

Give New Recipes A Try

BY SHARON GUTHMILLER
Extension Educator

Tired of the same recipes? Consider these recipe ideas for the season.

VEGETABLE LASAGNA

1 (16 oz.) pkg. curly edge lasagna
3 lbs. ricotta cheese
1 (8 oz.) pkg. cream cheese, softened
1/2 c. minced onion
2 tsp. dried basil
1 tsp. garlic powder
4 c. fresh vegetable mixture (broccoli florets, shredded carrots, zucchini slices, chopped red pepper, sliced mushrooms)
4 c. (16 oz.) shredded Mozzarella cheese
3/4 c. grated Parmesan cheese

Cook lasagna noodles as directed on package; drain. Rinse with cold water, drain and lay flat on paper towels in single layer until needed.

Meanwhile, mix together Ricotta cheese, cream cheese, onion, basil and garlic powder. Stir in vegetables. Spread 3/4 cup mixture on bottom of 13"x9" baking dish. Arrange layer of noodles, one fourth of remaining vegetable mixture and sprinkle with some of the Mozzarella and Parmesan cheese. Continue to layer, ending with cheese. Bake at 375 degrees for 50 minutes or until hot. Let stand 10 minutes. 8 servings.

FLORENTINE LASAGNA ROLL-UPS

12 fluted lasagna noodles
3/4 c. chopped onion
2 (10 oz.) pkgs. frozen spinach, thawed & well drained
1 1/2 c. (6 oz.) shredded Mozzarella cheese
1/2 c. sour cream
1 egg, slightly beaten
1/4 c. butter
1/4 c. all-purpose flour
1 1/2 tsp. instant chicken bouillon
1/8 tsp. pepper
1 c. light cream
1 c. milk
1/2 c. grated Parmesan cheese

Preheat oven to 350 degrees. Cook lasagna noodles; drain. Cool in large bowl of cold water; set aside. Sauté onion in 2 tablespoons of butter (about 5 minutes) until tender. Combine spinach, onion, cheese, sour cream and egg; set aside. Melt 1/4 cup of butter in a saucepan. Stir in flour, bouillon and pepper. Stir in milk and cream. Bring to a boil, stirring constantly. Boil and stir one minute.

Remove noodles from water; pat dry. Spread 1/4 cup of spinach mix over each noodle. Roll in jelly roll fashion, starting at short end. Spread a small amount of sauce on bottom of 2 quart rectangular baking dish. Place roll-ups in dish. Spoon remaining sauce over roll-ups. Sprinkle with Parmesan cheese. Bake 30-35 minutes or until hot and bubbly.

SOUTHWEST BUBBLE PIZZA

Preparation time 30 minutes; Cooking time 35 minutes; 8 servings

Ingredients:
12 oz. pkg. frozen meatless crumbles
2 Tbsp. taco seasoning mix OR 2 Tbsp. Homemade Taco Seasoning Mix (see recipe below)
1 onion, chopped
3 cloves garlic, minced
3/4 cup vegetable broth
1 cup tomato salsa
1/4 cup tomato sauce
1 Tbsp. Dijon mustard
16 oz. can refrigerated corn biscuit or breadstick dough



SHARON GUTHMILLER

1-1/2 cups shredded Colby cheese
2 cups shredded lettuce
1 cup grape tomatoes
1 avocado, chopped
1 cup chunky salsa
1 cup sour cream
1/4 cup chopped cilantro

Preparation: Preheat oven to 375 degrees F. In large skillet, combine beef substitute, onion, taco seasoning mix, onion, garlic, broth, salsa, and mustard. Stir to combine, then simmer for 8 minutes until bubbly. Remove from heat.

Separate dough into 8 biscuits or breadsticks and cut each into 8 pieces. Add biscuit pieces to hot 'beef' mixture and stir gently until evenly distributed. Pour into 13x9" baking pan.

Bake at 375 degrees F for 20-27 minutes until sauce bubbles around the edges and biscuits are golden brown and baked through. Remove from oven and sprinkle with cheese. Return to oven and bake 8-9 minutes longer until cheese is melted and bubbly.

