

Holiday cuisine . . .

Continued from Page 16 IRISH SODA BREAD

- 4 c. flour
- 2/3 c. sugar
- 1 t. salt
- 3 t. baking powder
- 1 t. baking soda
- 2 T. caraway seeds
- 2 eggs
- 1/4 c. butter
- 1 c. dark raisins
- 1 to 1/3 c. buttermilk
- 1 egg yolk

Heat oven to 375 degrees. Grease 9-inch round cake pan. Sift together flour, sugar, salt, baking powder and baking soda. Stir in caraway seeds. Cut in butter until like coarse corn meal; stir in raisins. Combine buttermilk and eggs; stir into four mixture until moist. Turn dough onto lightly-floured surface and knead lightly until smooth. Shape and put into pan. With sharp knife, make a slit or a 4-inch cross, 1/2 inch deep, in center of dough. Beat egg yolk and brush on top of dough. Sprinkle a little sugar on top. Bake 60 to 70 minutes. Cool in pan 10 minutes; remove. Cool completely before slicing.

One of the favorite dishes of Cornhusker linebacker Steve McWhirter is Broccoli and Rice Casserole, according to his wife, Pam. Mrs. McWhirter said she often uses leftover turkey or chicken in the casserole to make a one dish meal.

BROCCOLI AND RICE CASSEROLE

- 2 packages frozen broccoli (10 ounces each)
- 1 chopped onion
- 2 cans cream of mushroom soup
- 2 c. minute rice (uncooked)
- 1 lg. jar of Cheez Whiz
- 1 stick margarine
- 1/2 to 1 c. water, less if thicker casserole desired.

Saute the onion and broccoli in margarine. Mix everything together and bake at 350 degrees for 45 to 60 minutes.

Robin Sellman, Miss Rodeo of Nebraska, enjoys baking Whole wheat bread, her roommate Lisa Becker, a UNL sophomore, said.

"Robin and I cook a lot because it is cheaper than buying bread and we like it better," Becker said. "It also makes the house smell good."

WHOLE WHEAT BREAD

- 4 to 4 1/2 c. whole wheat flour
- 2 packages active dry yeast
- 1 3/4 c. milk
- 1/3 c. packed brown sugar
- 2 T. shortening
- 2 t. salt

In large mixing bowl combine 2 c. of flour and the yeast. In a saucepan, heat milk, brown sugar, shortening and salt until warm. Stirring constantly to melt shortening, add to dry mixture. Beat a low speed with electric mixer for 30 seconds, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a moderately stiff dough.

Turn out onto lightly floured surface, and knead until smooth and elastic (4 to 5 minutes). Shape in a bowl, place in lightly greased bowl, turning once to grease surface. Let rise in warm place until doubled (1-1 1/2 hours). Punch down dough, turn out on lightly floured surface. Cover and let rise in warm place until double (about 30 min.) Bake at 375 degrees for 35 to 40 minutes. Remove from pan and cool on wire rack. Makes one loaf.

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Check list . . .

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Dec. 18 - On your first day of freedom, celebrate by making and eating Christmas goodies. This will mark the end of the diet began on the 14th.

Dec. 19 - Take care of any last-minute decorating chores. Make sure the tree is up and trimmed and the yule log is ready for the fire.

Dec. 20 - Build a snowman.

Dec. 21 - Call someone you miss and sing them a Christmas Carol.

Dec. 22 - Wrap presents. After present wrapping is complete, make a cup of hot chocolate and curl up in front of the fire.

Dec. 23 - Bake and eat more Christmas goodies (what are holidays for, right?) Take a few of the freshly baked yummys to the neighbors.

Dec. 24 - Make sure everything is ready for Christmas day. Enjoy your own Christmas traditions.

Dec. 25 - Heavy sigh . . . see, you made it. Have a Merry and Blessed celebration.

Wishing you a Merry Christmas and a Wonderful New Year
From all of us at K+Z Distributing Co. Inc.

