

Browsing recipes is a way to enjoy dessert without the calories

One way to enjoy dessert without the calories is browsing dessert recipes.

The following recipes are from “All American Desserts” by Judith M. Fertig.

Wintertime Cranberry and Orange Cake

Cranberry Filling
2 1/2 cups fresh cranberries, picked over for stems
1/2 cup sugar
Sponge Cake
1 1/4 cup self-rising flour
1 1/2 cups sugar
1/2 teaspoon baking powder
1/4 cup (1/2 stick) unsalted butter, melted and cooled
2 large eggs, beaten
1/4 cup heavy cream
grated zest of 1 orange and 1 teaspoon pure orange oil
1 teaspoon vanilla extract
1/3 cup flaked almonds
Garnish
1 cup heavy cream, whipped until peaks are stiff

Preheat oven to 325 degrees. Spray monstick cooking spray on the inside of 8 inch springform pan and set aside.

Heat cranberries and sugar to-



pat schiefen

• postscript

gether over medium high heat in a medium sized saucepan. Heat until sugar melts and cranberries pop about 10 minutes. Cool slightly.

Whisk melted butter, eggs and cream together. In a large mixing bowl sift together the flour, 1 1/4 cups of sugar and baking powder. Stir melted butter mixture into dry ingredients until mixed well. Add orange zest and vanilla and stir.

Spread half cake batter in the springform pan with a spatula. Spoon cooked cranberries over batter. Spread remaining batter on top. Sprinkle evenly with flaked almonds and remaining 1/4 cup sugar.

Bake cake until browned on top and bubbling approximately 1 hour. Cool slightly in the pan. Release and remove sides of pan. Slice and serve cake with whipped cream. Makes one 8 inch cake with approximately 8 servings

Citrus-Scented Pastry
2 tablespoon flaked almonds

1 1/2 cups flour
1/4 cup sugar
2 teaspoons grated lemon or orange zest
6 tablespoons (3/4 stick) cold unsalted butter, cut into cubes
1/2 teaspoon vanilla extract

1 large egg yolk
3 tablespoons cold water

Grind almonds into powder in a food processor. Add flour, sugar and zest and pulse food processor to blend.

Add butter and pulse until resembles coarse crumbs. Add vanilla, egg yolk and water. Pulse until dough forms a ball. Cover with plastic wrap and shape into a disk. Chill for 30 minutes.

Festive Cranberry Tart
1 recipe citrus-scented pastry

2 - 1/4 ounce packages unflavored gelatin

1/2 cup cold water

3- 12 ounce bags fresh cranberries, picked over for stems and rinsed

1 3/4 cups sugar

1 cup red currant jelly

1 teaspoon almond extract

Preheat oven to 350 degrees. Remove pastry from refrigerator and roll it between two sheets of parchment paper into a 12 inch circle.

Carefully remove one sheet of paper and drape pastry, paper side up, over a 10 inch tart pan with a removable bottom.

Remove the second sheet of paper. Press pastry carefully into pan. Roll rolling pin over perimeter of pan to trim edges of pastry neatly. Cover with plastic wrap and refrigerate for 15 minutes.

Line pie shell with aluminum foil and fill with pie weights. Bake for 7 minutes and remove the pie weights and foil. Continue to bake for another 7 to 10 minutes until edges are brown. Cool completely and release crust from pan and place on serving plate.

Sprinkle gelatin over cold water in small bowl and set aside to soak through.

Put cranberries, sugar and jelly in a large heavy pan and cook over low heat until sugar and jelly have melted, approximately 10 minutes. Just soften cranberries don't pop. Remove from heat and stir in almond extract and gelatin mixture until well blended. Cool completely.

Spoon filling into tart shell and chill for at least 1 hour, covered, before serving. Serve slightly chilled or at room temperature. Makes one 10 inch tart and 8 serv-

ings.
To make an interesting garnish, brush beaten egg white over small branches of fresh rosemary and

dredge branches into sugar. Put two sugared rosemary branches and one fresh cranberry on each serving for edible holly.

Retirement Auction

Complete Farm Equipment Dispersal Monday, Jan. 12, 2004 • 10 a.m. MST

Auction Location: From Paoli, Colorado, 2 miles north on County Road 21, 1/2 miles east on County Road 30

Lunch provided by Haxtun United Methodist Women

Tractors 1998 JD 9300, 4WD, 24-spd., 710/70R - 38 duals, 4 remotes, radar, performance monitor, diff. Lock, only 1,334 hours, ser.# RW930H010800. **1995 JD 8300**, MFWD, 18-4 x 46 duals, 14.9-34 fronts, loaded, 4,343 hours, ser.# RW8300P001163 **1991 JD 4955**, 18.4 x 46 duals, powershift, 4,761 hours, ser.# RW4955P008586 **1963 JD 4010**, 18.4 x 34 tires, Syncro trans, 3-pt, PTO, ser.# 44479, JD 158 loader attached

Combine, headers & grain cart 1996 JD 9600, 18.4 x 38 duals, Maurer bin ext., JD chaff spreader, sep hours 1,312, eng. hours 1,637, ser.# HO9600X668399 **1996 JD 1293** corn head, outer-end shields, hydraulic deck plates, ser.# HO1293X665878 **1996 Shellbourne**, CX84, new stainless teeth in 2003, ser.#784053 **1996 J & M 750** grain cart, hydraulic adjust spou (2) MD, header trailers

