

Medical Minute

FOOD HELPS



1. Potatoes soaked in salt water for 20 before baking will bake more rapidly. LOVE potatoes!
2. Don't despair if you oversalt gravy. Stir in some instant mashed potatoes to repair the damage. Add more liquid to offset the thickening. Yep, done this.
3. A mushroom is truly fresh if the stems and caps are attached firmly. Huh! I don't think the store will appreciate you pulling all the caps off, though.
4. In case you run out of baking powder, you can substitute ? tsp. baking soda & ? tsp. cream of tartar. Good to know.
5. 1 ounce of liquid equals 2 tablespoons. Now you can tell people how much wine you drink in tablespoons, and it sounds like a lot less, or a lot more...I'm not sure.
6. For eggs: 4-5 whole eggs = 1 cup, 8-10 egg whites = 1 cup, 10-12 yolks = 1 cup.
7. Refresh stale potato chips (for those people who don't eat the whole bag in one sitting), or crackers, cereal or other snacks, put a plateful in the microwave for 30-45 sec. Let stand for 1 min and they are as crisp and fresh like the bag was just opened. Yum.

Hopefully some of these will come in handy at some point!