

Cooking Corner

Tips To Help You

Cooks Share Secret Ingredient For Winning Over Guests

(NAPSA)—What makes a meal memorable? Cooks reveal how they impress their dinner guests by using common ingredients in uncommon ways. Buttermilk is one of those special staples that's as versatile as it is convenient, especially if it's in a powdered form.

Powdered buttermilk has all the benefits of liquid buttermilk but it naturally stays fresh in your refrigerator for more than a year. A product of real sweet cream, buttermilk adds distinct taste and superior texture to baked goods and seems to heighten the flavor of other ingredients in a recipe. "Powdered buttermilk keeps nicely in the refrigerator without losing its cooking properties or taste," says Amy Thompson, Director of Consumer Affairs and Nutritionist at Saco Foods, Inc. Saco Foods makes the market's only real dry cultured buttermilk blend.

Thompson suggests trying it in mashed potatoes for unexpected zing, sauces and dressings for tangy sweetness and fried chicken for crunchy bursts of flavor.

Powdered buttermilk is a superior cooking ingredient because it's made from real sweet cream. "Today's buttermilk in the dairy case is merely a skim milk product lacking the emulsifiers and proteins that give real buttermilk its special qualities," says Thompson.

In addition to the tang and tenderness it contributes to dishes and baked goods, powdered buttermilk is a low-fat, low-cholesterol ingredient. Show your family and dinner guests how you feel about them and incorporate more flavor into all of your meals by adding powdered buttermilk to the menu. Use the following



recipes to cook up great food with the taste of real buttermilk.

For recipes and information, visit SACO's Web site at www.sacofoods.com, or contact us at 1-800-373-7226, 8 a.m. to 4:30 p.m., CST.

Easy-Bake Buttermilk Chicken

White or dark meat, this juicy baked chicken sizzles with flavor.

- 2 cups water**
- ½ cup SACO Buttermilk Blend**
- 2 cups all-purpose flour**
- ½ tsp. red pepper (or to taste)**
- 1 tsp. tarragon**
- 1 clove garlic**
- black pepper to taste**

Preheat oven to 450° F. In medium mixing bowl, reconstitute Buttermilk Blend with water. In separate bowl, mix

flour and spices. Dip chicken into buttermilk mixture, then roll into flour mixture. Place chicken in cake pan or on broiler pan, skin side down. Bake for 15 minutes. Decrease oven temperature to 325° F and turn chicken over. Bake an additional 45 minutes.

Dilly Buttermilk Mashed Potatoes

- 2 pounds russet potatoes, peeled and cut into pieces**
- 1 tsp. salt**
- ¾ cup SACO Buttermilk Blend**
- ½ cup water**
- 2 tsp. dill, finely chopped**
- 1 tsp. chives**
- black pepper to taste**

Cook potatoes until tender, drain, dry and add to a food mill, ricer or bowl for mashing. After mashing, stir in all of the ingredients. Serve immediately.