No-Till Drill, planter & drills 2002 Sunflower 9433, 40' no-till drill, 10" spacing, liquid fertilizer attachments, like new condition, ser.# 09433K20010052. **1997 JD 1770**, conservation planter, 250 monitor, row cleaners with coulters, piston pump fertilizer with single disc openers, insecticide boxes, se.# HO1770F670129 (2) **CrustBuster**, silver box, 40' trash shank hoe drills, 12" spacing with duals and liquid fertilizer attachments (2) **JD 1610**, grain drills

Trucks, trailer & pickup 1996 GMC TopKick, tandem, 20' steel box, harsh hoist, 427 eng., 5-spd, Shurlock rollover tarp, only 10,903 miles **1977 IHC**, tandem, 20' steel box, harsh hoist, 446 eng., 5-spd, Shurlock rollover tarp **1971 Ford**, 18' box, 361 eng, rollover tarp, only 47,802 miles **Sooner**, stock trailer, 16'x6', bumper pull **1991 Ford 250**, HD pickup, 460 eng., 5-spd. Homemade, 4'x6' utility trailer

Tillage equipment 1998 Quinstar Follow-King, 53', with 26" sweeps, with treaders **1995 Hiniker**, 12-row cultivator, NH3 shanks and rotary-hoe shields **Acra-Trac** guidance system **1998 Acra VPS**, 9 shank ripper, duals, coulters **1998 Besler**, 12 row stalk chopper **Case IH 5700**, 53" chisel with Richardson treaders **Krause 4336A**, 36 shank chisel, NH3 hookups **Raven 440 monitor**, Richardson treaders **Richardson**, 45' mulch treaders, hard-faced teeth **Noble 7-blade machine**, 75"-7' blades, weight boxes and Richardson treaders **Noble 48'** culimatic spring tooth **Krause 2455**, 35' heavy duty disc **Massey Ferguson 880**, 8-bottom pull-type plow **JD 3-point**, 4-bottom plow

Augers & mower 2000 Westfield, 8' x 41', electric motor **1999 Feterl**, 10' x 76', with ground hugger hopper, **Mayrath**, 6' x 34', electric motor **Hutch**, 8' x 53', PTO 7-foot Bushhog mower (2) Drill fill augers

Nurse trailer, saddle tanks and chemigator 2003 Shaben, 1,610-gallon nurse trailer with extension, John Blue wet sleeve pump, Honda motor, inductor tank 300-gallon saddle tanks, fits 30-60 series JD tractor 300-gallon saddle tanks, fits 8000 series JD tractor **Agri-Inject** chemigator pump, new pump in 2001

Shop, tools & misc. Hobart Champion 1600 Portable welder/generators, 8000 Watt Generator, ACDC Welder; Oxy-acetylene welder, Rockwell table saw (needs motor), Homelite chainsaw with case, battery charger, Phillips shank straightener, cycle riveter, step ladders, handyman jacks, extension cords, spades, shovels, wrenches, pipe wrenches, new pieces of angle iron, strap iron, channel iron and lots of miscellaneous shop tools.

Livestock equipment Portable loading chute with adjustable floor, stock tanks, steel gates, self feeder, branding chute, feed bunk, saddle

Owners: Dennis and Barb Eckman

Terms: Cash or good check day of auction. Buyers unknown to auction company need bank letter of credit on large items. Driver's licence required to receive buyer's number. Not responsible for accidents or injury. All announcement made day of sale take precedence over printer matter. No sales tax will apply.

Auctioneers Note: After 45 years of farming in northeast Colorado, Dennis and Barb Eckman have decided to retire. They will offer their complete line of farm machinery listed above to the highest bidder. This is absolutely one of the most outstanding and cleanest auctions you will attend all year. All large equipment has been shedded and is field-ready. Don't miss this opportunity to purchase equipment that has had the best of care.

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Pevey and Marland

Couple to marry this month

David Marland II and Cassie Pevey of Dallas plan to marry in January.

Robert and Loraine Fenner of Goodland are the bride-elect's grandparents. Marilyn Fenner Pevey is her mother. David and Jeri Marland are the prospective groom's parents.

He is a student at Dallas Community College, and she is a student at the University of Texas at Austin.

Webster's Dictionary defines the word resolution as "a thing determined upon" or a "decision as to future action."

With the start of another new year, many people start thinking about such resolutions; things they want to do differently, usually designed towards self-improvement or getting along better with someone else.

The most common resolutions relate to losing weight, stopping smoking, getting more exercise and spending more time with various family members and friends.

For most people, those well-intentioned resolutions don't last past the first month of the year. Resolutions that require giving up something can be very hard to achieve, such as quitting smoking, or giving up favorite foods that add to weight



high plains mental health

• plain sense

gain.

And because behaviors such as smoking or overeating are long-time habits, abruptly stopping is usually more than most people can successfully accomplish. Thus, it is important to set realistic resolutions that are designed to make big changes in reasonably obtainable smaller steps.

For example, beginning with a reduction in the number of cigarettes smoked per day might be better accomplished than stopping all at once. As a person succeeds with each small step, the sense of accomplishment provides self-encouragement to move into the next phase.

The same can be said for attempting to improve difficult family re-

lationships. For example, trying to get along better with a family member who is not interested in improving the relationship may result in more frustration.

The feelings of discouragement from lack of success then can make it very difficult to even want to continue to pursue the effort. As a small step, a phone call or personal letter on a regular basis to a difficult relative may be easier to accomplish than a visit, yet still convey a message of concern and caring.

Remember when making those resolutions for this year to keep the desired goal realistic and take it one step at a time.

Contributed by Karen D. Beery, Consultation and Education Department. Mail questions to High Plains Mental Health Center, Plain Sense, Consultation and Education Department, 208 E. Seventh, Hays, Kan. 67601.

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