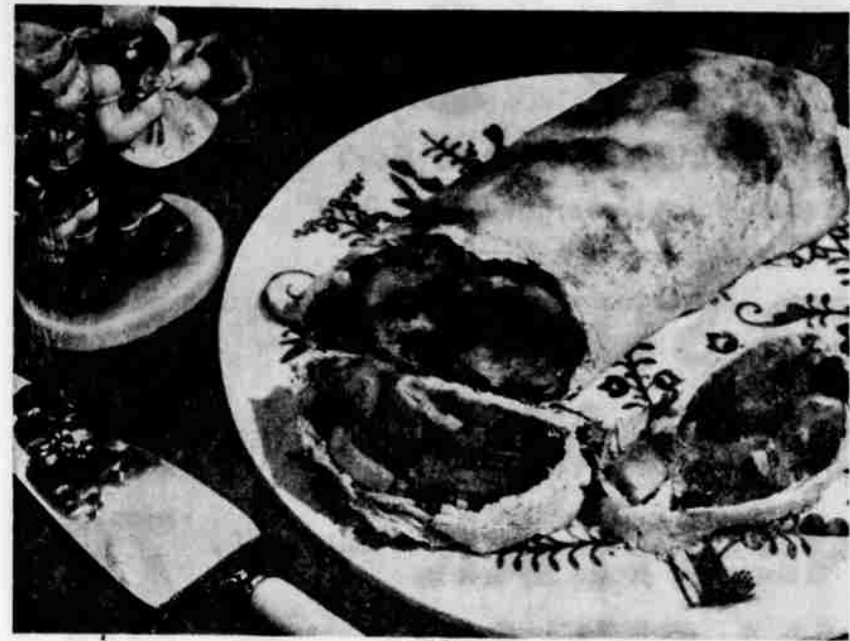


# A Pretty Dessert Brings An Elegant Finish To An Ordinary Meal

## Connie Baker's FOOD features

SECOND SECTION The News-Review, ROSEBURG, OREGON — THURSDAY, FEBRUARY 21, 1957 ★★ 44-57



... Apple Strudel

### From Germany Came The Idea For This Dessert

Germany — land of hearty outdoor people with healthy appetites (to say the least) — has a cuisine that is not easily surpassed. Neither fancy nor plain, the food is substantial with a great deal of flavor.

This characteristic of fixing foods that "stick to the ribs" so to speak, is even carried over into the dessert line. Many German desserts are filling enough to pass for a light meal, like Apple Strudel for instance.

Our simplified, Americanized version includes an All-American ingredient... raisin bran cereal with sugar-coated raisins. This cereal of crisp bran flakes and raisins that have been dipped in honey and rolled in sugar, increases the appeal of this dish so ideal as a light afternoon meal; so perfect too, as a dinner dessert.

slice the quartered apples in half lengthwise and arrange them on the cereal. Combine 1/4 cup sugar and the cinnamon and sprinkle

### Use Ham Left-Overs To Make Tossed Salad

"California Ham Salad" makes good use of those tag ends of baked ham. Toss ham with celery, green pepper, sweet pickle and a generous measure of walnuts; then combine in seasoned mayonnaise. It's a hearty combination, so use it as a meal-type salad or as a go-along with soup. You'll agree, walnuts work wonders in salads.

### CALIFORNIA HAM SALAD

- 1 cup diced cooked ham
- 1 cup sliced celery
- 1/4 cup diced sweet pickle
- 1/4 cup diced green pepper
- 1-3 cup coarsely chopped walnuts
- 1-3 cup mayonnaise
- 1 tablespoon wine vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon dry mustard
- Salt
- Pepper
- Greens for garnish
- Combine ham, celery, pickle, green pepper and walnuts. Blend mayonnaise and vinegar with paprika and mustard; add salt and pepper to taste. Toss lightly with salad mixture. Serve in lettuce-garnished salad bowl.
- Serves 4.

over apples. Dot with 2 tablespoons butter.

