salt and pepper; simmer for

Place bread crumbs in large bowl; add onion mixture and mix until moistened.

Use as stuffing for poultry, or bake, covered in a greased baking dish for 30 minutes at 350°F (175°C).

Makes 12 servings.

2 cups cornmeal_1/2 cup all-purpose flour_2 teaspoons baking powder_1 teaspoon baking 8 cups soft bread crumbs soda_1 teaspoon salt_1 teaspoon sugar (optional)_6 large eggs, divided_2 cups buttermilk 2 tablespoons bacon drippings or melted butter_1/2 cup butter or margarine_3 bunches green onions, chopped_4 celery ribs, chopped_1 (16-ounce) package herb-seasoned stuffing mix_5 (14 1/2ounce) cans chicken broth

Combine first 5 ingredients and, if desired, sugar in a large bowl. Stir together 2 eggs and buttermilk; add to dry ingredients, stirring just until moistened

Heat bacon drippings in a 10-inch cast-iron skillet or 9-inch round cake pan in oven at 425* (220*C) for 5 minutes. Stir hot drippings into batter. Pour batter into hot skillet

They never seem to be done at the same time, so bread is golden; cool and crumble. Freeze in work with the ones that are ready and continue large heavy-duty zip-top plastic bag up to 1 month, if desired. Thaw in refrigerator.

> Melt 1/2 cup butter in a large skillet over medium heat; add green onions and celery, and sauté until tender.

> Stir together remaining 4 eggs in a large bowl; stir in cornbread, onion mixture, stuffing mix, and chicken broth until blended. Spoon dressing into 1 lightly greased 13- x 9-inch

> baking dish and 1 lightly greased 9-inch square baking dish. Cover and freeze up to 3 months, if desired; thaw in refrigerator 8 hours.

Place 13 x 9 x 2-inch dish (uncovered) and 9-inch square dish (uncovered) in oven at 350*F 1/2-inch cubes (10 cups) and dried over-night in (175*C). Bake 13 x 9 x 2-inch dish for 1 hour and 9-inch square dish for 50 minutes or until each is lightly browned.

Makes 12 servings

3 tablespoons butter 1 cup finely chopped celery 1/4 cup chopped onion

3 cups soft bread crumbs 3 cups crumbled cornbread

3 cups chicken broth 2 large eggs

1 teaspoon salt

1 teaspoon poultry seasoning

1/2 teaspoon ground black pepper

1/2 teaspoon ground sage

Preheat oven to 350°F. Heat butter in a skillet over medium-high heat. Add celery and onion; cook, stirring, until tender,

about 5 minutes. Remove from heat. Combine celery mixture with bread crumbs and cornbread; mix well. Add broth, eggs, poultry seasoning, salt, pepper and sage; mix well. Spoon into a 13x9-inch baking dish. Bake until light brown and crisp around the edges, about 20 minutes. Or stuff it into a turkey or chicken for roast-

Makes 8 servings.

Onion, Apple & Cranberry Stuffing

1 pound turkey giblets

3 tablespoons butter 2 celery ribs, chopped

1 onion, chopped 4 apples, peeled, cored and diced

4 teaspoons minced fresh sage

1 teaspoon minced fresh thyme 1/2 cup cranberries, chopped

1/2 teaspoon salt 1/2 teaspoon pepper Preheat oven to 325°F.

Spread bread crumbs on a cookie sheet, and bake 15 to 20 minutes or until toasted.

In a medium saucepan, add turkey giblets and enough water to cover. Bring to a boil. Reduce Bake at 425* (220*C) for 25 minutes or until cornheat and cover. Simmer for 10 minutes. Drain; reserving liquid. When cool enough to handle, finely chop the giblets, and set aside.

In a large skillet, saute celery ribs and onion in butter until tender, about 5 minutes. Mix in apples, cook 3 minutes longer. Combine reserved liquid, sage, thyme, chopped cranberries, bread crumbs, giblets, salt and pepper and add to apple mixture. Mix well.

Use as a poultry stuffing, or bake in a 13 x 9 x 2- With a small head of red cabbage or half of a inch rectangle baking dish for 30 minutes at 325

Makes 14 servings.

Sweet Potato Stuffing

- 1 pound ground pork sausage
- 1 large chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper 3 cups sweet potatoes, peeled and cut into
- 1/2-inch cubes
- 1/2 cup butter
- 1 teaspoon grated orange peel
- 1/4 cup chopped parsley
- 1 cup chicken broth
- 1/2 cup orange juice
- 2 beaten large eggs
- 2 (7 ounce) packages of cornbread or bread crumb stuffing mix
- Brown sausage, drain off fat.
- Sauté onion, celery, green pepper and sweet po-

tato cubes in butter until tender.

Combine sausage, vegetables, orange peel and splash of balsamic vinegar if necessary. parsley. Add broth, orange juice and eggs; stir. Combine with stuffing mix.

Makes enough to stuff a 16 to 20 pound turkey Tip: As a side dish, place in greased casserole. Bake in 350 degree F. oven for 1 hour.

large one you can prepare a delicate sweet-andsour red cabbage. The grated pear dissolves and virtually disappears in the braised cabbage, contributing a gentle sweetness.

Braised Red Cabbage with Pears

- 3/4 pound red cabbage, cut into wedges, cored 1 large Bosc or Bartlett pear (8 to 10 ounces) 2 tablespoons butter in small pieces
- 2 tablespoons balsamic vinegar, or more to taste
- 1 tablespoon brown sugar, packed Salt and freshly ground black pepper
- Slice the cabbage wedges finely by hand. Transfer to a large saucepan or Dutch oven. Quarter, core and peel the pear.
- Grate the pear on the coarse side of a four-sided grater. Add to the saucepan along with the butter, 2 tablespoons balsamic vinegar, brown sugar. Season to taste with salt and pepper.

Cover and cook over medium-low heat, stirring often until cabbage is tender, about 30 minutes.

Taste and adjust seasoning, adding another 2 tablespoons butter Serves 4.

Note: Recipe may be doubled.

Corn Pudding

- 2 (12-ounce) packages STOUFFER'S(r) Corn Soufflé, defrosted according to package direc-
- 1 (8 1/2-ounce) package corn muffin mix
- 1 (8-ounce) container sour cream 1 cup (4 ounces.) cheddar cheese, shredded, di-
- vided use
- 2 large eggs, lightly beaten 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder
- Preheat oven to 350° F. Lightly grease 8-inchsquare or 2-quart-round baking dish.
- Combine corn soufflé, muffin mix, sour cream, 1/2 cup cheese, eggs, salt, pepper and garlic powder in medium bowl. Pour into prepared baking dish. Sprinkle with remaining cheese.
- Bake for 55 to 65 minutes or until knife inserted in center comes out slightly wet (corn pudding will Makes 8 servings.

1 (16-ounce) package frozen corn kernels

Cream Cheese Corn

1 (3-ounce) package cream cheese

Salt and freshly ground pepper to taste

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In medium saucepan cook corn according to package directions and drain liquid.

Add the butter and cream cheese. Cook, stirring occasionally, over moderately low heat until mixture is combined and heated through. Serve hot. Makes 6 to 8 servings.

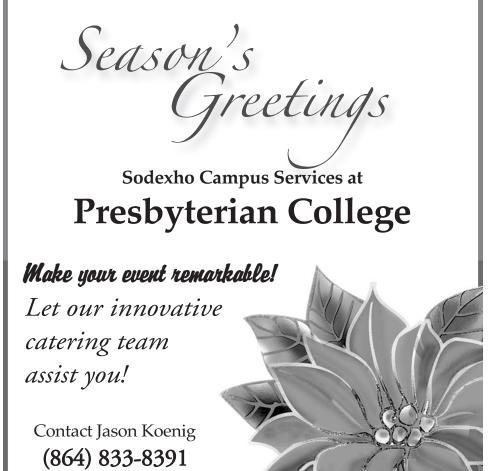
Creamed Corn Au Gratin

- 1 pound frozen corn kernels
- 12 ounces whipping cream
- 1/2 teaspoon salt
- 2 tablespoons sugar Pinch white pepper
- 1 1/2 tablespoons melted butter
- 1 1/2 tablespoons all-purpose flour
- 3 tablespoons Parmesan cheese
- Adjust oven rack 6 to 8 inches below broiler element. Preheat broiler.

Combine corn, cream, salt, sugar and white pepper in a large saucepan and bring to a boil. Simmer 5 minutes.

