

# C-G Recipe Corner

## What You Can Do With Versatile Egg

By MISS GOODY

Whether you like them or not, eggs are one of the most versatile, and common foods used today.

Did you know:—Eggs combine high food value with moderate calorie content. In fact, eggs have fewer calories per gram of protein than any other natural food known to man.

—Two eggs eaten daily supply almost one-fifth of the protein needed by adults. They also contain the B Vitamins, thiamine (B1), riboflavin (B2) and (B12).

—Store leftover egg whites up to 10 days in the refrigerator by placing in a tightly covered container.

—Even leftover egg yolks can be kept up to three days. Simply cover them with cold water and place in the refrigerator.

—It's a fact, room temperature damages egg quality. So always buy your eggs from a market where they are kept under refrigeration.

—There is no real difference between white eggs and brown. The difference is the obvious one of shell color, and that depends on the breed of the hen.

—Good cooks never hard boil eggs. Hard cooked eggs, though, are easier to shell and will have a clear yellow yolk when cooked in barely simmering water and promptly cooled under cold running water.

—Egg whites beat up faster and to larger volume if removed from the refrigerator about a half-hour before use. They should be at room temperature before beating.

—Egg whites won't beat up to full volume if, even a speck of egg yolk is in them. Should this happen in separating, use a piece of egg shell to lift out the yolk particle.

—Differences between egg size and egg grade is easy to remember. Eggs run in size from jumbo, extra large, large, medium, small and peewee; the size determines the weight. Egg quality is shown by the grade it's given, AA, A, B, or C.

—Grades AA and A are the best for all purposes, especially in recipes where appearance is important. Grade B's are suitable for use in scrambling, baking and in recipes where they are mixed with other ingredients. Grade C eggs are rarely found in retail stores.

—In a high quality egg, the white is thick and stands up well around a firm, high yolk.

But of course, eggs are not just a matter of tips and hints. So here are a few things you can do with them that are a bit different.

Using the simple poached egg, add a fancy touch to come up with Eggs Italian. For 4 servings use 2 large tomatoes and 8 poached eggs.

Cut the tomatoes into 8 slices (4 from each one). Heat 2 this olive oil in a large skillet and add 1 minced clove of garlic. Sauté the tomato slices in the

hot oil, seasoning to taste with salt, pepper and a little basil. Top each tomato slice with a hot poached egg, sprinkle with grated Parmesan cheese and run under the broiler to brown.

Another simple, but attractive way to serve poached eggs is in noodle nests. This also serves 4 persons.

Sauté ½ pound of fresh mushrooms in 4 tbs. butter until just done. If the mushrooms are small, leave them whole; if large, slice them. Boil 8 ounces of fine noodles in salted water until barely tender.

Drain thoroughly, mix with the sautéed mushrooms and season to taste with salt and freshly ground black pepper. Arrange in 4 nests on serving plates and place a poached egg in the center of each nest. Sprinkle liberally with chopped parsley.

Just about everyone knows how to scramble an egg. I might just hint, however, that low heat and plenty of butter in the pan are secrets to fluffy eggs. I also add about 1 tbs. of water, milk or cream to eggs while mixing them, before cooking.

But what if someone in your family doesn't like scrambled eggs? Just about anything can be added to a basic recipe to change the resulting product.

For instance, add 1 tsp. curry powder (or more if you really like it) before scrambling.

A while ago I was informed of a western approach to scrambled eggs: cut up pieces of tomato and green pepper in eggs before scrambling. Or add sautéed mushrooms to the eggs as they cook.

Smoked salmon can be used by cutting 4 thin slices of it into tiny strips. Heat these gently in the butter in which you are going to cook the eggs. Add the eggs and scramble. Do not salt the eggs until the last minute because the salmon may provide enough. Just before serving, add a dash of lemon juice. Serve on toast with chopped parsley on top.

Children will enjoy these emergency meals at a party, if they can be served for lunch any time.

Mix 6 eggs, ¼ cup light cream, ½ tsp. salt and ¼ tsp. pepper with fork. Heat 1 tbs. butter in a skillet just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set at bottom and sides, gently life cooked portions with a spatula so the uncooked part may flow to the bottom.

Spread 4 slices of hot toast with catsup. Place toast on baking sheet and spoon scrambled eggs on each. Sprinkle with ½ cup shredded cheddar cheese and place under broiler until cheese melts. Serve immediately. Makes 4 servings.

### NETS 40 POINTS

Herb Joyce knocked in 40 points on 18 field goals and four straight from the free throw line and Gary VanHanehan contributed 28 points as the Palmyra Rockets belted Sodus Point, 107 to 77 in the opening round of play in the 15-16-year-old division of the Easter basketball tournament in the Center gym.

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## Lew Watson Slams 222 Game In 601 Series

Lew Watson, Jr. slammed a 222 middle game in his 601 series to lead Central Modernization to a 3-1 win over the Randall in the Twin County League.