Then roll the filled pie crust carefully as for jelly roll. Brush with melted butter and sprinkle with the remaining tablespoon of sugar. Place on cookie sheet or oblong baking pan.

Bake in moderate oven (375 degrees F.) 35 to 40 minutes, or until lightly browned. Makes 8 servings.

### LAST-MINUTE SALAD

A smooth, creamy topping of mashed avocado on slices of canned tomato or beet aspic makes an elegant last-minute salad. Combine mashed avocado with mayonnaise and some lime or lemon juice. Spoon over aspic and garnish with wedges of avocado and slices of hard-cooked egg.

### SOMETHING SPECIAL

Juicy cooked prunes, stuffed with bacon and cheese, add that something special to a sandwich or salad plate. Pit large-sized prunes, then fill with mixture of crumbled bacon and grated American cheese or use a prepared bacon-cheese spread.

### ATTRACTIVE SALAD

Delicate, rich avocado wedges and tangerine sections make an attractive winter salad. Arrange individual servings on leaf of romaine and top with a creamy blue cheese dressing. Canned mandarin oranges or fresh orange slices are good, if tangerines are not available.

### Try These Two Pineapple Favorites For Your Party

Two of our favorite pineapple desserts are offered today. No matter what the occasion, or the season, they are perfect desserts after you've enjoyed an important dinner. Give them a try when the occasion calls for a sparkling dessert.

### Light and delicately fruit-flavored Pineapple Souffle is a good appetite appeaser.

- #### PINEAPPLE SOUFFLE
- 1-3 cup flour
  - 1/2 cup sugar
  - 1/4 teaspoon salt
  - 1 cup pineapple juice
  - 4 eggs, separated
  - 1/4 teaspoon cream of tartar
  - 1 tablespoon lemon juice
  - 1/2 teaspoon grated lemon rind
  - 2-3 cup well-drained crushed pineapple

Combine flour, sugar and salt in a saucepan. Stir in pineapple syrup a little at a time. Cook over low heat, stirring constantly, until mixture is smooth and thick. Fold in the crushed pineapple. Beat yolks until thick and yellow and fold in the thickened pineapple mixture. Cool.

Beat egg whites until foamy; sprinkle the cream of tartar over them and continue beating until stiff and dry. Fold into the first mixture with lemon juice and lemon rind.

Pour into an ungreased casserole (1 1/2 quarts). Bake in moderate oven 325 degrees F. for 50 to 60

minutes. Serve immediately from the baking dish.

Yield: 6 servings.

Pineapple Trifle is always a delicious treat to a big meal — or an ideal complement to a special luncheon.

#### PINEAPPLE TRIFLE

- 1 cup crushed pineapple
  - 1 cup dry macaroons, crushed
  - 1 cup dates, chopped
  - 8 marshmallows
  - 2-3 cup heavy cream
- Drain the pineapple. Combine with macaroons, dates and marshmallows. Whip the cream until stiff. Fold into the pineapple mixture. Chill thoroughly.