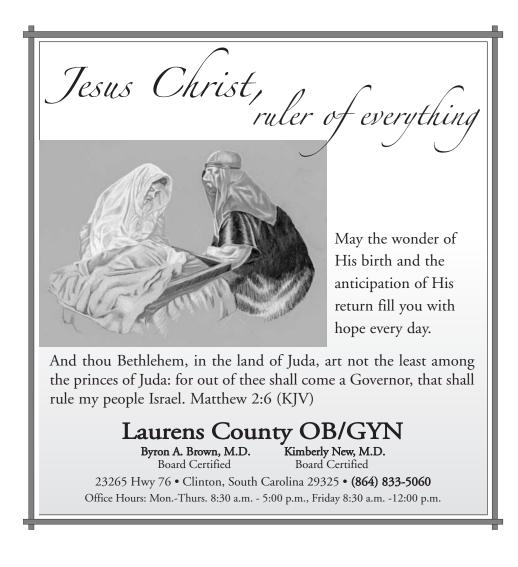
Melt butter in a medium saucepan on medium heat. Add flour and stir for 1 minute. Add butterflour mixture to corn, mix well and remove from

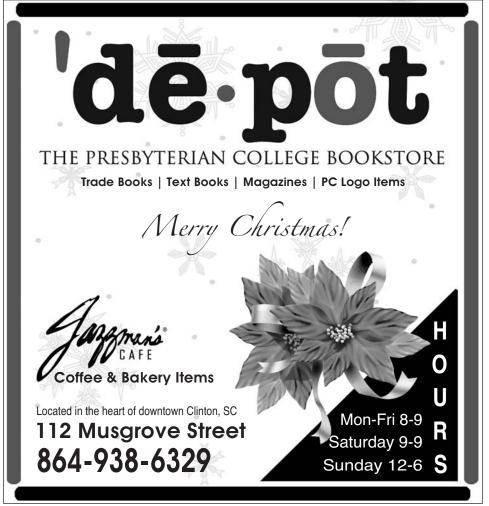
Transfer corn mixture to casserole. Sprinkle with Parmesan cheese and brown under broiler











You should be able to roll the meat into one flat, Place the roast in a pan large enough to hold it square piece of meat. Pound meat to even thick-

Blanch the sorrel for 10 seconds in hot water, shock immediately in ice water and remove and and roast for another 30 minutes. Increase the

Whip the egg whites to a light froth.

meat with some of the egg whites. Place a layer of sorrel evenly across the entire piece of meat. place lobster across bottom side of the meat. Roll the lobster into the center of the tenderloin. Roll as tightly as possible without tearing the beef. Serves 8. Truss the tenderloin with butcher twine. Sear in a skillet to seal in juices.

Place meat on roasting pan and roast in 375° F. oven until inserted meat thermometer reads 120° F., about 30 minutes. Let stand for at least 15 minutes. Slice and serve with béarnaise sauce. Makes 6 to 8 servings.

Standing Rib Roast Recipe

- 1 (7- to 8-pound) standing rib roast
- 1 tablespoon kosher salt
- 1 1/2 teaspoons freshly ground black pepper Two hours before roasting, remove the meat from the refrigerator and allow it to come to room tem-

Preheat oven to 500° F. Place the oven rack on 3/4 cup tawny Port the second-lowest position.

comfortably, bones side down, and generously coat the top with salt and pepper. Roast the meat for 45 minutes. Reduce temperature to 325° F. temperature to 450° F. and roast for another 15 to 30 minutes, or until the internal temperature of Season the meat with salt and pepper. Paint the the meat is 125° F. (be sure the thermometer is exactly in the center of the roast).

Remove roast from the oven and transfer to a cut-Paint the sorrel with the remaining egg whites and ting board. Cover tightly with aluminum foil and allow the meat to rest for 20 minutes. Carve and serve with sauce.

Herb Coated Lamb with Port Red Wine Sauce

For lamb

packed)

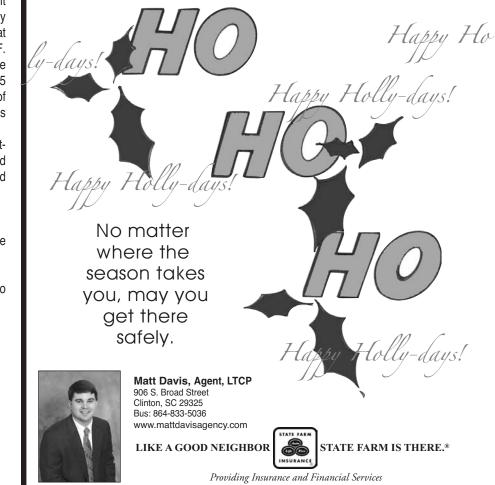
2 ounces crustless brioche or egg bread, cut into 1-inch pieces (about 2 cups

- 1 cup (packed) coarsely chopped fresh parsley
- 2 teaspoons chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- 2 1 1/4-pound racks of lamb, fat trimmed
- 2 tablespoons vegetable oil 6 tablespoons Dijon mustard

For sauce

1 1/2 cups dry red wine

9 tablespoons butter, cut into pieces







Makes 6 servings.

Jazz up your mashed potatoes with evaporated milk and shredded cheddar cheese! Add green onion and crumbled bacon for an even heartier side dish.

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Creamy Cheesy Mashed Potatoes

2 pounds potatoes (about 6 medium), peeled, cut into 1-inch chunks

3/4 cup NESTLÉ(r) CARNATION(r) Evaporated

1/4 cup butter or margarine (1/2 stick)

1 cup (4 ounces) shredded cheddar cheese 1/8 teaspoon salt, or to taste

1/8 teaspoon ground black pepper, or to taste Place potatoes in large saucepan. Cover with water; bring to a boil. Cook over medium-high heat for 15 to 20 minutes or until tender; drain.

Return potatoes to saucepan; add evaporated milk and butter. Beat with hand-held mixer until smooth. Stir in cheese. Season with salt and pep-

Makes 6 servings.

Note: Chopped green onions, chopped parsley or cooked, crumbled bacon may be added to mashed potatoes.

A different green bean casserole to grace your holiday meal. Serve with holiday ham buffet or with a rack of pork.

Green Beans with Glazed Onions

2 (16-ounce) bags frozen pearl onions, thawed

1/2 cup balsamic vinegar, divided use

2 tablespoons butter

2 tablespoons vegetable oil

1 teaspoon dried thyme

1 teaspoon ground black pepper

1 teaspoon salt, divided use

3 pounds fresh green beans, cleaned and trimmed

3 tablespoons olive oil

1 tablespoon stone-ground mustard

1 1/2 teaspoons granulated sugar

In medium saucepan, combine onions, 4 tablespoons vinegar, butter, vegetable oil, thyme, pepper and 1/2 teaspoon salt. Heat over low heat until butter is melted; stirring to coat onions. Place mixture on a baking sheet and roast in a 400 degree F oven for 35 to 40 minutes, stirring occasionally until onions are browned nicely; remove from oven and set aside.

Blanch green beans in large saucepan of boiling water just until tender, about 5 minutes. Drain and rinse with cold water; set aside.

In small bowl, whisk together olive oil, mustard, sugar, the remaining 4 tablespoons of the vinegar, and the remaining 1/2 teaspoon of salt. In a large bowl, toss the dressing together with the onions and the green beans. Place the mix- 1 can (14 ounces) crushed tomatoes

ture in a large casserole dish and cover.* Bake for 20 minutes in a 350 degree F oven.

Serves 8 to 10.

*Recipe can be made ahead at this point and refrigerated for a day. Bring to room temperature
Nutritional Information before cooking.

Holiday Cranberry Mashed Sweet Potatoes

2 pounds sweet potatoes

1 to 1/4 cups milk, warmed 1/4 cup butter or margarine (1/2 stick), softened

1/3 cup whole cranberry sauce

Pierce potatoes with fork. Microwave on HIGH (100%) power for 25 to 30 minutes or until soft. Cut potatoes in half, scoop pulp into large mixer bowl. Add milk and butter; beat until smooth and fluffy. Stir in cranberry sauce.

Makes 4 servings.

Holiday Garlic Mashed Potatoes

10 large Wisconsin potatoes, peeled and cut into 1/2-inch cubes

12 garlic cloves, peeled and halved

2 1/2 tablespoons Diamond Crystal Kosher Salt, divided use

1 cup butter or margarine, softened

1 cup whipping cream

Place potatoes, garlic and 2 tablespoons salt in large saucepan; add enough water to cover. Bring to boil; reduce heat

Cover and simmer until potatoes are tender; drain. Transfer potatoes and garlic to mixing

Add butter, cream and remaining salt; beat until

Makes 12 servings. Roasted Potato Medley

3 sweet potatoes, peeled and cut into 1/2-inch slices (about 1/2 pound)

5 russet potatoes, peeled and cut into 1/2-inch slices (about 1 1/2 pounds)

3 tablespoons extra virgin olive oil

1 tablespoon chopped fresh thyme or 1 teaspoon dried thyme

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

Preheat oven to 500*F (260*C). Place potatoes in a single layer in a lightly greased 15 x 10 x 1-inch jelly roll pan; brush both

sides with oil. Bake for 8 to 10 minutes on each side or until tender. Sprinkle with thyme, salt and pepper. Serve immediately.

Makes 6 servings. Serves 10.

Green Beans With Tomatoes and Herbs Ingredients

1 tablespoon olive or canola oil

1 clove garlic (finely chopped) 1 small onion (finely chopped)

1/4 teaspoon dried basil

1/8 teaspoon pepper

1 pound green beans

Calories 105

Saturated Fat 0g Total Fat 4g Sodium 112mg

Cholesterol 0mg Protein 4g

Carbohydrate 18g Fiber 5g Introduction:

When selecting green beans, look for small plump, firm pods with velvety, shiny skins and small seeds.

