

Slow cookers in limelight as old is made new again

What is old is made new again is a saying that has a great deal of truth in it. One of the popular items of the 1970s was the Crock Pot or slow cooker. Slow cookers lost popularity but are again in the limelight.

Robin Robertson in "Fresh from the Vegetarian Slow Cooker" explores new ways to use the slow cooker.

Three Orange-Flavored Beets
2 tablespoons orange marmalade
2 tablespoons frozen orange juice concentrate, thawed
juice of 1 orange

2 tablespoons extra virgin olive oil
8 to 10 small fresh beets, trimmed, well scrubbed and halved or 4 large beets, quartered (small beets are better)
salt and freshly ground black pep-



pat schiefen

• postscript

per

Combine marmalade, orange juice concentrate and orange juice in a small bowl. Add oil and continue stirring to blend.

In a 3 1/2 to 4 quart slow cooker place beets and add the orange mixture. Stir to coat the beets. Season with salt and pepper. Cook on low, covered for 6 to 8 hours. Stir once halfway through until beets are soft. Peel beets before serving and place

juice of 1 lemon

3 cups boiling water

Cut off 1 inch from the top of the artichokes. Slice off the stem end and trim pointy tips from the leaves with a pair of scissors. Place artichokes upright in 4 quart slow cooker.

Drizzle with lemon juice over artichokes. Then add water to the slow cooker. Cover and cook on low for 6 to 8 hours until artichokes are ten-

der. Serve hot or at room temperature. Serves 4.

Split Pea and Parsnip Soup

1 tablespoon olive oil

1 medium sized yellow onion, chopped

2 large parsnips, peeled, halved lengthwise and cut into thin half moons (Carrots can be used if parsnips are not available.)

2 pound dried green split peas, picked over and rinsed

1 teaspoon dried thyme

1 bay leaf

6 cups vegetable stock

1 teaspoon salt or to taste

freshly ground black pepper

1 teaspoon Liquid Smoke (optional)

In a large skillet heat oil over medium heat and add onion and pars-

nips. Cover and cook until softened about 5 minutes.

Transfer vegetables to 4 to 6 quart slow cooker. Add peas, thyme, bay leaf and stock. Cover and cook on low for 8 hours. Stirring once if possible as the peas have a tendency to settle on the bottom of the pot.

Season to taste with salt and pepper. Stir in the Liquid Smoke if using. Remove and discard bay leaf. Taste and adjust seasonings if needed. Serves 4 to 6.

Ginger Pear Butter

3 pounds ripe pears, peeled, cored and chopped

3/4 cup firmly packed light brown sugar

3/4 cup water

1 tablespoon fresh lemon juice
pinch of salt

1 teaspoon peeled and minced fresh ginger or to taste

1/2 teaspoon ground ginger

Combine pears, brown sugar, water, lemon juice and salt in a 4 quart slow cooker. Cover and cook on low for 8 hours.

Remove the lid and stir in fresh and ground ginger. Change heat setting to high and cook, uncovered to thicken and blend flavors. Cook stirring occasionally 1 to 2 hours.

Completely cool and transfer to glass jars with tight fitting lids and store in the refrigerator. Butter will keep for several weeks. Makes about 6 cups.

This cookbook also has recipes for apple butter, pumpkin butter, and peach butter.



Virgil and Kathy Eldred 40 years ago



The Eldreds today

Couple to celebrate anniversary

Virgil and Kathy Eldred of Wellington, formerly of Goodland, will celebrate their 40th wedding anniversary with a card shower requested by their children.

Anniversary wishes may be sent to them at 119 S. Maize Rd., Wellington, Kan. 67152. They will cel-

ebtrate with their family in June, when their son Jon and his family return after a tour for the Navy.

Virgil I. Eldred and Kathleen R. Koenig married Feb. 8, 1964, at St. Bridget's Catholic Church in Westbury, N.Y. They have three children, Alane Fairchild of Wichita, Jon

(Danni) Eldred of Pearl City, Hawaii, and Scott (Tracey) Eldred of Denver and five grandchildren.

They lived in Goodland from 1976-2000. He was retired from the Navy and farmed. She was a nurse and worked at the Good Samaritan Center and Golden West.

Teacher selected as princess contestant

Jona Neufeld has been selected as the Nu Phi Mu entry in the Beta Sigma Phi International Valentine Princess competition.

She is a fifth grade teacher at North Elementary School, and her

husband Darin is an engineer with Evans, Bierly, Hutchinson and Associates. The Neufelds have three children, Tyler, Austin and Megan.

Originally from Manhattan, Jona earned a bachelor's degree from

Emporia State University. She is working on her master's thesis and will receive her degree in May of this year. Neufeld has been active in Beta Sigma Phi for three years.

Welding department to host seminar at college

The welding department at Northwest Kansas Technical College is hosting a seminar for area welding professionals and students from 9 a.m. to 4 p.m. next Tuesday.

LeRoy Hokr of UTP/Bohler will provide classroom and hands-on instruction on "Economic Solu-

tions for Current and Future Welding Problems." College Events Coordinator Patti Purvis said this seminar, valued at \$2,500, is being provided free by UTP/Bohler and the college.

The seminar includes "cold weld" for cast iron welding, stainless-steel welding, alloy identifica-

tion methods, dissimilar alloy welding and use of the UTP Abradisc 6000, a logical alternative to long hours of hardfacing. Participants must provide their own helmets and gloves.

Register by contacting the welding department at 899-5885 or toll free at 800-316-4127.

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