

The Proper Procedures For Easter Egg Hunting And Cooking

BY SHARON GUTHMILLER
Extension Educator

Coloring eggs and hiding Easter baskets are common Easter traditions.

If you plan to eat the Easter eggs you decorate, be sure to use only food grade dye. (Some people make two sets of eggs - one for decorating and hiding, another for eating. Others use plastic eggs for hiding.)

For an Easter egg hunt, avoid cracking the egg shells. If the shells crack then bacteria could enter and contaminate the egg inside. Also, hide eggs in places that are protected from dirt, pets and other bacteria sources and keep hard-cooked eggs chilled in the refrigerator until just before the hunt. The total time for hiding and hunting eggs should be no more than two hours. Then be sure to refrigerate the "found" eggs right away until you eat them. Eggs found hours later or the next day should be thrown out — not eaten!

If an egg sits out at room temperature for more than two hours, it should not be eaten. Since the hard-cooked eggs that are usually served to each person as part of a special dinner are meant to be eaten, keep those hard-cooked eggs in the refrigerator until ready to serve.

When shell eggs are hard-cooked, the protective coating is washed away, leaving open pores in the shell where harmful bacteria could enter. Be sure to refrigerate eggs within two hours of cooking and



SHARON GUTHMILLER

use them within a week. Check your refrigerator temperature with an appliance thermometer and adjust the refrigerator temperature to 40°F (Fahrenheit) or below.

Keep fresh eggs refrigerated until it's time to cook them. Eggs are a potentially hazardous food, in the same category as meat, poultry, fish, and milk. In other words, they are capable of supporting the rapid growth of disease-causing bacteria like Salmonella.

The American Egg Board (AEB) recommends this method for boiling the perfect Easter egg: Place eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. A tablespoon of vinegar can be added to allow better dye coverage after cooking. Cover pan and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand, covered, in the hot water for 15 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled. Refrigerate all hard cooked eggs.

Sometimes the egg yolk is green. What causes green eggs? Are they safe to eat? The green ring around the yolk of a hard cooked egg happens because hydrogen in the egg white combines with

sulfur in the yolk. The cause is most often related to boiling the eggs too hard for too long. The green ring can also be caused by a high amount of iron in the cooking water. The green ring is harmless and safe to eat. To avoid green eggs, hard-cook instead of hard-boiling eggs: 1. Place eggs in a single layer in saucepan. Add cold tap water and cover by at least 1 inch above the eggs. 2. Cover pan and bring to boil; turn off the burner. 3. Let stand for 15 minutes for large eggs (12 minutes for medium eggs and 18 minutes for extra large eggs). 4. Drain. Immediately run Cold water over the eggs. This helps the green from forming around the yolks. 5. Store hard cooked eggs in the refrigerator and use within 1 week.

For egg safety - to stay healthy and avoid food-borne illness the USDA advises:

- Always buy eggs from a refrigerated case. Choose eggs with clean, uncracked shells.
- Buy eggs before the "Sell-By" or "EXP" (expiration) date on the carton.
- Take eggs straight home from the grocery store and refrigerate them right away. Check to be sure your refrigerator is set at 40°F or below. Don't take eggs out of the carton to put them in the refrigerator - the carton protects them. Keep the eggs in the coldest part of the refrigerator — not on the door.
- Raw shell eggs in the carton can stay in your refrigerator for three to five weeks from the purchase date. Although the "Sell-By" date might pass

during that time, the eggs are still safe to use. (The date is not required by federal law, but some states may require it.)

• Always wash your hands with warm water and soap before and after handling raw eggs. To avoid cross-contamination, you should also wash forks, knives, spoons and all counters and other surfaces that touch the eggs with hot water and soap.

• Don't keep raw or cooked eggs out of the refrigerator more than two hours.

• Egg dishes such as deviled eggs or egg salad should be used within 3 to 4 days.

A reminder: Dakotaland Child Care Conference will be held Saturday, April 24, 2010 from 8:15 am to 2:30 pm at Mount Marty College Roncalli Center in Yankton. Conference break-out topics are varied. This Conference is designed for Child Care Home Providers; Child Care Center Staff; Pre-school staff, Head Start Staff, Foster Parents, Interested Parents and Anyone Who Cares about Children. Contact the Yankton County Extension Office, 605-665-3387 for further information and to register for the event.