Makes 4 servings.

Rinse green beans under cold water, then snap off and discard the stem ends as well as the tail ends, if you like. Small green beans can be 2/3 cup matzo meal cooked whole, and large ones can be cut into 2 tablespoons minced parsley halves or small pieces. Shell lima beans by cut- 3/4 teaspoon salt (or to taste) ting off the end of the pod and opening to remove 1/4 teaspoon black pepper the beans. Rinse the beans after shelling.

In a large nonstick skillet, heat the oil over moderate heat. Add the garlic and onion and cook, stirring, about 5 minutes, until softened and

Step 3:

Stir in the tomatoes with basil and pepper and Protein 6g cook, stirring frequently, about 2 minutes longer.

Stir in the green beans so that they are all coated with the tomato mixture. Cover the skillet and cook about 6 minutes, until the beans are crisp-

Marinated Mushrooms

Ingredients 1 pound large brown mushrooms

2 tablespoons olive or canola oil 1 tablespoon chopped fresh herbs

1 teaspoon lemon juice 1/4 teaspoon hot red pepper flakes

1/8 teaspoon each salt and pepper

Nutritional Information 1 serving:

Calories 89 Saturated Fat 1g Total Fat 7g Sodium 72mg Cholesterol 0mg

Protein 2g Carbohydrate 6g Fiber 2g

Introduction: In selecting mushrooms, look for firm, dry skin. Colors vary from white to brown.

Makes 4 servings.

Preheat broiler. Arrange mushrooms, stem side down, on rack over a broiler pan.

Brush generously with oil and broil until slightly soft. Transfer to a bowl and stir in remaining ingredients. Marinate at least 2 hours.

Preheat the broiler. Line a broiling pan or shallow baking pan with the rock salt or a layer of crushed foil. Cut each slice of bacon in half crosswise, then lengthwise. In a small bowl, mix the parsley with the garlic.

To prepare mushrooms, gently clean with a damp paper towel or wash under cold water and pat dry. Trim or remove stems.

Matzo Ball Soup

Ingredients 2 large egg whites

1 large egg 1 tablespoon vegetable oil

1/4 cup unflavored seltzer

6 1/4 cups chicken stock or low-sodium chicken

Nutritional Information

Calories 132 Saturated Fat 0g

Total Fat 3g

Carbohydrate 14g Fiber 0g

Sodium 391mg Cholesterol 43mg

Introduction: Eating matzo (unleavened bread) and the matzo meal made from it is traditional for Passover, the spring holiday that celebrates the liberation of Jews from slavery in Egypt, millennia ago. If you are cooking for Passover, don't miss our Potato

Pancakes. Makes six 1 1/4-cup servings. Preparation time: 15 minutes. Chilling time: 30 minutes.

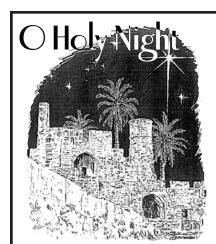
Cooking time: 40 minutes.

In a medium-size bowl, whisk together the egg whites, egg, and oil, then whisk in the seltzer. Add the matzo meal, 1 tablespoon of the parsley, the salt, and pepper, stirring until smooth. Cover and refrigerate for 30 minutes.

Step 2:

While the matzo mixture chills, half-fill a large saucepan with cold water and bring to a boil over high heat. Using your hands, roll the matzo mixture into 1-inch balls (about 22) and drop them into the boiling water. Lower the heat, cover, and simmer for 40 minutes or just until the matzo balls are cooked through.

In another large saucepan, bring the stock to a boil over high heat, adding additional salt to taste if you wish. Using a slotted spoon, transfer sev-



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In skillet with drippings, mix until smooth the water, brown sugar, vinegar, remaining 1 tablespoon flour, cinnamon, cloves, allspice and remaining 1/4 teaspoon salt. Add cranberries and cook slowly, stirring constantly, until cranberry skins pop and mixture thickens, about 10 minutes. Pour sauce over chicken pieces and bake for about 1 hour, until chicken is tender.

Makes 4 to 6 large servings

Lobster Stuffed Tenderloin with Béarnaise Sauce

- For the tenderloin:
- 1 5-pound tenderloin of beef 4 8-ounce Maine lobster tails
- 1 pound sorrel (spinach can be substituted) 4 egg whites
- Remove the lobster from the shell. Place two tails

together with tails going in different directions. Tails should form the shape of a cylinder. Wrap the lobster tails with plastic wrap and place a skewer through center of both tails so they'll retain their shape. Steam lobster tails until fully cooked, about 8 minutes

Clean the tenderloin and remove head and square ends. Butterfly it by making a cut down the tenderloin without cutting all the way through.



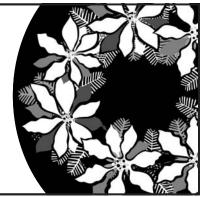
Peace be still.

Remembering that peace can be found amids the raging storm, we wish you and yours the comfort this season promises to all.

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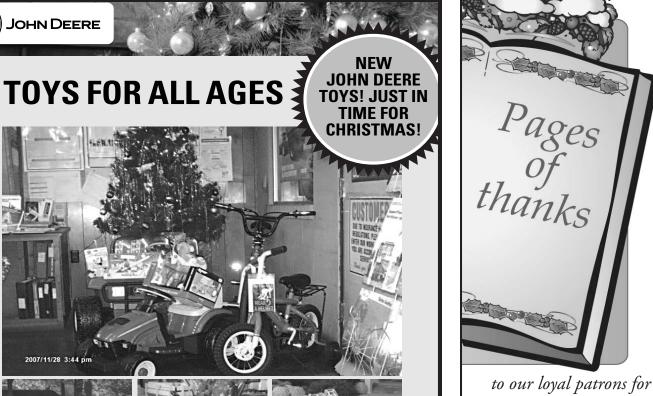
to our loyal patrons for allowing our stories into your life. We hope you were inspired and wish you a very merry holiday season!

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overnight. Don't substitute the crackers for the albutter. ready made mini-ritz, they don't taste as good.

Gingerbread Spritz

2 3/4 C. flour 3/4 t. baking powder

1/2 t. ground nutmeg

1/2 t. ground cinnamon

1/4 t. ground cloves

1/4 t. ground ginger

1 C. margarine

1/4 C. molasses

1/4 C. packed brown sugar

1 egg

1 t. pure vanilla extract

Preheat oven to 400° F.

Stir together flour, baking powder, nutmeg, cinnamon, cloves, and ginger; set aside. In a large mixing bowl beat together margarine until smooth. Add molasses and brown sugar and 3 T. fresh chopped chives beat until fluffy. Add egg and vanilla; beat well. Gradually add flour mixture until all combined.

Prepare cookie press with desired design. Fill press and place cookies two inches apart on ungreased cookie sheet. Bake in oven for about 6 minutes or until the edges are firm but not browned. Remove and cool completely on wire racks.

Makes about 4 dozen cookies.

Cranberry Chutney with Brie

2 C. fresh cranberries 1 1/3 C. sugar

2/3 C. vinegar

4 T. water

4 t. chopped fresh gingerroot

1/2 t. cinnamon

1/4 t. ground cloves

Combine cranberries, sugar, vinegar, water, gin- 2 T. flour gerroot, cinnamon and cloves in a 1 qt. saucepan. Heat until boiling, reduce heat and continue to cook 20 minutes, stirring frequently, until thick. Cool slightly and refrigerate.

When ready to serve bring chutney to room temperature. This is enough chutney for 2 8 inch Brie. Warm Brie in a 350 degree F. oven 8-10 minutes until soft and partially melted. Place brie on serving dish and top with chutney. (and sliced almonds if desired)

Serve with crackers.

Basil Cheese Triangles

1 lb. feta cheese

2 eggs slightly beaten

1/4 C. fresh basil chopped

1/4 C. chopped roasted pepper

1 package phyllo sheets

1/3 C. melted butter

Crumple feta cheese into a small bowl. Stir in into sauce. Simmer 3 minutes. eggs, basil, roasted pepper.

Cut phyllo sheets lengthwise into 2 inch strips. cheese mixture, end over end into triangular

Bake at 400 degrees F. for 12 minutes or until golden brown. Serve warm.

Makes 72 appetizers

You can do these ahead. Cover and refrigerate the triangles up to 12 hours or freeze tightly covered up to 30 days. If baking frozen increase baking time by 5 minutes.

Cucumber Raspberry Salad

Dressing:

1/2 C. light, fruity olive oil

3 T. raspberry vinegar 3 T. creme fraiche

salt and pepper

Whisk the oil into vinegar. Add salt and pepper to taste. Whisk in the creme fraiche. Taste for balance of flavors.

4 cucumbers peeled and thinly sliced

1/2 pint fresh raspberries

Arrange the cucumber slices on individual plates in a slightly overlapping pattern. Drizzle with the dressing and sprinkle with the chives. Top with a in pan. few of the berries.

