

Smart shopping and cooking can save cash

From the kitchen of . . .

the Daily Nebraskan

Orange Marmalade Sauce for Pork Chops or Roast

- 1 cup orange marmalade
- 1 t. garlic powder
- 2 T. soy sauce
- 2 T. mustard
- 1/4 cup mayo.

Mix all of the ingredients together. Cook the pork chops and heat the sauce in a small sauce pan. Pour over finished chops.

Red Beans and Rice

- 2 cans Red Kidney Beans or 1/2 pound dry beans soaked over night.
- 1 medium onion (chopped)
- 1 green pepper (chopped)
- 3/4 lb. of polish sausage
- 1/4 t. white pepper
- 1/4 t. black pepper
- 1/4 t. cayenne pepper
- 2 T. vegetable oil
- 4 cups cooked rice

Pour oil into a medium pot over even medium heat. Saute onion, green pepper and chopped sausage until onion and green pepper are soft. Add red beans and cook until hot. Add spices and serve over rice.

Bread Pudding with a Rum Sauce

- Loaf of stale french bread
- 1 stick of butter (8 Tablespoons)
- 3 eggs (beaten)
- 1/4 cup brown sugar
- 1/2 cup milk
- 1 1/4 cup sugar
- 3 t. vanilla

Rum Sauce

- 1 stick butter
- 1/2 cup rum
- 1 cup sugar
- 1 cup flour

Pre heat oven to 350 degrees. Melt the butter, then add the other ingredients in a sauce pan. Cut bread into small cubes. Put the bread in a 9x13 well greased pan and pour mixture over the top. Let the liquid soak in for a little and then place in oven for 1 1/2 hours. You can test doneness by checking the center with a toothpick.



By Albert Schmid
Food Critic

With all the responsibilities college heaps on students, the last thing one wants to think about is having to cook.

Part of the reason that fast food is gaining market share has to do with the convenience factor, but the expense of eating out can catch up with financially strapped college students.

You can save a lot of money cooking at home. To give you an idea how much you can save, for every three dollars you spend eating out, the restaurant only spends about one dollar. Even so, many students continue to spend money eating out just to avoid cooking.

But cooking doesn't have to be a hassle.

Cooking your own meals can be fun, easy and cheap for home cooks at all levels. The key to successful home cooking is planning.

PLANNING IS THE KEY

Sitting down on Sunday and planning out your week is a good idea anyway. That way you and your roommates can know what to expect from each other in the coming week.

Preparation of food for your household can be one of the things planned for the week. If your roommate has a class or you have a conflict, the two of you can plan around it.

Sunday is also a good day to get a jump on the week on food preparation. Preparing a casserole or a cold pasta salad for the week is by no means against the rules.

Taking the time to cook can actually be a more efficient use of your time. Cook while you study (just make sure that whatever you're cooking is on a timer).

If you have a break between classes, and you are able to return home, you could cook dinner and refrigerate it until you are ready to eat.

What you need in the way of equipment is a good set of measuring cups, measuring spoons, a stainless steel bowl, an eight inch chef's knife (Make sure that it is sharp or have it professionally sharpened. This is very important!), a paring knife, cutting board, kitchen scissors, grater, bottle opener, church key can opener, rotary can opener, corkscrew, wire whisk, three-quart sauce pan, one-quart sauce pan, 12 inch skillet, eight inch skillet, three-quart heat-proof casserole, rubber spatula, pancake turner, 2 slotted spoons,

kitchen tongs, a 9x12 cake pan, a cookie sheet, muffin tin, a blender, coffee maker (even if you don't like coffee), toaster, small food processor, microwave oven, potholders, cloth kitchen towels, paper towels, plastic wrap, aluminum foil, plastic freezable containers and air tight canisters.

Sure, it may sound like a lot, but it's really not. All of these supplies can be picked up at the Goodwill or Salvation Army at very little expense.

BE HONEST WITH YOURSELF

Another key to successful home cooking is being honest with yourself. Don't buy the grocery store out of cheap Ramen noodles and then go to the Golden Arches every night because all you have at home are the Ramen noodles.

Buy things that you like to eat. It is cheaper in the long run because you will reduce what you throw away.

Buy a lot of pasta, rice, and potatoes. They are filling, versatile and very cheap. Also, each of these can be prepared ahead and warmed in a microwave oven or over low heat on a stove. As an added bonus, pasta, rice and potatoes are at the bottom of the nutrition pyramid (6-11 servings a day); they're what you should be eating anyway.

When you are at the store, ask yourself if you will eat everything you are picking up. Sometimes, saving money at the store requires a little study of the ingredients.