Cut into 8 squares to serve. Top with lettuce, tomatoes, avocado, salsa, sour cream, and cilantro.

HOMEMADE TACO SEASONING

Ingredients:
1/4 cup instant minced onion
2 Tbsp. chili powder
2 tsp. paprika
2 tsp. crushed dried red pepper flakes

1-1/2 tsp. dried oregano
1/2 tsp. dried marjoram
1/4 tsp. salt
1/4 tsp. pepper
2 Tbsp. cornstarch
1 Tbsp. instant minced garlic
1 tsp. ground cumin

Preparation: Combine all ingredients in a small bowl and blend thoroughly with wire whisk. Spoon mixture into a tightly closed container and label as "Taco Seasoning Mix". Store in a cool, dry place. Use within 6 months. Recipe makes 6 packages (about 2 Tbsp. each) of mix. 2 Tbsp. equals 1.25-oz. pkg. purchased taco seasoning mix.

SPICY RED BEANS AND RICE

Preparation time 5 minutes; cooking time 20 minutes; serves 4

Ingredients:
1 tablespoon olive oil
1 onion, chopped
3 cloves garlic, minced
1 (8-ounce) can tomato sauce
1/2 teaspoon dried oregano leaves
1/2 teaspoon dried thyme leaves
1/8 teaspoon cayenne pepper
1/2 to 1 teaspoon adobo seasoning

1 (7-ounce) package red beans and rice mix
Preparation: In heavy skillet over medium heat, sauté onion and garlic in olive oil until crisp tender. Add remaining ingredients except red beans and rice mix and simmer over low heat for 10-15 minutes to blend flavors.

Prepare red beans and rice mix as directed on package and combine with tomato and onion mixture. Simmer for 3-5 minutes longer, serve.

Thought: After all is said and done, more is said than done.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

Tried-And-True Comfort Food Hits The Spot

BY SUSAN M. SELASKY
Detroit Free Press (©2010 MCT)

In the doldrums of winter, many of us turn to comfort foods to warm the soul. A favorite of mine is City Chicken.

If you're not familiar with City Chicken (sometimes called Mock Chicken), you may be surprised to learn it isn't actually chicken. The dish is typically made with pork and veal cubes threaded on wooden skewers. Once skewered, it's breaded, browned on all sides and then baked until fork-tender.

Many sources say this dish came about at a time when chicken was more expensive than pork. It was also thought of as a way to use leftover scraps of meat.

The skewered meat is supposed to resemble a drumstick.

I had City Chicken a lot when I was growing up — my late mother made it well. The breaded was nice and crisp, thanks to the Italian bread crumbs she always used, and the meat was moist and tender. Threading the meat on the skewers can be time-consuming, but it's worth the effort.

Some stores sell pre-made City Chicken — usually all pork. I prefer the flavorful combination of pork and veal.

The basics of breading meat (or other food) before frying are to dredge the meat in unseasoned or seasoned flour (I always use seasoned) and shake off the excess.

Then have ready beaten eggs mixed with a little water or milk. Be sure to use one hand for dredging the meat in the flour (dry) mixture and rolling it in the breading. Use the other hand for dipping the meat in the egg mixture. Doing so will keep your finger tips free of clumps of bread crumbs.

Dip the floured meat in the egg, letting the excess drip off, and then roll it in the bread crumbs. The egg mixture is the glue that holds together the crumbs, which can be plain or seasoned bread, panko crumbs, cracker crumbs or even crushed cereal such as Corn



J. KYLE KEENER/DETROIT FREE PRESS/MCT

If you're not familiar with City Chicken (sometimes called Mock Chicken), you may be surprised to learn it isn't actually chicken. The dish is typically made with pork and veal cubes threaded on wooden skewers. Once skewered, it's breaded, browned on all sides and then baked until fork-tender.

Flakes

Once breaded, let the meat rest for at least 20 minutes before frying to allow the coating to set.

In this City Chicken recipe, the flour step is omitted because the flour is mixed with the

bread crumbs. You can bread it whichever way you prefer and season as you like. City Chicken is great with or without the sauce and is just as good the next day.

It also pairs well with other comfort food classics such as mashed potatoes.