Beef Bourguignon

3 lbs. filet of beef 3-4 T. oil

1/4 lb. bacon diced

2 minced garlic cloves 1 1/2 C. dry red wine

2 C. beef stock

1 T. tomato paste

sprig fresh thyme

1/2 lb. peeled pearl onions 8-10 carrots cut diagonally in 1 inch thick slices

3 T. butter

1/2 lb. fresh mushrooms sliced

Slice the filet into one inch thick slices. Salt and pepper on both sides. In a large pan with heavy bottom, saute the beef slices in batches with butter until browned (about 3 minutes) on the outside and very rare in the inside. Remove from pan and set aside

In the same pan, fry the bacon until crisp. Set the bacon aside. Drain all the fat but 2 T. and add the juices run clear. Halfway through baking, brush garlic. Cook for 30 seconds.

Add the wine to the pan to deglaze and cook on high heat for about 2 minutes. Add the beef stock, Makes 6 to 8 servings. tomato paste, thyme, 1 t. salt and 1/2 t. pepper. Bring to a boil and cook over medium heat 15 minutes. Strain the sauce and return the sauce to the pan. Add the carrots, onions and cook about 20 minutes until vegetables are tender and sauce is reduced.

Mash 2 T. butter and 2 T. flour together and whisk

Saute the mushrooms in 1 T. butter and 1 T. oil about 10 minutes.

Cover with a damp towel to keep from drying out. Add the beef slices, mushrooms and bacon to the Place 1 t. of filling on end of 1 strip. Fold strip over pan with the vegetables and sauce. Cover and reheat gently for 5-10 minutes. Do not overcook. shape. Place on cookie sheet. Brush with melted Season to taste and serve immediately.

Serves 6 to 8.

Chocolate Decadence

will also work in this recipe.

1 pound dark chocolate

5 ounces butter Melt butter and add chocolate. Chocolate chips

4 eggs

1 T. sugar 1 T. flour

eggs have tripled in volume. This will take about simmer about 10 minutes, until cranberries have 8-10 minutes. Fold in the flour. Add chocolate mix. Fold this in, trying not to lose the volume cre- move from heat and let cool. Transfer to an atated when you beat the eggs. (Note: add 1/4 of tractive glass jar or other container and the egg mixture to the chocolate and stir it in. Then lightly fold the remaining egg mixture into the chocolate.)

Prepare a 9 inch pan by cutting a round of wax maple syrup, honey, and salt and pepper and paper to fit in the bottom of the pan. Grease lightly and fit paper on bottom of pan. Pour batter into 2-3 days in advance and stored in refrigerator. pan and bake at 425° F. for 15 minutes. Center will be just beginning to set. Let cool completely

chocolate sauce, whipped cream and chocolate shavings after cutting, if doing individual servings. Otherwise, I would top with the chocolate shavings and serve the chocolate sauce and whipped cream on the side.

Apricot-Glazed Pork Loin Recipe 3 to 3 1/2 pounds boneless pork loin

Seasoning salt to taste 1 jar (16 ounces) apricot preserves

1 1/2 teaspoons balsamic vinegar 1 1/2 teaspoons rice wine vinegar

4 tablespoons water Preheat oven to 325° F.

Moderately season pork loin with seasoning salt. Place pork loin in baking dish. Add 1/4-inch water to baking dish for moist baking. Prepare glaze by blending apricot preserves, balsamic vinegar, rice Serves 16. wine vinegar and water in food processor until smooth. Using basting brush, coat pork loin with glaze, reserving some glaze.

Bake 11/2 to 2 hours, or until pork is tender and pork with remaining glaze. Pork should be baked to internal temperature of 165° F.

Fresh Ham with Maple Walnut Cranberry Glaze

For maple-walnut cranberry sauce: 3/4 cup cranberry juice

1/2 cup pure maple syrup 1/4 teaspoon maple extract

1/4 cup brown sugar

12 ounces fresh cranberries For glaze:

1 cup pureed maple-walnut cranberry sauce

1/4 cup cranberry juice 2 tablespoons maple syrup

2 tablespoons honey 1/2 teaspoon sea salt Freshly ground black pepper

For ham:

18 -23 pound fresh ham on bone, trimmed of tough outer skin

5 cups kosher or coarse sea salt Freshly cracked black pepper

8 cloves garlic, peeled and thinly sliced

To make sauce: Combine cranberry juice, syrup, maple extract and brown sugar in a saucepan over medium heat and simmer 5 minutes. Add Beat eggs with sugar until sugar is dissolved and cranberries and bring to a boil. Reduce heat and popped and mixture is a bit thick and syrupy. Re-

> refrigerate at least 1 day. To make glaze: Puree cup of cranberry sauce in bowl of a food processor. Add cranberry juice, process until combined. (Glaze can be prepared Bring to room temperature before using.)

To make ham: Place ham in a very large plastic bucket or tub, or in kitchen sink, fill with water to To serve remove from pan and remove wax cover, and pour in 5 cups salt. After 6 hours, repaper. Place cake on serving dish. Top with move ham from brine, rinse well, and pat dry. Season with pepper. Set aside.

Preheat oven to 325° F., setting rack at lowest level. Place ham in a heavy foil-lined roasting pan. Make small incisions all over with point of a small knife, and insert garlic slices into incisions. Generously coat ham with cranberry glaze. Insert meat thermometer in middle section of ham, but not touching bone; follow manufacturer's instructions for setting temperature timer to 155° F.

Set roasting pan with ham in oven, with exterior thermometer panel on outside. Bake 1 hour, then tent with aluminum foil. Continue to bake until thermometer reads 155° F., another 5-6 hours. Remove ham from oven and let rest 20 minutes before carving. Serve with any remaining sauce, if desired

Cranberry-Glazed Chicken

1/2 cup plus 1 tablespoon flour (divided) 1 1/4 teaspoon salt (divided)

Dash pepper

3 pounds chicken (skinless boneless works great

- may use up to 3 1/2 pounds) 2 to 3 tablespoons butter

2 to 3 tablespoons cooking oil 3/4 cup water

1 cup brown sugar, firmly packed

1 tablespoon wine vinegar 1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves 1/4 teaspoon ground allspice

1 1/2 cups fresh or frozen cranberries

Preheat oven to 350° F.

Combine 1/2 cup flour, 1 teaspoon salt and dash of pepper. Roll chicken pieces in flour mixture, then brown in oil and butter in large skillet. When brown, remove from pan and place in baking eral matzo balls from the boiling water to each soup bowl, then ladle over the hot stock. Garnish with the remaining 1 tablespoon of parsley.

The Clinton Chronicle

Potato Pancakes

Ingredients

2 medium-size (1 pound) russet baking potatoes

1/2 small yellow onion (peeled)

1 large egg (beaten)

1 tablespoon plain dry bread crumbs 2 tablespoons minced parsley

1-1/2 teaspoon chopped fresh thyme, or 1/2 teaspoon dried thyme leaves

1/2 teaspoon salt

1/4 teaspoon black pepper

2 tablespoons unsalted butter or margarine Nutritional Information

1 serving: Calories 94 Saturated Fat 2g

Total Fat 4g Carbohydrate 13g

Fiber 0g Sodium 151mg Cholesterol 35mg

Introduction: Try our tasty Potato Pancakes as an appetizer for any party.

Makes eight 4-inch pancakes. Preparation time: 20 minutes.

Cooking time: 15 minutes.

Step 1: Preheat the oven to 200°F and place a large baking sheet in the oven to warm. Using the shredding disc of a food processor or the coarse side of a hand grater, grate the potatoes and place in a bowl of ice water. Grate the onion.

Step 2: In a large bowl, combine the egg, bread crumbs, parsley, thyme, salt, and pepper. Transfer the potatoes and the onion to a strainer, press them gently with your hand to squeeze out any excess liquid, and discard the liquid. Add the potatoes and onion to the egg mixture and toss until thoroughly coated.

Step 3: In a 12-inch nonstick skillet, melt 1 tablespoon of the butter over moderate heat. Using a scant 1/4 cup of batter for each pancake, drop the potato mixture into the skillet, flattening each cake with a spatula to form 4-inch rounds.

Roasted New Potatoes Ingredients

1 1/2 pounds small new potatoes (scrubbed) 3 cloves garlic (thinly sliced)

1/2 teaspoon crumbled rosemary (optional)

2 tablespoons olive oil or canola oil

Nutritional Information 1 serving:

Calories 219 Saturated Fat 1g Total Fat 8g

Sodium 16mg

Cholesterol 0mg Protein 3g Carbohydrate 35g Fiber 6g

Introduction: Because most of their nutrients are directly beneath the skin, don't peel new potatoes. Just scrub and cook.

Makes 8 servings.

Step 1:

Preheat the oven to 400°F. In a large bowl, combine the potatoes with the garlic, oil, and rosemary, if using. Step 2:

minutes or until golden and cooked through.

Transfer to a roasting pan and roast about 45

Look for smooth-skinned solid potatoes. Avoid potatoes that are blemished or sprouting and

those with a green color, which will taste bitter.

