

AMA cookbook-great present Feb. 14 'for someone you love'

Last week in this column, disease risks were discussed along with dietary recommendations by the American Heart Association (AMA) concerning fat and cholesterol. This week, I'll concentrate on altering your recipes, to control fat and cholesterol, and list some recipes from the AMA Cookbook.

One way to modify recipes and cooking is to use egg whites rather than whole eggs. Use two egg whites and one egg yolk along with some type of filling when preparing an omelet.

Sauces & Pickles Sharon Johnson

Three methods to substitute polyunsaturated oil or margarine for butter are: 1 tablespoon butter for 1 tablespoon margarine or 3/4 tablespoon oil; 1 1/4 cups of margarine for 1 cup of oil; and 1 1/4 tablespoons margarine for 1 tablespoon of oil. The following recipe uses oil as well as egg whites, and buttermilk which contains only a trace of fat.

BANANA BREAD

1 1/2 cups all-purpose flour
1 1/2 cups sugar
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup wheat germ
3 medium, very ripe bananas, mashed (about 1 cup)
1/4 cup buttermilk
1/4 cup oil
4 egg whites
-Preheat the oven to 350 degrees.
-Sift together the flour, sugar, baking powder, baking soda, and salt. Mix in the wheat germ.
-Add all remaining ingredients and beat until well blended.
-Place in an oiled 8 x 4-inch pan.
-Bake in a moderately heated oven for about 1 hour.
Yield: 1 loaf

In desserts use three tablespoons of cocoa and one tablespoon oil or margarine in place of a one ounce

square of chocolate. The following recipe is for a whipped topping that closely resembles whipped cream in taste and consistency but has no saturated fat.

POLY WHIPPED TOPPING

1 teaspoon gelatin
2 teaspoons cold water
3 tablespoons boiling water
1/2 cup ice water
1/2 cup nonfat dry milk
3 tablespoons sugar
3 tablespoons oil
-Chill a small mixing bowl. Soften gelatin with 2 teaspoons of cold water, then add the boiling water, stirring, until gelatin is completely dissolved. Cool until lukewarm. Place ice water and nonfat dry milk in the chilled mixing bowl. Beat at high speed until the mixture forms stiff peaks. Add the sugar, still beating, then the oil and the gelatin. Place in freezer for about 15 minutes, then place in the refrigerator until ready for use. Stir before using to retain a creamy texture.
Yield: 2 cups

Using substitutes for sour cream will also cut down on saturated fats. A chilled can of evaporated skim milk, whipped with 1 teaspoon of lemon juice, or the following mock sour cream can be used.

MOCK SOUR CREAM

2 tablespoons skim milk
1 tablespoon lemon juice
1 cup cottage cheese
1/4 teaspoon salt
-Place all ingredients in a blender and mix on medium-high speed until smooth and creamy.
-Use as a sour cream substitute.
-This sauce may be added to hot dishes at the last moment. Or serve it cold, with the addition of flavoring or herbs.
Yield: About 1 1/4 cups.

The AMA Cookbook would be a great Valentine's day present for someone you love. They are available at bookstores in Lincoln and profits from the sale of the book go to the AMA for further research.

Harpsichordist to return to UNL

Igor Kipnis and his harpsichord are returning to Kimball Recital Hall for an 8 p.m. concert Saturday.

After his last concert in Lincoln in 1972, critic Harvey Hinshaw wrote, "Piece after piece it seems as if he is incapable of producing a dull or meaningless phrase."

Student tickets are available for \$2.50 at Westbrook Music Bldg.

Today Kipnis will demonstrate baroque ornamentation in the orchestra room of Westbrook at 1:45. The public is invited.

Kipnis, who travels with his 10 foot long Rutkowski and Robinette harpsichord cushioned in a Chevrolet Sportvan, gives more than 40 recitals a year.

It's doubtful, according to Time Magazine, whether any harpsichordist can match Kipnis' particular combination of formal restraint, interpretive flair and sheer energy.

Among his 16 records cut for Epic, Columbia and Angel, are *The Harmonious Blacksmith* and *The English Harpsichord, sm.*

"Too many 20th century composers think of the harpsichord as a piano or a percussion instrument," Kipnis said.

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