Thought: Thoughtfulness is to friendship as sunshine is to a garden.

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The Debate: Ham Or Lamb For Easter?

BY ERICA MARCUS
Newsday © 2010 MCT

"Ham vs. lamb" may not rise to the level of theological debate, but when it comes to Easter dinner, the issue can divide celebrants into zealous partisan camps. Whose meat reigns supreme? We put the question to two passionate chefs.

"You know ham kicks lamb's butt," said Leisa Dent, co-owner and chef of L.L. Dent, the Southern-style restaurant in Carle Place, N.Y. "And I don't care how much mint jelly you put on that thing." Dent regularly cooks fresh ham (i.e., pork) and smoked ham.

"Both are better than lamb," she declared.

For Easter lunch, Dent traditionally prepares a smoked ham that she glazes with, among other ingredients, Jack Daniel's Tennessee Whiskey.

A whole ham (that is, the entire hind leg of the pig) easily feeds 20 to 30 people. For a smaller gathering, Dent cooks the "shank" half, which serves 10 to 12.

Because a smoked ham has already been cooked, "cooking" it at home involves little more than putting it in the oven, brushing on the glaze and getting it hot. Dent makes it fancy by scoring the top and inserting cloves into the resulting diamond pattern.

Ninety minutes later, the ham comes out of the oven fragrant, succulent of flesh and crisp of skin.

And ham is the Easter gift that keeps on giving. "The leftovers are good, hot or cold," she said. "Ham and eggs for breakfast the next morning, ham sandwiches for lunch. And then I use the bone for pea soup."

"For Greeks there is no question," said Peter Spyropoulos, executive chef of Limani, the Greek seafood restaurant in Roslyn. "Lamb is all we eat. Lamb. Lamb. Lamb."

In fact the traditional Easter meal, consumed at midnight after Easter Mass, starts with magiritsa, a soup made from lamb innards. Next up: kokoretsi, skewered lamb innards wrapped with fat and grilled. Finally, spit-roasted baby lamb.

For American homes, roast leg of lamb is easier to handle, and Spyropoulos recommends a boneless leg, which is a cinch to carve. He seasons his lamb with the Greek trinity of garlic, oregano and lemon — 2 cups of lemon juice to cut the richness of the lamb — but he also adds rosemary and thyme (if his



KIRSTEN LUCE/NEWSDAY/MCT

Jack Daniels-glazed ham with steamed cabbage is served at LL Dent in Carle Place.

mother isn't around).

As for leftovers, Spyropoulos insists that "anything you can do with ham you can do with lamb." He loves a sandwich made with thinly sliced lamb and Gulden's mustard on white bread.

Finally, Lamb has a profound connection to the Easter story that ham just can't touch. "At Mass," Spyropoulos said, "the Greek Orthodox priest is always talking about lamb as a symbol of Jesus' sacrifice."

No one ever talks about "the ham of God."

HAM WITH JACK DANIEL'S GLAZE

The ham will cook quicker and more evenly if it's at room temperature. Take it out of the refrigerator up to 2 hours before cooking. You also can use this glaze on a spiral-cut ham: Just follow the cooking instructions on the package.

- Ingredients**
- 1 cup packed brown sugar
 - 1 1/4 cups Jack Daniel's (or other bourbon)
 - 1/4 cup cider vinegar
 - 1/2 cup orange juice concentrate
 - 1 shank-end cooked ham (7 to 9 pounds)
 - Whole cloves

1. Combine sugar, Jack Daniel's, vinegar and orange juice concentrate in a saucepan. Bring to a boil; set aside.

Hanson, St. Paul, MN; and Steph Kokesh, Sioux Falls, SD. Flower girls were Madie Cordell, Yankton, SD, and Lexi Rayburn, Bennett, CO. The bride's personal attendant was Billie-Jo Severin.