Garlic-Roasted Lamb Ingredients

1 shank half leg of lamb (about 3 pounds)

1/8 teaspoon each salt and pepper 8 cloves garlic, sliced in half lengthwise 2 large sprigs fresh rosemary or 2 teaspoons

2 teaspoons olive or canola oil

4 large sweet potatoes, peeled and cut into 1-inch

6 parsnips, cut into 1-inch pieces Nutritional Information Calories 482 Saturated Fat 3g Total Fat 10g

Sodium 188mg Cholesterol 122mg Protein 43g Carbohydrate 55q Fiber 11g

Introduction: Use fresh rosemary, if possible (many supermarkets carry it). The flavor it imparts to the lamb will be far superior to that of dried. If you like, white potatoes may be substituted for the sweet potatoes, and turnips for the parsnips. You can also flavor lamb by covering it with lemon slices before

Serves 6. Preparation time: 20 minutes. Cooking time: 1 hour 50 minutes.

Preheat the oven to 325°F. With a sharp knife, trim all the fat and any cartilage from the lamb. Season the meat with salt and pepper.

With a small knife, make slits about 1 inch deep all over the leg of lamb. Using most of the garlic and all the rosemary, push a garlic half or a few

rosemary leaves into each of the slits.

Step 2:

potatoes, parsnips, and remaining garlic to coat ering with foil to prevent overbrowning if casserole; cover and refrigerate.

and place the lamb in the center. Step 4:

Roast the lamb and vegetables 1 1/2 to 2 hours

or until a thermometer inserted into the center of the meat reads 160°F (for medium). Turn the Step 4: vegetables occasionally so that they cook evenly. Step 5:

Remove pan from the oven. With a slotted spoon, transfer the vegetables to a serving dish and keep them warm. Transfer the lamb to a carving platter, cover with foil, and let stand for 5 minutes. Slice the roast lamb and serve with the vegeta-

Giblet Gravy Ingredients

4 cups water

turkey neck, giblets and liver

1 medium-size yellow onion (cut into wedges)

1 large carrot (cut into chunks) 2 sprigs parsley

3/4 teaspoon salt 1/4 teaspoon white or black pepper

1 can (12 ounces) evaporated skimmed milk 1/3 cup all-purpose flour

1/4 teaspoon salt **Nutritional Information** 1/2 cup serving:

Calories 77 Saturated Fat 1g Total Fat 2g

Protein 7g Carbohydrate 6g Fiber 0g

Sodium 147mg Cholesterol 102mg

Introduction: Use the entire turkey this holiday season with our delicious Giblet Gravy

Makes 3 cups.

Step 1: Rinse the turkey neck and giblets. Refrigerate the liver. In a large saucepan, combine the remaining giblets, neck, and water. Add onion, carrot, parsley, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Bring to a boil. Lower the heat and simmer, covered, for 40 minutes. Add liver. Continue cooking for 20 minutes more or until tender. Strain broth, reserving 1 1/3 cups. Reserve giblets and neck, discard vegetables. When cool enough to handle, remove meat from neck; discard neck bones. Finely chop the neck meat and giblets; set aside.

In a Dutch oven, whisk together reserved pan drippings, milk, flour, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cook over moderate heat until bubbly. Add the reserved broth. Cook, whisking constantly, until the mixture starts to thicken. Cook and whisk for 2 minutes more or until thickened. Stir in neck meat and giblets; heat through.

Roast turkey for 3 to 3 1/2 hours or until ther-

well. Move the vegetables to the side of the pan necessary. Bake the covered casserole of stuffing alongside turkey during the last 30 minutes of roasting, adding an additional 2 to 3 tablespoons chicken broth if stuffing is dry. Let turkey stand for 15 to 20 minutes before carving.

> Meanwhile, cook neck and giblets for Giblet Gravy. Reserve 2 tablespoons of the pan drippings from roast turkey for Giblet Gravy. Prepare gravy. Carve turkey, discarding skin. Serve turkey and dressing with gravy.

> Holiday Roast Turkey With Old-Fashioned Corn Bread Stuffing

Ingredients

3 tablespoons butter or margarine 1 large yellow onion (chopped)

5 cups crumbled corn bread 5 cups toasted fresh bread crumbs

1 teaspoon baking powder

1 teaspoon poultry seasoning 1/4 teaspoon black pepper 3/4 cup lower-sodium chicken broth

1 large egg (lightly beaten) 1 fresh or frozen and thawed turkey (12 pounds)

1 tablespoon vegetable oil

Nutritional Information 1 serving with gravy: Calories 649

Saturated Fat 7g Total Fat 22g Protein 78g Carbohydrate 31g

Fiber 2g Sodium 705mg Cholesterol 316mg

Introduction: Old-fashioned cooks sometimes added eggs and baking powder to their corn bread stuffing to give it a fluffier texture. The stuffing in this recipe is a

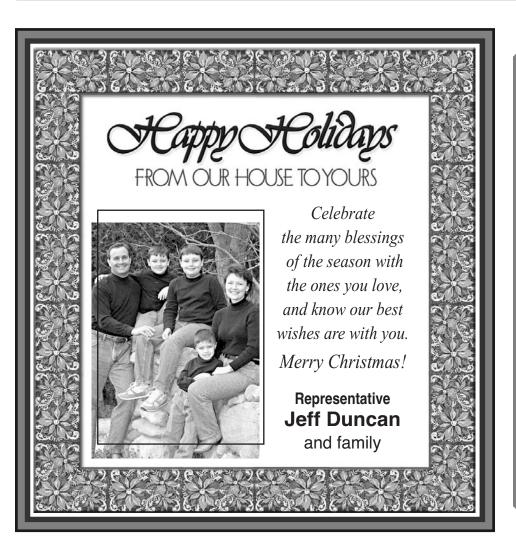
delicious example. Makes 12 servings.

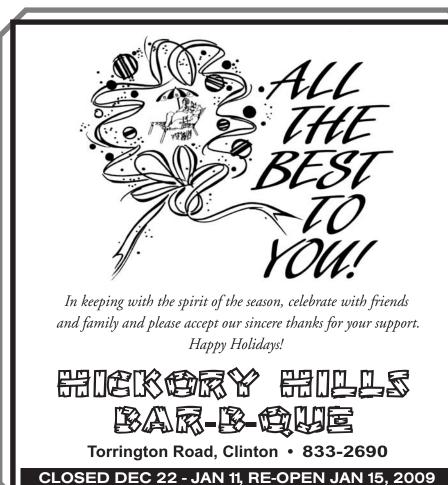
Preparation time: 20 minutes. Cooking time: 6 minutes.

Roasting time: 3 hours. Standing time: 15 minutes.

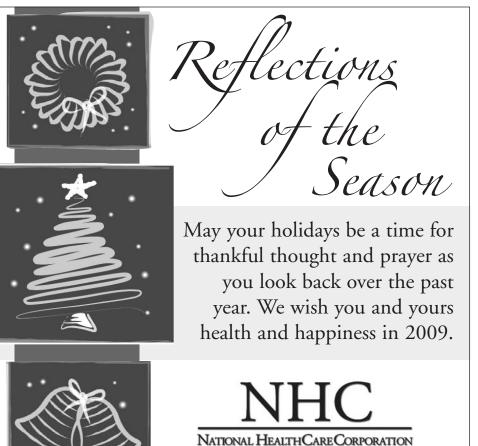
In a medium-size saucepan, melt the butter over moderate heat. Add the onion and cook for 5 minutes or until tender. Remove from the heat. In a very large bowl, combine the corn bread, bread crumbs, baking powder, poultry seasoning, and pepper. Stir in the onion mixture. In a small bowl, whisk together broth and egg. Stir into the corn bread mixture. Toss to coat well

Preheat oven to 325°F. Rinse turkey, drain and pat dry. Remove neck and giblets; set aside to make the Giblet Gravy. Stuff and truss turkey. Place, breast-side-up, on a rack in a large roasting pan. Brush with oil. Insert roasting thermometer in turkey thigh without touching bone. Spoon In a large roasting pan, combine oil with sweet mometer registers 180°F, basting often and cov-remaining stuffing into a lightly greased 2-guart



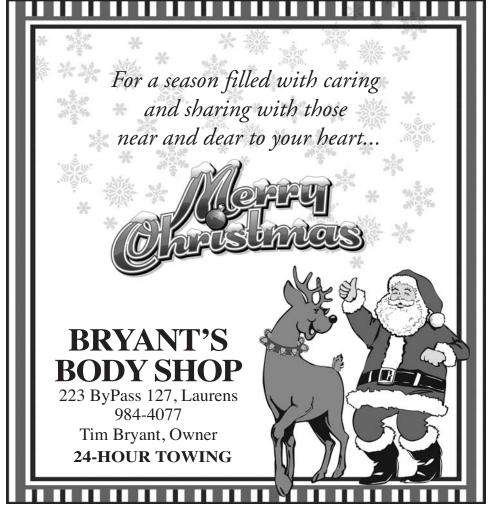


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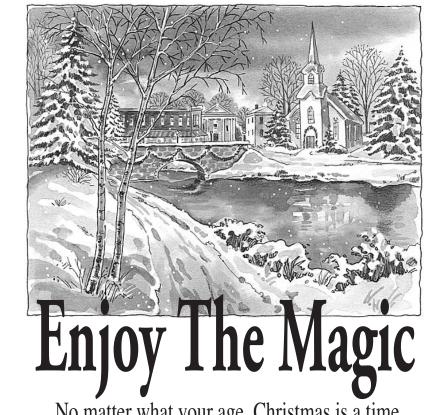
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When a blanket of snow embraces the land, The beauty we see is the work of God's hand. Each snowflake unique in its own special way, Reminds us that soon it will be Christmas day. So give thanks to the Lord for the birth of the Savior; May you always enjoy both His love and good favor.

