

Starvin' Student: the last supper (?)

by Graeme Whamond

Well — hello again at long last — bet you thought I starved or something. This will, regrettably, be my last Starvin' Student article because I don't want my next article to be the Failin' Freshman. The new term has brought me increased

academic goals and pressures and to cope with it, some things have had to be sacrificed.

Nonetheless, I hope you've learned some neat things about cooking and baking — personally I feel it's an invaluable asset. But most importantly, I hope you've realized that



Don't let the Starvin' Student die: keep those cards and letters coming!

there's nothing hard about cooking if you follow directions and that the necessary evil of meal preparation can be simple and stimulating. See for yourself. Happy Eating!

Thanks to all those who helped and supported this article. Bye!

So you want to prepare an entire meal, eh? What do you need?
 An appetizer — soup or salad
 Drinks/beverages — wine, beer, V8 juice
 Entree — perhaps a meat dish i.e. Candied Chicken
 Dessert — something fattening i.e. Mocha Mousse or Strawberry Cream Squares or Apple Snackle

CANDIED CHICKEN
 (just for the Aggies!)
 Serves: 4-6
 Cost: \$1.50 per serving
 Degree of Difficulty: it's a joke

Chicken pieces (legs/breasts)
 1/2 cup honey
 1/4 cup soya sauce
 1/4 cup ketchup
 3 T brown sugar
 garlic salt (adjust to taste)

1. Preheat oven to 400 degrees F. (205 degrees C.)
2. Mix sauce ingredients. Pour over chicken
3. Baste every 15 minutes for 1 hour or until tender
4. Meanwhile, cook some rice, green vegetables to serve with chicken (i.e. peas, green beans, broccoli, brussel sprouts)

MOCHA MOUSSE
 Serves: 1 pig
 Calories: less than 1,000,000
 Degree of Difficulty: same as before

1 pkg chocolate wafers
 1 pint whipping cream
 4 cups marshmallows (mini)

3 tsp instant coffee
 1/2 cup melted butter

Dissolve coffee in 3/4 cup boiling water, mix in marshmallows. Melt at low heat, then cool. Crush all but 15 wafers. Mix crushed wafers with melted butter. Press into bottom of a 10" springform pan. Line sides with remaining wafers. Whip the cream. Add to coffee/marshmallow mixture. Pour into pan. Sprinkle grated chocolate on top.

if you don't like coffee — try this...

STRAWBERRY CREAM SQUARES
 Makes: One 9" x 13" pan

Combine: 2 pkg strawberry Jello
 2 cups boiling water
 Add: 1 qt (litre) sliced ripe strawberries
 14 oz. can crushed pineapple
 2 diced bananas

Pour 1/2 mixture in pan, chill. When solid, cover with 1 pint sour cream. Add remainder of mixture, chill, serve.

APPLE SNACKLE
 Makes: 16 slices

1 cup finely grated cheddar
 2 tsp Worcestershire sauce
 3 T flour
 1/4 tsp salt
 4 large apples

1. Raise oven rack to within 6"-8" of broiler element. Preheat broiler.
2. Sprinkle W-sauce over cheese, stir.
3. Core the apples - cut each into 4 slices crosswise.
4. Place apples on foil-lined baking sheet, sprinkle with cheese mix. Broil until the cheese melts (not too long).
 Serve as an appetizer/snack.

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