Best Man was John Reilly, Bloomington, MN. Groomsmen were Tim Sweeney, Evanston, IL; Ben Olson, Bloomington, MN; and Jerrod Nelson, Bloomington, MN. Ushers were Marc Lundgren, Joe Strommen, and Jake Schulz, all of Bloomington, MN.

After the ceremony, a reception was held at the Kelly Inn.

The bride is a graduate of Yankton High School, Augustana College, and University of South Dakota Medical School. She is currently a medical resident in OB/GYN.

The groom is a graduate of Bloomington Kennedy High School, University of Minnesota, and Northwestern University, where he received his MA. He is currently employed as a photographer.



Mello-Lundgren

Abbey Mello and Eric Lundgren were married June 13, 2009 at First United Methodist Church, Yankton, SD, with Rev. Peter Reyner, MD officiating.

Parents of the couple are Daryl and Anne Mello of Yankton, SD, and David and Maria Lundgren of Bloomington, MN.

Maid of Honor was Kari Mello, Parker, CO. Bridesmaids were Jordan Winter, Miami, FL; Meredith

pepper. If there isn't enough liquid in the pan so that about half the contents are submerged, add a few spoonfuls of water. Turn up heat and bring to a boil, stirring occasionally. When liquid boils, cover pan and set aside for at least 15 minutes. Season with salt and pepper. Makes 8 to 10 servings.

ROAST BONELESS LEG OF LAMB

A boneless leg of lamb will come rolled and tied by the butcher. You'll need to untie and unroll it to season the interior, and you'll need some butcher's twine (ask the butcher for some) to tie it back up.

- Ingredients**
- 1 boneless leg of lamb, 6 to 8 pounds
 - 4 cloves garlic, minced
 - 1 tablespoon salt
 - 1 tablespoon pepper
 - 1 tablespoon dried oregano
 - 1 tablespoon dried rosemary
 - 1 tablespoon dried thyme
 - 2 cups freshly squeezed lemon juice (10 to 12 lemons)
 - 3 cups dry white wine
 - 1 cup extra-virgin olive oil

1. Preheat oven to 350 degrees. Untie lamb, and spread it out on a work surface and note how it was rolled, i.e., which edge was inside, which was outside. Smear garlic into surface, then sprinkle on salt, pepper and dried herbs. Roll lamb back up and tie with butcher's twine. Roll does not have to be tight or neat.

2. Place on a rack in a roasting pan. Pour the lemon juice, wine, 2 cups water and, finally, the olive oil over the lamb. Cover loosely with foil and cook for 2 1/2 hours, basting occasionally with pan juices. Remove foil and cook 30 minutes longer. Let rest at least 30 minutes. Thinly slice and serve with pan juices. Makes 8 to 10 servings.

SERVE WITH LEMON POTATOES

- Ingredients**
- 2 cups freshly squeezed lemon juice (10-12 lemons)
 - 3 cups extra-virgin olive oil
 - 2 plum tomatoes, chopped
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 2 teaspoons dried oregano
 - 1 sprig fresh rosemary (or 1 tea spoon dried)
 - 2 or 3 sprigs fresh thyme (or 1 teaspoon dried)
 - 10 baking potatoes

1. Preheat oven to 350 degrees. 2. In a roasting pan, combine all ingredients except potatoes with 1 cup water. Whisk to combine.

3. Add potatoes and cook for 1 hour, until potatoes are just tender. 4. Drain off liquid and roast potatoes for 45 minutes longer, until they are brown in spots.

5. Place potatoes on a serving dish. Heat drained-off liquid and pour over potatoes. Makes 8 to 10 servings.

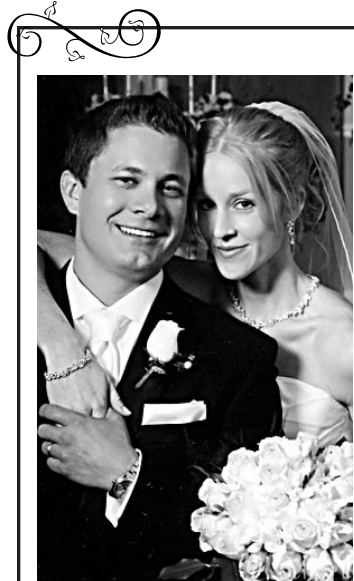
SERVE WITH BRAISED CABBAGE

The trick to this simple side dish is to not overcook the cabbage.