It is with pleasure that we pause from the usual routine of business to say,

THANK YOU

for your friendship, good will and loyalty. May the happiness and good cheer of the holiday season be yours throughout the year.

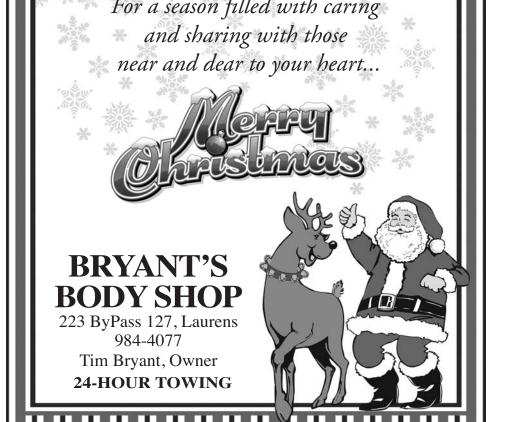
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1/2-inch thick)

1 can (6 1/2 ounces) water-packed light tuna (drained and flaked) 4 tablespoons minced fresh

basil or parsley **Nutritional Information**

One sandwich: Calories 227

Saturated Fat 1g

Total Fat 10g

Cholesterol 26mg Protein 15g

Carbohydrates 22g

Sodium 375mg Added sugar 0

Fiber 1g Introduction:

This Italian specialty, called pan bagna, gets betstrong flavors merge.

Makes four sandwiches.

marination.

Step 1:

Tear off four sheets of plastic wrap, each large bread on each. Sprinkle the eight slices with the olive oil, dividing it evenly, then rub the bread with the crushed garlic; discard the garlic. Sprinkle the bread with the vinegar.

Step 2:

Top each of four bread slices with one-fourth of cakes for 3 minutes on each side or until brown, 6 slices ripe tomato the onion, olives, tomatoes, tuna, and basil. Place adding the remaining 3 tablespoons of oil as 1/4 teaspoon salt (or to taste) the remaining slices, oil-and-vinegar side down, needed. Serve with the lemon slices and tartar 1/4 teaspoon black pepper (or to taste) on top to make four sandwiches. Wrap each sauce. sandwich tightly in the plastic wrap and let sit at room temperature at least 45 minutes before eating. If packing for a picnic or brown bag lunch, refriegerate the sandwiches until ready to pack.

Maryland Crab Cakes Ingredients

1 1/2 pounds lump crab meat, picked over and

3 green onions, with tops, finely chopped (6 tablespoons)

1/4 cup minced parsley

3 tablespoons plain low-fat yogurt

3 tablespoons fresh lemon juice

2 cloves garlic (minced)

1 1/2 teaspoons dry mustard

1 1/2 teaspoons Old Bay or Creole seasoning

(optional) 1 1/2 teaspoons Worcestershire sauce

1/4 teaspoon salt, or to taste

1/2 teaspoon hot red pepper sauce

1 cup plain dry bread crumbs

3 large egg whites 4 tablespoons vegetable oil

3 large unpeeled lemons (thinly sliced to garnish)

Nutritional Information

1 serving:

Calories 293 Saturated Fat 2g

Total Fat 13g Protein 23g

Carbohydrate 18g Fiber 0g

Sodium 549mg Cholesterol 114mg

Introduction: Since colonial days, Maryland has prided itself on serving some of the finest crab cakes in the land, often made from the blue crabs of Chesapeake

Makes 6 servings.

Preparation time: 30 minutes.

Chilling time: 1 hour. Cooking time: 17 minutes.

In a large bowl, lightly toss the crab with the green onions, parsley, yogurt, lemon juice, garlic, mustard, Old Bay seasoning if you wish, Worcesterter as it sits. It is meant to be soggy, so that its shire, salt, and red pepper sauce. Stir in 1/4 cup to serve. Serve the cheese balls with an assortof the bread crumbs.

Preparation time: 3 minutes, plus 45 minutes In a small, clean bowl, beat the egg whites with For a rich, toasty flavor, bake nuts in a 350° oven balls, about 3/4 inch in diameter, and place them an electric mixer on High until soft peaks form, for 5 to 10 minutes or until they are golden, stir- on a greased cookie sheet. Bake at 325 degrees then fold into the crab mixture. Form the mixture ring occasionally. into 4-inch-round patties, about 1 inch thick. On a enough to wrap a sandwich, and lay two slices of piece of wax paper, spread the remaining 3/4 cup Plaza Tea Sandwiches of bread crumbs and use to coat each patty. Refrigerate for 1 hour.

In a 12-inch nonstick skillet, heat 1 tablespoon of 6 tablespoons unsalted butter or margarine (at the oil over moderately high heat. Cook the crab room temperature)

Nutty Cheese Ball

1 container (8 ounces) reduced-fat, soft style cream cheese at room temperature

1 cup shredded smoked cheddar cheese (4 ounces), at room temperature

1 cup shredded Monterey Jack cheese (4 ounces), at room temperature

1/2 cup reduced-fat mayonnaise

2 tablespoons dry white wine or low-fat (1% milk-

1/4 cup finely chopped sliced almonds (toasted) 1/4 cup finely chopped pecans (toasted)

1/4 cup finely chopped walnuts (toasted) Nutritional Information

1 Serving: Calories 122 Saturated Fat 4g Total Fat 10g

Protein 5g Carbohydrate 3g

Fiber 0g Sodium 161mg Cholesterol 18mg

Introduction: In the early 1900s, cheese and crackers were served with coffee after dessert. By the 1950s, cheese had become an appetizer, and nothing chips with condensed milk and butter. Remove ladle was more popular than cheese balls.

Makes 16 servings.

Preparation time: 15 minutes.

Chilling time: 2 hours.

Step 1:

Step 2:

In a small bowl, with an electric mixer on high, beat the cream cheese, cheddar cheese, Mon-squares terey Jack cheese, mayonnaise, and wine until well mixed. Wrap in plastic wrap; shape into a ball. Refrigerate for at least 2 hours (will keep for Chocolate Nut Balls Cookie Recipe 2 days).

Place the almonds, pecans, and walnuts on separate sheets of wax paper. Unwrap the cheese 1/4 C. unsweetened cocoa mixture and divide into thirds. Form each third of 2 t. vanilla cheese mixture into a ball. Carefully roll one ball 2 t. instant coffee in the almonds, one ball in the pecans, and one 1/2 t. salt ball in the walnuts, coasting each completely.

Rewrap in plastic wrap and refrigerate until time

ment of crackers.

Toasting Nuts:

Ingredients

12 slices thinly sliced whole-wheat bread

12 slices thinly sliced white bread

1 bunch watercress, leaves only (2 cups)

3 hard-cooked eggs (peeled and chopped) 4 tablespoons mayonnaise

2 medium-size cucumbers Optional garnishes:

radish slices sprigs of fresh dill **Nutritional Information**

1 serving: Calories 359 Saturated Fat 6g Total Fat 18g

Protein 11g Carbohydrate 40g

Fiber 2g Sodium 608mg Cholesterol 112mg Introduction:

At your next party

No Bake Rocky Road Bars Cookie Recipe

1 bag. chocolate chips 1 can sweetened condensed milk

2 T. butter or margarine

2 C. salted peanuts 1 C. maraschino cherries, halved (optional)

1 package colored miniature marshmallows In heavy saucepan, over low heat melt chocolate from heat to slightly, set aside.

marshmallows; fold into chocolate mixture.

In a 13 x 9" pan lined with waxed paper, spread mixture evenly. Chill for 2 hours or until firm. Remove from pan, peel off wax paper and cut into

Approx. 40 squares

1 C. butter

1/2 cup sugar

1 3/4 C. flour

2 C. finely chopped pecans Powdered sugar

Cream margarine and sugar until light and fluffy. Add flour, cocoa, vanilla, coffee and salt. Mix well, then fold in the pecans. Roll the dough in small for 15 minutes. Cool, then roll in powdered sugar.

Almond Raspberry Filled Tarts Cookie Recipe 1/2 cup (1 stick) butter or margarine, room tem-

1 package (3 ounces) cream cheese, room temperature

1 cup flour

1/4 cup raspberry preserves plus preserves for garnish (divided)

1 egg, beaten

1/2 cup sugar 1/2 cup almond paste, crumbled

Coarsely chopped sliced almonds In small bowl, beat together butter and cream cheese. Stir in flour. Cover and chill about 1 hour or until dough is easy to handle. Shape into 24 (1-inch) balls. Press onto bottom and up sides of ungreased 13/4-inch muffin cups.