CITY CHICKEN

Serves: 8 Preparation time: 45 minutes

Ingredients:
24 wooden skewers about 6 inches long
1 to 1 1/2 pounds lean pork, cut into 1-inch cubes
1 to 1 1/2 pounds lean veal, cut into 1-inch cubes
3 eggs
1 1/2 teaspoons salt
1 teaspoon onion powder
1 teaspoon parsley or basil flakes
1/2 teaspoon garlic powder
1/2 teaspoon freshly ground pepper
1 cup flour
1 tablespoon baking powder
1 cup Italian-style bread crumbs
1/2 cup canola or vegetable oil

BAKING SAUCE, OPTIONAL

1 can (10 1/2 ounces) condensed cream of mushroom soup
1 cup of milk (any variety)
1 cup water

Alternate the pork and veal cubes on the wooden skewers, leaving enough space at the blunt end to pick up the skewer with your fingers. Set aside.

In a medium bowl, combine the eggs, salt, onion powder, parsley or basil, garlic powder and pepper. Beat until well mixed. In another shallow dish or pie plate, combine the flour and baking powder.

On a shallow dish or pie plate, place the bread crumbs. Dip the skewers into the egg mixture until thoroughly coated and roll in the flour mixture and then in the bread crumbs. Place on a tray and refrigerate one hour before pan-frying to set the coating.

Heat enough oil, about 1/2 cup, to cover the bottom of a large skillet. Cook the skewered meat over medium heat, turning often, until browned on all sides, about 10 minutes.

Remove and drain on paper towels. Preheat the oven to 350 degrees.

Place the skewered meat at the bottom of a large baking or roasting pan. If baking it in the sauce, mix together the mushroom soup, milk and water and pour over the meat.

Cover and bake for about one hour and 15 minutes or until tender. Remove the cover during the last 15 minutes of baking.

Cake Love: Bakeries, Cookbooks, TV Feed Our Sweet Obsession

BY JUDY HEVRDEJS

Chicago Tribune (©2010 MCT)

We are a nation up to our eyeballs in buttercream icing, ganache, fondant and the cakes that support them.

Layer cakes, Cupcakes, Bundt cakes. It is a passionate love affair. Fantastically decorated sweets fill bakery shelves, TV screens and cookbooks.

To put it simply: We've got a serious case of cake love, and we've got it bad.

"We are a cake-centric society," said Rose Levy Beranbaum, America's reigning queen of cakes. "We always have been, and it has only gotten more so. I think it's because of the 'Iron Chef' syndrome."

The symptoms? Constant viewing of sweet-TV.

Shows such as TLC's "Cake Boss," with Buddy Valastro's family at Carlo's bakery in Hoboken, N.J. Or maybe Food Network's "Ace of Cakes," with Duff Goldman and his team in Baltimore.

Not enough for you? Click on TLC's "Ultimate Cake Off" or We TV's "Amazing Wedding Cakes." And if you can wait until later this year, Bravo will add "Top Chef: Just Desserts" to the mix.

"People don't know how to do it themselves, so they really love seeing somebody else doing it," said Beranbaum.

Such sweet-TV fuels our appetite for cakes. So do hundreds of bakeries and cupcake-eries. The final swirl atop this multilayered phenomenon? Dozens of cake cookbooks, from "Cakewalk," by New York sugar artist Margaret Braun on through "The Whimsical Bakehouse," by mother-daughter bakers Kaye and Liv Hansen from Westchester, N.Y. How over the top can cakes get? "The cake I'm most proud of I did in the shape of a NASCAR car," Valastro said. "And it was actual size. That was a monumental task. It took like three days."

Cake "is the fanciest, most visual aspect of food," Beranbaum said. "When food starts getting too fussy, you don't want to eat it. But when it comes to cake, that's different. It's a symbol of celebration." Something you might do for loved ones.

One other reason to bake a cake? "Decorate with your kids at home," said Valastro, a father of three. "They listen, if it comes out lousy, you can still eat it. And the kids'll never forget that time."

