

TANGY COLESLAW

6 cups shredded cabbage
 4 medium carrots, shredded
 4 stalks celery, finely chopped
 ½ cup finely chopped green pepper
 ½ cup finely chopped onion
 ½ cup cider vinegar
 ¼ cup vegetable oil
 ¼ cup sugar
 1½ tsp. salt
 ¼ tsp. pepper
 ¼ tsp. paprika

In a large bowl, combine the cabbage, carrots, celery, green pepper and onion. In a small bowl, combine the rest of the ingredients. Pour over vegetable mixture and toss to coat. Cover and refrigerate until serving.

Candy E. Baker
 Franklin

TERRIFIC TACO SALAD

1 pound ground beef
 ½ head lettuce, sliced
 1 medium onion, diced
 8-oz. pkg. cheddar cheese, grated
 2 medium tomatoes, diced
 1 pkg. taco seasoning
 French or Italian dressing to taste
 1 bag taco-flavored tortilla chips

Brown ground beef. Add taco seasoning as directed on package. Drain excess liquid. Mix together all other ingredients except chips. Place broken chips on top of each serving.

Patty Wolfe
 Parker

TURKEY SALAD

2 cups turkey, diced
 1 small sweet pickle, diced
 Salt and pepper to taste
 ½ cup Miracle Whip

Mix together in a bowl. Makes 4 sandwiches or 8 lettuce wraps.

Shyla Johnson
 Allegheny-Clarion Valley High School

VEGETABLE ANTIPASTO SALAD

4 oz. whole green beans
 8 baby carrots, peeled
 1 large red, yellow or orange bell pepper, cut into strips
 4 oz. broccoli florets
 1 small red onion, cut into thin wedges
 3 oz. mushrooms, quartered
 3 oz. pitted ripe olives

Mix all ingredients together. This can be stored in the refrigerator for up to a week.

Zachery Gregory
 Keystone High School

WATERGATE SALAD

1 large carton Cool Whip
 1 small pkg. instant pistachio pudding mix
 1 can crushed pineapple and juice

Mix all ingredients and store in refrigerator. Will keep for several days.

Robbie J. McCrea
 Oil City

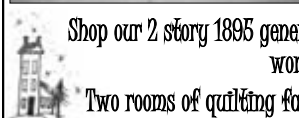
Editor's Note: The recipes featured in the 2009 Creative Cookbook are published as they were submitted to the newspaper.

Readers are advised to pay close attention to all recipes to ensure canning and other food preparation efforts are adequate and safe.



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Ask a cook: Raisins and currants

By **KATHLEEN PURVIS**

Q. What is the difference between Sultana raisins, Thompson Seedless raisins and currants? Can currants and raisins be used interchangeably in recipes?

A. Have you ever known a family that had lots of children who resembled each other but had different personalities? Fruits and vegetables are kind of like that. McIntosh and Golden Delicious are both from the apple family, but one may be tarter and crisper while another may be sweeter.

So the simple answer is that Sultanas and Thompson seedless are both grapes, just different strains. However, in this case, the answer is even simpler than that: Sultana was the name for a small, pale grape that originated in Turkey and was used for making sweet wine.

However, according to the new edition of Sharon Tyler Herbst's "The Food Lover's Companion," the Sultana was given a new name when it came to

America. It became known as the Thompson Seedless.

Today, the Thompson Seedless is the best-selling grape in the country. The ones we know produce a medium-size green grape with a sweet flavor and no seed. Be thankful for the seedless part. At one time, it was quite a chore to seed raisins. You sometimes see raisin-seeders show up in displays of antique kitchenware.

Currants can come from a couple of different fruits, either a small dark grape called a Zante or a small red or black berry related to the gooseberry. The berry-based currants usually are used for things like currant-flavored liqueur (such as cassis), while the grape-based ones are dried and used in baking.

Although raisins are slightly bigger, raisins or dried currants are mostly interchangeable in baking.

(Kathleen Purvis is a food writer for the Charlotte Observer in Charlotte, N.C.)

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Terri L. Gilmore,
 Au. D.
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