For example, my wife and I love Mexican food, but she is a vegetarian. Many of the brand-name refried beans contain lard, with the exception of the cans marked vegetarian (which usually cost more than the regular refried beans). One day I read the label of a generic brand that cost about half of the brand name with lard. It was made with soybean oil — totally vegetarian. The generic brand cost about half of the brand-name vegetarian.

You're the final judge of what you want to eat. Here are some ideas to help you plan your shopping trip.

These are items that I try to keep on hand: Wheat bread, crackers, kidney beans, refried beans, all-purpose flour, granulated sugar, powdered sugar, brown sugar, old fashioned oats, spaghetti, elbow macaroni, fettuccini, rotini, Uncle Ben's converted rice, tortillas, catsup, cornstarch, mayonnaise, mustard, salad oil, soy sauce, white vinegar, tomato sauce, tomato paste, chicken base, beef base, whole tomatoes, corn, green beans, sweet potatoes, olives, baking powder, baking soda,

chocolate chips, honey, raisins, vanilla extract, yeast, butter, cheddar cheese, Monterey jack cheese, Swiss cheese, eggs, milk, sour cream, chicken, hamburger and a cooking sherry.

Obviously, you won't need all of these items for your initial forays into the world of cooking, but as you work up to bigger experiments, most of these will come in handy.

HOW TO BRING IT ALL TOGETHER

Concentrate on spices — beyond salt and pepper. Spicing food properly will add a new dimension to your meals.

Some of the spices I try to keep around my kitchen are basil (for Italian and French food), cayenne pepper (useful all around), cilantro (for Mexican, Chinese, and Indian food), cinnamon (mostly for sweets, but can be used in stews and chili and to flavor coffee), curry powder (a must for Indian food), dill (great on carrots, chicken and pork), ginger (mostly for baking, but also good for Asian food), mint (great in tea and with cantaloup), nutmeg (adds an extra dimension to apple pie), oregano (a must for Italian and French foods), Hungarian paprika (adds rich flavor to beef, poultry and seafood) and of course, pepper.

One way you can save money is to make as much food from scratch as you can. The cost of processing the food is, of course, always passed on to the consumer.

For example, a classic volute sauce is very easy to make. This is the forerunner to American gravy. You start with two tablespoons of butter melt it in a small sauce pan and add two tablespoons of flour. Stir the flour in and cook it until golden. Add two cups of prepared chicken stock or beef stock and let cook over low heat until thickened. Simple, easy, delicious.

There are several very good cookbooks on the market for general use. Better Homes and Gardens and Doubleday each publish excellent cookbooks. The more extensive the book the better the chance it will meet your needs.

Finally, don't be afraid to jump in and experiment.

If you don't feel comfortable in the kitchen, have someone who knows basic cooking give you pointers. No one just knows how to cook, everyone learns. Like anything, the more you bake, fry, poach, saute, boil, broil and grill the better you will get.

Have fun, save money and Bon appetit.

The Basics

Spices: basil (for Italian and French food), cayenne pepper (useful all around), cilantro (for Mexican, Chinese, and Indian food), cinnamon (mostly for sweets, but can be used in stews and chili and to flavor coffee), curry powder (a must for Indian food), dill (great on carrots, chicken and pork), ginger (mostly for baking, but also good for Asian food), mint (great in tea and with cantaloup), nutmeg (adds an extra dimension to apple pie), oregano (a must for Italian and French foods), Hungarian paprika (adds rich flavor to beef, poultry, and seafood) and of course, pepper.

Staples: Wheat bread, crackers, kidney beans, refried beans, all-purpose flour, granulated sugar, powdered sugar, brown sugar, old fashioned oats, spaghetti, elbow macaroni, fettuccini, rotini, Uncle Ben's converted rice, tortillas, catsup, cornstarch, mayonnaise, mustard, salad oil, soy sauce, white vinegar, tomato sauce, tomato paste, chicken base, beef base, whole tomatoes, corn, green beans, sweet potatoes, olives, baking powder, baking soda, chocolate chips, honey, raisins, vanilla extract, yeast, butter, cheddar cheese, monterey jack cheese, swiss cheese, eggs, milk, sour cream, chicken, hamburger, and a cooking sherry.

Utensils: a good set of measuring cups, measuring spoons, a stainless steel bowl, an eight inch chef's knife, paring knife, cutting board, kitchen scissors, a grater, bottle opener, can openers, corkscrew, wire whisk, sauce pans, 12 inch skillet, eight inch skillet, three-quart heat-proof casserole, one rubber spatula, pancake turner, 2 slotted spoons, kitchen tongs, a 9x12 cake pan, a cookie sheet, muffin tin, a blender, toaster, small food processor, microwave oven, potholders, cloth kitchen towels, paper towels, plastic wrap, aluminum foil, plastic freezable containers and air tight canisters.