Make filling by dividing 1/4 cup preserves between pastries, using about 1/2 teaspoon per tart. Preheat oven to 325° F. In a small bowl, combine egg, sugar, and almond paste. Mix well. Spoon 1 level teaspoon of almond mixture over preserves.

Sprinkle with almonds. Bake tarts in preheated oven 25 to 30 minutes or until done. Cool slightly in pan. Remove and cool completely. If desired, drizzle cooled tarts with additional preserves.

Chocolate Dipped Peanut Butter Crackers

You need 1 box ritz crackers, 1 small jar of peanut butter and an ambrosia chocolate block (small one). First you make ritz and peanut butter sandwiches, by spreading peanut butter on one ritz cracker and then placing another ritz cracker

Then melt your chocolate block in double boiler. Coat each peanut butter and ritz sandwich with melted chocolate. I usually do this with a small

Then set the coated sandwich on a cookie sheet In large bowl combine peanuts, cherries and covered with wax paper. Put in refrigerator Step 3:

Roast turkey for 3 to 3 1/2 hours or until thermometer registers 180°F, basting often and covering with foil to prevent overbrowning if Step 4: for 15 to 20 minutes before carving.

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Meanwhile, cook neck and giblets for giblet gravy. Reserve 2 tablespoons of the pan drip- Angels on Horseback pings from roast turkey for giblet gravy. Prepare gravy. Carve turkey, discarding skin. Serve turkey and dressing with gravy.

Roast Goose with Currant Stuffing Ingredients

1 large yellow onion (chopped)

1 large tart apple (chopped) 1/4 cup lower-sodium chicken broth

6 cups toasted fresh bread crumbs 1/2 cup currants or chopped raisins

1/4 cup slivered almonds (toasted) 1/4 cup minced parsley

1 teaspoon dried sage leaves

1/4 teaspoon each salt and black pepper

1/3 cup lower-sodium chicken broth 1 goose (7 to 8 pounds), giblets removed

Nutritional Information 1 serving: Calories 673 Saturated Fat 9g

Total Fat 28g Protein 64g Carbohydrate 41g

Fiber 3g Sodium 467mg Cholesterol 319mg

Introduction: A goose gives off more fat during roasting than most other poultry. So have a bulb baster ready

to draw off the drippings. Makes 6 servings Preparation time: 20 minutes.

Cooking time: 8 minutes. Roasting time: 2 hours. Standing time: 15 minutes.

In a small saucepan, combine the onion, apple,

Step 2:

In a large mixing bowl, combine onion mixutre, bread crumbs, currants, almonds, parsley, sage, salt, and pepper. Toss 1/3 cup broth with bread immediately. crumb mixture.

Step 3:

Preheat the oven to 350°F. Rinse goose; drain, and pat dry. Prick the skin on the lower breast, legs, and around the wings with a skewer. Stuff and truss goose. Then, place goose, breast-sideup, on a rack in large roasting pan. Insert a roasting thermometer in its thigh without touching 3 large eggs

bone. Spoon remaining stuffing into a lightly 2 tablespoons milk greased 1 1/2-quart casserole; cover and refrig- 2 ounces Cheddar cheese, coarsely grated (1/2

necessary. Bake the covered casserole of stuff- Roast goose for 2 to 2 1/2 hours or until the thering alongside turkey during the last 30 minutes of mometer registers 175°F, drain fat often. Bake roasting, adding an additional 2 to 3 tablespoons the covered casserole of stuffing alongside the chicken broth if stuffing is dry. Let turkey stand goose during the last 30 minutes of roasting. Let the goose stand for 15 to 20 minutes. Carve Protein 2g goose; discard the skin.

Ingredients

12 oysters in shells

Coarse rock salt or aluminum foil 3 slices lean bacon

2 tablespoons minced parsley

1 clove garlic (minced) 1/4 cup dry white wine (with or without alcohol) 12 drops hot red pepper sauce

Nutritional Information

1 oyster: Calories 23 Saturated Fat 0g Total Fat 1g

Protein 2g Carbohydrate 1g Fiber 0g

Sodium 45mg Cholesterol 9mg Introduction: Oysters curl as they cook, resembling angel

wings and giving this New Orleans appetizer its Makes 12 appetizers.

Preparation time:15 minutes.

Cooking time: 3 minutes.

Buy the oysters the day you plan to cook. Ask your fishmonger to shuck them, leaving them on the half shell and reserving the liquor. Cover the

oysters and liquor and refrigerate.

Preheat the broiler. Line a broiling pan or shallow baking pan with the rock salt or a layer of crushed 1 1/2 teaspoons baking powder foil. Cut each slice of bacon in half crosswise, 1/2 teaspoon dry mustard then lengthwise. In a small bowl, mix the parsley 1/4 teaspoon baking soda with the garlic.

Step 3:

Place the oysters in their shells in the prepared 1/4 cup ground cooked lower-sodium ham and 1/4 cup broth. Bring to a boil. Lower heat and pan. Top each oyster with a piece of bacon, then 3 tablespoon low-fat (1% milkfat) milk simmer for 5 minutes or until onion and apple are about 1/2 teaspoon of the parsley mixture. Top each oyster with a little white wine, oyster liquor, and a drop of red pepper sauce. Broil 4 inches from the heat for 3 minutes or until the oysters curl at the edges and the bacon browns. Serve Total Fat 1g

> Bite-Size Crustless Quiches Ingredients

1 tablespoon butter or margarine 1/2 cup finely chopped red bell pepper 1/4 cup chopped green onion (white and green

1/4 teaspoon salt

1/8 teaspoon ground black pepper Nutritional Information

Calories 37 Carbohydrates trace

Sodium 75mg

Fat 3g Cholesterol 45mg

Introduction: These hors d'oeuvres are quick to prepare, so you have more time with friends. They're also easier to handle than slices of a large guichemaking them ideal finger food.

Makes 18 bite-size quiches. Preparation time: 10 minutes.

Cooking time: 20 minutes. Step 1:

Preheat the oven to 425°F. Grease one tray of 24 mini muffin-pan cups (1 3/4- x 1-inch). In a 3/4 cup fresh lemon juice small saucepan, melt butter over moderate heat. Add bell pepper and onion; saute until soft, about

the mixture cool slightly.

Step 2: In a medium-size bowl, combine eggs, milk, cheese, salt, and pepper. Stir in the bell pepper and onions. Spoon about 1 tablespoon of the mixture into each muffin cup. (The mixture will fill

18 to 22 cups.)

Step 3: Bake until the centers are set, 8 to 10 minutes. Let the guiches cool for 1 minute. Using a knife, loosen the quiches around the edges and remove from the cups. Arrange them on a platter and

Button Ham Biscuits

Ingredients 1 cup all-purpose flour

1/2 cup reduced-fat sour cream

1/4 teaspoon onion powder

Nutritional Information

Calories 22 Saturated Fat 0g

Protein 1g

Carbohydrate 4g Fiber 0g Sodium 38mg Cholesterol 2mg

Makes about 30 biscuits.

Introduction: This bite-size variation of old-fashioned biscuits makes a perfect party appetizer.

Preparation time: 15 minutes. Cooking time: 10 minutes.

Preheat the oven to 450°F. In a medium-size bowl, stir together the flour, baking powder, dry mustard, baking soda, and onion powder until well mixed. Using a wooded spoon, stir in the sour cream, ham, and milk; mix just until a soft dough forms.

Step 2:

Knead for 30 seconds on a floured surface, then pat into a 7-inch circle. using a well-floured 1-inch scalloped or round cutter, cut into biscuits; reroll and cut scraps. Place biscuits 1 inch apart on a lightly greased baking sheet; brush the tops with additional milk if you like. Bake for 10 minutes or until golden.

Champagne Reception Punch Ingredients

5 pints (10 cups) fresh strawberries 1 1/2 cups pineapple juice (chilled)

3/4 cup superfine sugar 1 bottle (4/5 quart) champagne or sparkling wine

5 minutes. Remove the pan from the heat and let (with or without alcohol) chilled Nutritional Information

> 1 serving: Calories 92 Saturated Fat 0g

Total Fat 0g Protein 1g Carbohydrate 17g

Fiber 0g Sodium 1mg

Cholesterol 0mg Introduction: Since colonial days, a punch of champagne and fruit has been a favorite for "very proper recep-

Makes about 2 quarts or 10 6-ounce servings. Preparation time: 15 minutes.

Freezing time: 6 hours. Chilling time: 2 hours.

To make the strawberry ice cubes: At least 6 hours before party time, wash the berries. Place 1 small, pretty berry (with leafy hulls attached) in each compartment of 2 standard-size ice cube trays, then fill with water and freeze.