CREAM CHEESE POUND CAKE

Prep: 40 minutes Bake: 50 minutes
Makes: 16 servings
This is adapted from "Cake Boss" Buddy Valastro's basic pound cake. The cake can be decorated as you like or served simply with citrus-glazed fruit.
1 cup unsalted butter, room temperature
6 ounces cream cheese, room temperature

DLP Digital Cinema
In all Auditoriums
Carmike Cinemas
MALES
YANKTON MALL 605-665-9388
www.dlp.com
THE WOLFMAN R 1:40 4:35 7:10 9:35
AVATAR PG 1:00 4:30 8:00
VALENTINE'S DAY PG-13 1:10 4:05 7:00 9:55
PERCY JACKSON & THE OLYMPIANS R 1:30 4:15 7:10 9:50
DEAR JOHN PG-13 1:15 4:20 7:15 9:40
www.carmike.com

2 cups sugar
2 1/3 cups cake flour, sifted
2 teaspoons vanilla
6 large eggs, separated
1/4 teaspoon cream of tartar
Citrus-glazed fruit, see recipe, optional

Whipped cream, optional

1. Heat oven to 350 degrees. Cream butter and cream cheese with an electric mixer until fluffy. Beat in 1/4 cups of the sugar until smooth; beat in flour and vanilla on low speed until batter has a dry, crumbly appearance. Add yolks, one at a time, beating each until incorporated. Clean beaters.
2. Beat egg whites with cream of tartar and remaining 1/4 cup of the sugar in a separate bowl until stiff peaks form. Gently fold 1/3 of the egg whites into batter; repeat twice. Pour batter into buttered and floured 10-inch Bundt pan. Bake until tester inserted in center of cake comes out clean, 50-60 minutes. Cool cake in pan 15 minutes. Invert onto cake rack; cool completely. Decorate as desired, or serve with citrus-glazed fruit and whipped cream.
Citrus-glazed fruit: Mix 1 cup each sugar and water plus grated zest of one lemon in a small saucepan; cook over low heat until sugar dissolves and mixture thickens slightly. Cut enough fresh fruit (strawberries, blueberries, kiwi fruit, for example) to make about 3 cups. Place fruit in bowl; pour glaze over fruit.

SWEETHEART OF A CAKE

Remember when a fancy cake was decorated with pastel-tinted royal icing roses, a piped edge and a carefully written message that began with "Happy ...?"
No more. So much sweet TV and its sugar wizards, cake artists and those working in the Technicolor-bright, sugar-and-butter world of decorated cakes have changed that.
It doesn't mean there's no room in the kitchen for the rest of us who want to try our hand at sugar art.

ROSE RED VELVET CAKE WITH WHITE CHOCOLATE FROSTING

Prep: 30 minutes Bake: 25-35 minutes Makes: 10 servings
Adapted from "Rose's Heavenly Cakes," by Rose Levy Beranbaum. For a more distinct chocolate flavor and a much darker red, you can use up to 1/4 cup cocoa, sifted before measuring, but you must decrease the flour by the same amount.
1/4 cup plus 2 tablespoons egg whites, room temperature
2 tablespoons red food color
1 1/2 teaspoons vanilla
2 cups sifted cake (or 1 3/4 cups all-purpose) flour
1 cup superfine sugar
3 teaspoons baking powder
1 teaspoon unsweetened cocoa powder
1/2 teaspoon salt
1/4 cup canola or safflower oil, room temperature
4 tablespoons unsalted butter
1/2 cup buttermilk
White chocolate frosting, see recipe

1. Grease bottom of one 9-inch heart-shaped or round cake pan; top with parchment paper cut to fit. Grease paper; dust with flour. Set



BILL HOGAN/CHICAGO TRIBUNE/MCT

We are a nation up to our eyeballs in buttercream icing, ganache, fondant and the cakes that support them. Layer cakes. Cupcakes. Bundt cakes. It is a passionate love affair. Fantastically decorated sweets fill bakery shelves, TV screens and cookbooks. To put it simply: We've got a serious case of cake love, and we've got it bad.

oven rack in the lower third of the oven; heat the oven to 350 degrees.

Whisk egg whites, food color and vanilla in a medium bowl until lightly combined. Whisk together the flour, sugar, baking powder, cocoa and salt in a medium bowl.