Bernie DeRuyter chipped in with a 551 and Bob Watson Sr. added a 541.

Westplex No. 1 took three points from the Albro on a 225-599 by Bill Frost and a 232-571 series by Clayton Kise. Columbia Banking won three points from Westplex No. 2 on the strength of a 211-564 by Vince Caruso.

Ken Larson Ford's swept four points from Phelps Machine to gain a point on the front-running Centrals. Jim Clingerman tossed a 215-577 for the winners.

Standings: Central Modernization 75, Larsons 71½, No. 1 Westplex 70, Columbia 66, Albro 54, Phelps Machine 44½, No. 2 Westplex 43½ and Randall 39½.

### Jake Frank Flips 607 In Couples League

The Sirens blanked the Fireballs on a 233-607 series by Jake Frank in the Fairville Couples League. Gary Idings rolled a 527 for the losers.

Lorraine Weimer's 541 series led the Hoses to a sweep over the Ladders. A 223-562 effort by Bob De Rue sparked the Nozzles to a 3-1 win over the Pumpers and in other matches the Hydrants shut out the Axes and the Tankers took three from the Drivers.

### JoAnn Perry Bowls 547 in Stuart Loop

A 547 by JoAnn Perry enabled the Stuarts to garner a pair of points from the Gems in the Stuart League.

The Hi-Lo's swept four points from the Dlights on a 528 by Anne Pieters and in other matches the Jewels won all four points from the Margroves on a 592 by Marion Tyler and the Black Russians took three from the Fireballs.

### Drug Firms Set Prices, Lefkowitz Declares

Attorney General Louis J. Lefkowitz last week filed a complaint on behalf of New York State in the United States District Court for the Southern District of New York seeking damages against five major pharmaceutical manufacturers.

He charged the firms with conspiring to fix prices and operate a monopoly in the sale of drugs to state hospitals and institutions and related tax-supported agencies.

## The Green Thumb

By George Abraham



### Plant Some Garlic, It's Easy to Grow

Few things will park up some dishes as much as garlic will. And like most members of the onion family, garlic is easy to grow. You take a bulb, separate it into "cloves" or flakes and set them out, about four inches apart in the row, covering two inches deep.

When the tops die down, take up the bulbs and let them dry in a shady place. Spring is a fine time to plant garlic. And don't forget to order some onion "sets" if you want early green onions or the mature bulbs.

Here's the way I plant onion sets: dig a trench about three or four inches deep, and six inches wide. Pour these sets into the trench, without worrying which end is up or if they touch one another. You'll have plenty of tender onions to eat all spring and summer long. Ebenezer sets can be used for both early bunching and for large mature bulbs.

If you're looking for large, mild, sweet "hamburger" onions, try Yellow Sweet Spanish plants. FREE: Want to know more about growing onions?

Send me a self-addressed, stamped envelope for a copy of my guide, "How to Grow Onions and Related Crops." My guide is full of good tips on raising onions, leeks, garlic, chives, etc. and you need a copy for your library.

HOME grown strawberries: This is a reminder to set out a few strawberry plants this spring. Good varieties for flavor and general home use include: Reglow, Fairfax, Armore, Pocahontas, Sparkle, Midway, Redstar and Catskill. There's no one best variety. For cold climates, Robinson, Catskill, Premier, Midway are some that are good. For "wild" disease resistance, try Catskill, Surecrop, Premier, Empire and Robinson.

Set your plants out early this spring, the earlier the better. Frost and snow will not harm newly planted strawberries. Don't plant too deep or too shallow. Clipping of roots is not recommended, merely spread them out full length and press soil

around the plant so that roots are firmly anchored to the soil. A pint of water soluble plant food (such as 23-19-17) poured around each plant when set in will help them take off quicker. A few weeks after the plants are set in, they'll produce blossoms. It's best to remove the first ones so the plants will make better growth.

GREEN THUMB CLINIC: A writer asks: "Please, tell me which zinnia I can grow and not get the blight?"

ANSWER: Albernaria blight, the new disease of zinnias can best be licked by using resistant type. The Illinois (pom-pom), cut-and-come again types, State Fair (giant sized) and Old Mexico are some disease resistant varieties which should be planted.

HOOP WORKOUT: The Centerettes' basketball team will report for practice this Wednesday at 3:30 p.m. in the Center gym.

Newark Girls Defeat Clyde in Easter Tournament

The Newark High senior division of the County Easter Basketball Tournament at the Community Center reached the final 27 to 16 win over the Devils.

Linda Hause scored for the winners following Marcia Tiebout with Sue Reeves with seven.

OPEN PLAY IN GOLF: The Community Center will be available for golf on Monday and Wednesday p.m., according to the director.

THEIR CONNECTION: Like the island of Greenland, the island republic is considered an American country. Greenland is considered to be a part of America.

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