Step 2:

To prepare the punch: Remove the hulls from the remaining berries and place them in a food processor. Process for 2 minutes or until pureed, then transfer to a punch bowl. Stir in the pineapple juice, lemon juice, and sugar; cover and refrigerate. Just before serving, pour in the champagne and float the strawberry ice cubes on

Country Pâté Ingredients

8 ounces lean ground pork or beef 8 ounces ground veal

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1 medium-size yellow onion (chopped)

1 clove garlic (minced)

1/2 cup low-fat (1% milkfat) milk

2 large egg whites

1/2 cup fresh bread crumbs (1 slice)

3 sprigs parsley

1/2 teaspoon dried oregano leaves

1/4 teaspoon salt

1/4 teaspoon dried thyme leaves 1/8 teaspoon ground sage

1/8 teaspoon black pepper

Nutritional Information

1 Serving: Calories 37

Saturated Fat 1g

Total Fat 2g Protein 4a

Carbohydrate 1g

Fiber 0g

Sodium 44mg

Cholesterol 12mg Introduction:

Elegant hostesses often served French pâtéas a first course at formal dinners. Today, this lowerfat version doubles nicely as an appetizer or picnic food.

Makes about 24 servings. Preparation time: 20 minutes.

Chilling time: 2 hours.

Step 1:

Preheat the oven to 325°F. Line an 8- x 4- x 2inch loaf pan with foil, extending the foil about 1 inch above the pan on all sides. Lightly grease the foil. In a 10-inch nonstick skillet, cook pork, veal, onion, and garlic over moderately high heat for 10 minutes or until browned. In necessary, drain off fat.

Step 2:

In a food processor or blender, process the pork mixture and milk until almost smooth. Add egg whites, bread crumbs, parsley, oregano, salt, thyme, sage, and pepper. Process until almost smooth. Spread in foil-lined pan. Cover pan with foil, place it in a larger baking pan, and pour hot water around loaf pan to a depth of 1 inch. Bake for 1 hour or until an instant-read thermometer inserted in the center registers 170°.

Step 3:

Cool on a wire rack for 30 minutes. Refrigerate for at least 6 hours (will keep for 2 days). Grasp the edges of the foil and lift the pate out of the pan. Carefully remove the foil. Using a thinbladed sharp knife, thinly slice pate; halve slices. Arrange pate slices on a lettuce-lined plate and serve with rye bread or an assortment of crackers. Makes about 24 servings.

Cranberry Punch Ingredients 2 cups cranberry juice 2 cups pineapple juice 1 cup orange juice

3/4 cup triple sec (optional) 1 pint strawberries, hulled and sliced 1 lime, thinly sliced

4 cups ginger ale, chilled Introduction:

This sparkling red punch is a good choice for a 4 whole cloves buffet at holiday time with a citrus bite. For a less sweet punch, substitute seltzer or club soda for the ginger ale.

Makes about 1 1/2 quarts.

Total time: 20 minutes, plus chilling time.

In a large glass container, combine ingredients and chill thoroughly.

Step 2:

Just before serving, slowly stir in the ginger ale. Pour into a punch bowl or large jug and add ice

Cream Cheese Log with Dried Beef

Ingredients

1 container (8 ounces) reduced-fat, soft style cream cheese at room temperature

1/2 cup reduced-fat mayonnaise

1 teaspoon drained prepared horseradish 1/2 cup shredded Swiss cheese (2 ounces)

2 ounces dried beef (finely chopped) 1 tablespoon drained canned pimientos

(chopped)

1/2 cup finely chopped chives or green onion tops **Nutritional Information**

1 Serving:

Calories 72

Saturated Fat 3q Total Fat 6q

Protein 4a

Carbohydrate 2g Fiber 0g

Sodium 239 mg Cholesterol 18mg

Introduction:

Dried beef has been used in American kitchens since pioneer days. Only in the past few decades was it used for appetizers like this intriguing combination of cream cheese, horseradish, and

Makes 14 servings. Preparation time: 20 minutes.

Chilling time: 2 hours.

In a small bowl, with an electric mixer on high, beat the cream cheese, mayonnaise, and horseradish until creamy. Stir in Swiss cheese, dried beef, and pimientos. Shape the mixture into an 8-inch log. Wrap log in plastic wrap and refrigerate for at least 2 hours (will keep for 2 days).

Spread the chives on wax paper. Unwrap the log and carefully roll it in the chives, coating it completely. Rewrap in plastic wrap and refrigerate until time to serve. Serve the cheese log with

Toasting Nuts:

For a rich, toasty flavor, bake nuts in a 350° oven for 5 to 10 minutes or until they are golden, stir-

ring occasionally.

melba toast slices.

Flaming Cafe Brulot

Ingredients

4 whole allspice berries

1 cinnamon stick 3 inches long (broken) zest from 2 large oranges (colored part of the

rind, slivered)

zest from 1/2 large lemon (slivered)

8 sugar cubes or 8 teaspoons sugar

4 cups hot, strong coffee

1/2 cup brandy

1/4 cup Curacao or other orange-flavored liqueur

Nutritional Information 1 serving:

Calories 73 Saturated Fat 0g

Total Fat 0g

Protein 1a Carbohydrate 7g

Fiber 0g Sodium 3ma

Cholesterol 0mg Introduction:

The Cajuns, who arrived in New Orleans in the mid-1700s, came from southern France via the Acadian colony of Nova Scotia. Many of their foods, such as this Cafe Brulot, are French. (Cafe is coffee, and brulot refers to the burning brandy.)

Makes 8 demitasse (4-ounce) servings. Preparation time: 15 minutes.

Cooking time: 5 minutes.

Step 1: Make a spice bag by placing the allspice, cloves, and cinnamon pieces in the center of small pieces of cheesecloth. Bring up the corners, and

tie securely with cotton string. Set aside eight slivers of the orange zest for garnish.

Step 2:

In a brulot bowl, chafing dish, or medium-size saucepan, combine the remaining orange zest with the lemon zest, sugar cubes, and spice bag. Stir in 1 cup of the coffee, plus the brandy and Curação. Simmer, uncovered, over moderately low heat for 5 minutes, stirring and mashing the zest and sugar cubes until the sugar dissolves and the mixture is hot. Using a slotted spoon, remove and discard the spice bag and zest.

Standing away from the coffee mixture, carefully ignite it with a wooden match. Stir in the remaining 3 cups of coffee, ladle into brulot or demitasse cups, and garnish with the orange zest.

Herbed Cheese Spread Ingredients

1 cup plain low-fat yogurt

1 tablespoon minced (or dried) fresh basil or

1/4 teaspoon garlic powder 1/4 teaspoon grated lemon rind

1/4 teaspoon black pepper Nutritional Information

1 tablespoon: Calories 11

Saturated Fat 0g Total Fat 0g

Protein 1g

Carbohydrate 2g

Introduction:

cheese from milk and rennet. Today, you can get that rich old-fashioned taste, with less fat, by making yogurt cheese. Then, just stir in fresh

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Makes 2/3 cup.

Preparation time: 10 minutes.

Step 1:

Line a sieve with 100 percent cotton cheesecloth, coffee filter, or a white paper towel and place over a bowl. Spoon in the yogurt. Cover and refrigerate for at least 6 hours or until it is cream-cheese consistency. Discard the liquid in bowl. Step 2:

basil, garlic powder, lemon rind, and pepper until well mixed. Serve the spread with an assortment of crackers or party rye or pumpernickel bread.

Ingredients

1/2 cup strong hot coffee

1 to 3 teaspoons sugar (optional) 1/2 cup cream, or 1/4 cup half-and-half and 1/4

whipped cream

1 tablespoon milk chocolate, grated cinnamon stick Introduction:

skating or sledding on a wintry day.

In a large cup or mug, mix the coffee and sugar, if desired.

In a small saucepan over low heat, warm the cream. Add the cocoa and mix well.

Gifts from the Kitchen

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2 tablespoons olive oil

2 cloves garlic (bruised)

1 medium-size red onion (sliced thin)

Fiber 0a Sodium 11mg Cholesterol 0ma

Many grandmothers made their own cream herbs and spread on crackers.

Chilling time: 6 hours.

Transfer the yogurt to a small bowl. Stir in the

Hot Chocolate Espresso

1 1/2 teaspoons unsweetened cocoa

Not for the worried weight watcher, this creamy drink is pure indulgence but just right for after ice

Makes about 1 cup.

Total time: 10 minutes.

Add the cream mixture to the coffee and top with a dollop of whipped cream and the grated chocolate. Serve with a cinnamon stick.

Marinated Sandwiches

Ingredients 8 slices (1/4-inch thick) crusty Italian, French, or

whole wheat bread

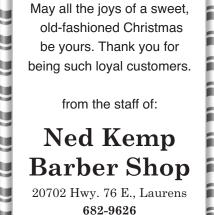
2 1/2 tablespoons red wine vinegar

8 medium-size pitted ripe olives (coarsely chopped)

2 medium-size ripe tomatoes (cored and sliced,

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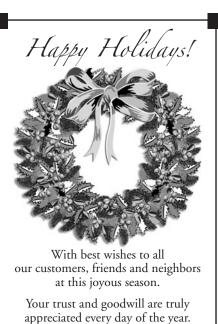
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