2. Mix oil and butter in bowl with electric mixer on medium speed, 1 minute. Add flour mixture and buttermilk; mix on low until dry ingredients are moistened. Raise speed to medium; beat 1 1/2 minutes. Lower speed to medium-low; beat in egg mixture in two parts, 30 seconds each. Pour batter into the prepared pan; smooth the surface evenly.

3. Bake until cake tester inserted in the center comes out clean and cake springs back when pressed lightly in the center, 25-35 minutes. Let cake cool in

the pan on a wire rack 10 minutes. Carefully invert the cake onto a greased wire rack. Reinvert the cake so that the top side is up. Cool completely. Frost top with white chocolate frosting.

White chocolate frosting: Microwave 3 ounces white chocolate (containing cocoa butter) in a bowl on high heat, stirring often, until almost completely melted, about 30 seconds. Remove from microwave; stir until fully melted. Cool until no longer warm to the touch but still fluid. Beat 4 ounces softened cream cheese, 2 tablespoons softened unsalted butter and 1/2 tablespoon creme fraiche or sour cream until smooth. Add the white chocolate; beat until smooth. Beat in 1/8 teaspoon almond extract until smooth.

DEATH

From Page 1A

inmates, they said.

Ed Schaeffer said convicted killers in the past got furloughs to attend funerals or sometimes escaped.

"Life without parole doesn't necessarily mean they're going to end up staying in Sioux Falls in the state penitentiary," he said.

Attorney General Marty Jackley said the death penalty should be retained because it helps protect the public and deters others from committing murders.

Jackley said South Dakota's death penalty law requires a jury to find aggravating factors before sentencing someone to death, and the penalty is used only in rare cases.

"It has not been overly used in South Dakota. I ask you to let us have that tool to protect the public," the attorney general said.

South Dakota has executed 17 killers, beginning with Jack McCall for gunning down Wild Bill Hickok in 1876 in Deadwood, Jackley said. The last execution was in 2007, when 25-year-old Elijah Page gave up his appeals and asked to be executed for the 2000 torture and murder of 19-year-old Chester Allan Poage near Spearfish.

Lange said at least 139 death row inmates across the nation have been freed after DNA tests or other evidence proved they were innocent. Appeals in death penalty cases cost the state more than the expense of keeping someone in prison for life, he said.

But Jackley said appeals in death sentence cases are not more expensive than those involving killers who are sentenced to life. The threat of the death penalty also leads some killers to plead guilty in exchange for a life sentence, he said.

The two on South Dakota's death row are still pursuing appeals nearly two decades after first being convicted.

Donald Moeller was sentenced to death for the 1990 killing and rape of 9-year-old Becky O'Connell.

Charles Russell Rhines was convicted for killing Donivan Schaeffer during the 1992 burglary of a Rapid City doughnut shop where Schaeffer worked.

A third inmate, Briley Piper, had been sentenced to be executed in the case involving Page, but the South Dakota Supreme Court ruled that Piper could be resentenced because he did not understand his right to be sentenced by a jury rather than a judge when he pleaded guilty to killing Poage. A jury will determine whether Piper is sentenced to death or life in prison.

KYNT Home Team!
AM 1450
MORNING COFFEE
WEEKDAYS 7:40 AM
MONDAY-FRIDAY
Monday, Feb. 22
7:40 City of Yankton, Doug Russell;
8:15 Mt. Marty
Tuesday, Feb. 23
7:40 Yankton County Historical Society, Crystal Mensch-Nelson
8:15 The Center, Tammy Matuska/
Mike Freeman
Wednesday, Feb. 24
7:40 ABS Fundraiser, Rich Wright

SCHWESER'S LIMITED TIME
HUGE WAREHOUSE SALE
NOW THRU SUNDAY
\$4.99 & \$7.99
Hundreds of Items!
Knit & Woven Tops, Sweaters, Fleece & More!
SATURDAY DOORBUSTER
BEFORE NOON
Additional 20% OFF store
Now through Sunday
schweser's
Fashion for Less
www.schwesersstores.com
Yankton Mall