



from the

## PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

### Choucroute Garnie

Many culinary classics do not come under the category of "haute cuisine" but are really peasant or country dishes. Haute cuisine means an elaborate or elegant method of preparing food. The simpler fare is just as interesting, gastronomically speaking.

There are numerous such humble creations. Cassoulet is a French stew of white beans, pork, and duck. Bouillabaisse is the pungent fish stew from Marseilles. Pizza the open faced pie from Italy, is familiar throughout America. Then there is choucroute garnie, that marvelous combination of ham simmered atop sauerkraut. This dish originated in Alsace, a French province near Germany. A version of this classic follows.

Sauerkraut is the basis of this item. In making sauerkraut shredded cabbage is salted and then allowed to ferment in its own juices. Sauerkraut may then be canned or stored in barrels. Frequently, juniper berries are used in cooking with sauerkraut. The juniper berry is the dark blue berry of any of various kinds of juniper trees of Europe and America. It gives its characteristic flavor and is used to season game and stews. It makes the choucroute garnie superb.

At the present time, meal planning is being influenced by rising costs and by the erroneous notion that common everyday food from supermarkets is nutritionally worthless and potentially dangerous because of additives. Many people feel that bizarre eating patterns involving brewer's yeast, nuts, seeds, vegetable juices, and so-called organic foods are the only answer.

Good nutrition is only possible by eating a varied diet based on four food groups, namely the dairy group, the grain group, the protein or meat group,

and the fruit and vegetable group. Good nutrition comes from the kitchen, not the health food store or the pharmacy. Beautiful meals such as one planned around choucroute garnie represent "nutrition in action." Plan to "dine out" in your own home this week.

#### CHOUCRROUTE GARNIE

- Yield: 4 servings
- 6 slices bacon, cut up
  - 1/2 cup chopped onion
  - 1 can (27 ounces) sauerkraut, drained
  - 2 medium carrots bias-sliced
  - 1 tablespoon sugar
  - 10 juniper berries
  - 6 black peppercorns
  - 2 whole cloves
  - 1 bay leaf
  - 1 tablespoon dried parsley flakes
  - 3/4 cup chicken broth
  - 1/2 cup dry white wine
  - 4 potatoes, peeled and quartered
  - 1 cooked ham slice (about 1 one-third pound).
  - 4 weiners, diagonally scored.
1. In a large skillet, cook the bacon and onion. Drain off the fat.
  2. Stir the sauerkraut, carrots, and sugar into the skillet. Make a cheesecloth bag of the berries, peppercorns, cloves, and bay leaf and place in the center of the mixture. Also add the parsley flakes to the mixture.
  3. Add the broth and wine and bring to boiling; reduce heat and simmer covered for 10 minutes.
  4. Add the potatoes, pushing them into the kraut, and simmer covered another 15 minutes.
  5. Top with the meats and simmer, covered, another 20 minutes.
  6. To serve, discard the bag of seasonings, and arrange sauerkraut and potatoes and carrots on a platter. Top with the meats.

## weddings



TONYA HEWITT

### Miss Hewitt Is Engaged

PIERREPOINT—Mr. and Mrs. Fay Hewitt of the Cooks Corners area, Pierrepoint, announce the engagement of their daughter Tonya Marie to Mark Davis, son of Mr. and Mrs. Harold Davis, also of the Cooks Corners area. Ms. Hewitt and Mr. Davis are both graduates of Colton-Pierrepoint Central School. Ms. Hewitt is now employed at Atlantic Testing Laboratory on the Canton-Potsdam Road and Mr. Davis is employed by the Town of Pierrepoint Highway Department.

The wedding date had been set for Sept. 22.

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### Nutrition Program Menu For Elderly

This week's menu of the nutrition program for the elderly is:

Wednesday—Roast pork and gravy, mashed potatoes, squash, rolls and butter, gingersnaps and applesauce, milk.

Thursday—Spanish rice, tossed salad, mixed vegetables, garlic bread and butter, birthday cake, milk.

Friday—Cheese omelet, green beans, lettuce and tomato salad, blueberry muffins and butter, Boston cream pie, milk.

Monday—Baked ham, candied sweet potatoes, cabbage, rolls and butter, tangerines, milk.

Tuesday—Meat loaf and gravy, mashed potatoes, carrots, bread and butter, raspberry pie, milk.

### Stockholm Republicans Meet

STOCKHOLM—There will be a meeting of the Stockholm Town Republican Committee at 7:30 p.m. March 6 at the Municipal Building, Winthrop.

## People

### BIRTHDAY

Shawn Snow, an SUCP student from Plattsburgh, celebrated his 26th birthday on Feb. 19.

### FAIR CONDITION

William Lewkowitz, a chemistry teacher at Potsdam Central School for over 30 years, was listed in fair condition at Canton-Potsdam Hospital after being stricken Saturday at his home.

Substituting at the school during his absence, according to Rene Bouchard, senior high principal, will be Dr. Gayle Schumann.

### NAMED TO DEAN'S LIST

Miss Karen M. Austin, daughter of Dr. and Mrs. John H. Austin of 36 Leroy St., Potsdam, has been named to the Dean's List for the first semester of Houghton College, Houghton, N.Y.

Miss Austin, a freshman at the college, attained a 3.53 average for the semester.

### ATTENDS SEMINAR

Dr. Robert Klein, Nowood chiropractor, attended an acupuncture seminar in Kansas City this past weekend. The symposium, presented by the Acupuncture Society of America, explored the ancient relationships between Meridian Therapy, the proper term for acupuncture, and spinal manipulation.

The courses in high level diagnosis by electronics and treatments according to traditional Chinese theories were presented by Dr. Richard Yennie. Dr. Yennie, a practicing chiropractor, is a faculty member of the Waseda Acupuncture College and Deputy Director of the Chinese Medical Association, Acupuncture Research Committee, Taipei, Republic of China. Waseda Acupuncture College is in Tokyo, Japan.

### DEAN'S LIST

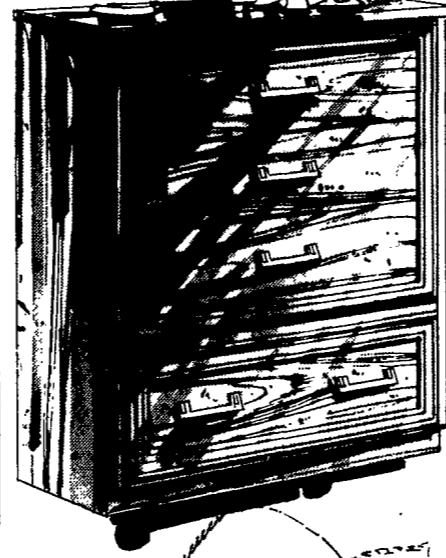
Patricia M. Charlebois, daughter of Mr. and Mrs. Joseph F. Charlebois, Hannawa Falls, Road, Potsdam, has been named to the Dean's List at Green Mountain College, Poultney, Vt., for the fall semester. She is a student in the medical assisting curriculum.

### DEAN'S LIST

Two students from Potsdam have been named to the Dean's List at Norwich University for the fall semester. They are James M. Lowerre '79, son of Mr. and Mrs. James M. Lowerre, 7 Drumlin Dr., and Kevin J. Wilson '80 son of Mr. and Mrs. Roy O. Wilson, 15 Willow St.

To qualify for the Dean's List at Norwich, a student must attain an academic quality-point average of at least 3.0, the equivalent of a "B" grade in all subjects.

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