- Ingredients**
- 1 large onion, diced
 - 1 green bell pepper, diced
 - 2 tablespoons vegetable oil
 - 1 medium head cabbage, diced
 - 1 (8-ounce) can stewed tomatoes
 - 1 teaspoon crushed red pepper
 - Salt and pepper

1. In a large, wide saucepan (with a tight-fitting lid) over medium heat, saute onion and pepper in oil until they are translucent; they should not brown.

2. Add cabbage, tomatoes and red



Jacobsen-Duke

Ellen Elizabeth Jacobsen and Jason Michael Duke were married October 25, 2009, at Gulf Coast Church of Christ, Ft. Myers, FL, with Pastor Grant Williams officiating.

Parents of the couple are Chris and Steve Jacobsen of Springfield, SD, and Sharon and Mike Duke of Ft. Myers, FL. Maids of honor were Katie Jacobsen of Sioux Falls and Maggie Jacobsen of

Springfield, SD. Bridesmaids were Jenny Holmes of Sioux Falls, SD, Megan Duke of Ft. Myers, FL, and Marie Miller of Tallahassee, FL. Junior bridesmaid was Caroline Point of Sioux Falls, SD. Flower girl was Mia Arca of Ft. Myers, FL. The bride's personal attendant was Jacey Montgomery.

Brandon Duke and Jarred Duke, both of Ft. Myers, FL, were best men. Groomsmen were Chad Oliver of Ft. Myers, FL, Neal Farmer of Montgomery, AL, and Jimmy Miller of Tallahassee, FL. Ring bearer was Noah Zuchegno of Ft. Myers, FL. Ushers were Wes Harper, Dennis Karbowski and Eric Nordstrom. Wedding music was provided by cellist C.J. Point.

Following the ceremony, a reception was held at The Plantation Country Club, Ft. Myers, FL.

The bride is a 2001 graduate of Bon Homme High School, Tyndall, SD. She earned a BS degree from the USD School of Nursing in 2006. She is currently a NICU Nurse at Lee Memorial Children's Hospital in Ft. Myers, FL.

The groom is a 1999 graduate of West Minster Academy. He earned a BS from Sanford University, Birmingham, AL, in 2003. He is currently a financial advisor with Morgan Stanley in Ft. Myers, FL.

Make A Special Bunny Cake For Easter

- Ingredients:**
- 1 box of white cake mix (water, eggs and oil as needed)
 - 1 pkg. of coconut
 - Red and green food coloring
 - Jelly beans
 - 2 red Twizzlers® candy ropes

Directions:

1. Make a regular white cake, using two 9-inch round pans, and bake as directed on the box. When a toothpick comes out clean from the center of the cake, it's done. Remove cake from the oven and cool to room temperature.
2. Turn one cake layer out onto a large foil covered baking sheet or rectangle platter, this will be the bunny's face. The second layer will become the bunny's ears and bowtie. Just cut two sides of the round cake layer into bunny ears, kind of like this (1), leaving the bowtie shape in the middle.
3. Now place the two bunny ears at the top of the bunny's head (which is the round cake layer already on the platter), and place the bowtie at the bottom. Frost the cake with white

vanilla or cream cheese icing, being sure to cover all the sides.

4. Place about 1 cup of coconut into a zip plastic bag, and add 2-3 drops of red food coloring. Sprinkle the pink coconut all over the top and sides of the bowtie, and then the middle of the bunny ears.
5. Cover the rest of the bunny with plain white coconut.
6. Repeat steps above to make some green coconut for the "grass" around the cake, but this time with green food coloring. Sprinkle the green coconut all around the platter or baking sheet.
- Now it's time to decorate the face. Use jelly beans for the eyes and nose, and a red Twizzler® candy for the mouth. Then cut smaller strips from the second piece of candy rope for the nose whiskers, about 2-3 small pieces on each side.
7. Sprinkle the left over jelly beans all around the bunny, and throughout the green coconut grass.

Your Easter Bunny Cake is done, enjoy!

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