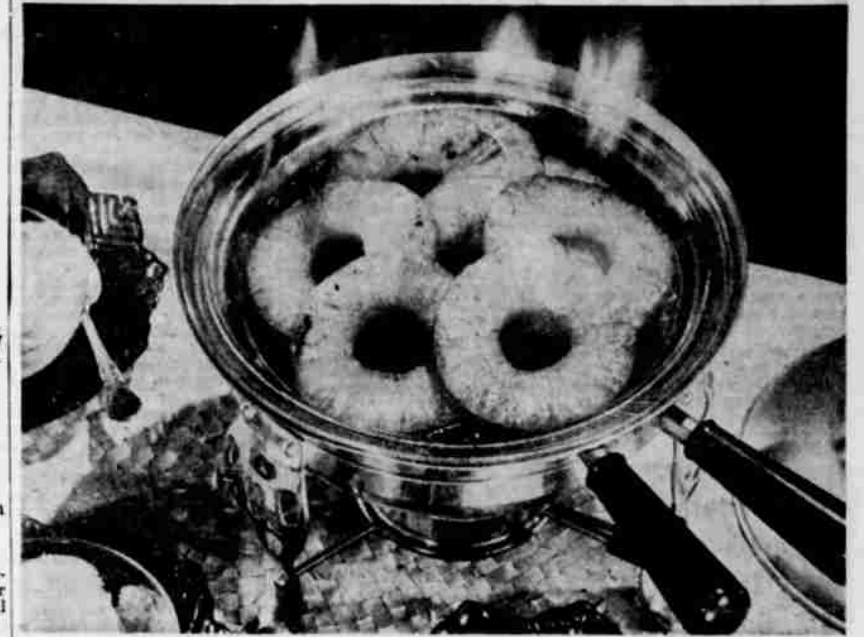
Serve with dessert sauce or additional cream, if desired.

#### ELEGANT DESSERT

Half a cup of chopped almonds and 2 tablespoons of Sherry wine blended into prepared vanilla pudding mix, and folded into a cup of whipped cream makes an elegant dessert. Better than mother used to make, yet easy enough for the newest bride.

#### MANY USES

When replenishing the staple groceries on your cupboard shelves, include several cans of canned cling peaches. Serve canned cling peach slices or halves right from the can as dessert; or use in puddings, pies, cakes and salads.



... Flaming Pineapple Rumba

### Here Is A Wonderful Recipe For A Chafing Dish

Pineapple Rumba is a gay flaming dessert — a good one to try out if Christmas brought you a new chafing dish. It's the kind of dessert that makes entertaining fun. Of course, you don't have to have a chafing dish; any attractive heat-proof pan, such as a copper skillet, may be used.

Any way you serve it, Flaming Pineapple Rumba is a real conversation piece featuring rich pineapple-cream sauce over vanilla or coconut ice cream.

#### FLAMING PINEAPPLE RUMBA

- 1 can (No. 2 1/2) pineapple slices
  - Cinnamon
  - 4 tablespoons butter
  - 1 cup apricot - pineapple preserves
  - 6 tablespoons pineapple syrup
  - 1/2 cup dark Jamaica Rum
  - Vanilla or Coconut Ice cream
- Drain pineapple well and sprinkle lightly with cinnamon. Melt butter in top pan or blazer of chafing dish placed directly over

flame. When butter is bubbly hot, add pineapple and saute until edges are browned. Push to side of pan. Stir in preserves and pineapple syrup. Heat and spoon over pineapple until it looks glazed and sort of transparent.

Heat rum over hot water, then pour over fruit (that's the secret of getting it to flame beautifully). Ignite and when flaming, over pineapple. When flames die down, set pineapple on dishes of hard ice cream. Spoon hot sauce on top.

#### Here's A Good Dish For Big Church Suppers

#### This "Olive-Rice Pilaf" is a good maindish for church suppers, pot-lucks and big buffet parties. It's an inexpensive "stretchable" recipe for money-raising affairs, or for young marrieds on a budget. It's a meal-in-one, so crisp relishes and fruit for dessert are all that are needed with it. It's an easy way to serve a crowd.

Try "Olive-Rice Pilaf" next time you're chairman for an auxiliary supper. You'll find this recipe — which serves 12 — an easy one to increase, and you'll like the fact that it's baked. Once it's in the oven, you're free to tend to other details of the party.

#### Olive-Rice Pilaf

- 1 cup butter beans
- 2 pounds round steak
- 1 clove garlic
- Salt and pepper
- 2 tablespoons chili powder
- 2 tablespoons prepared mustard
- 3 tablespoons salad oil
- 3 tablespoons butter or margarine
- 2 large onions
- 2 cups long grain rice
- 2 (No. 2) cans tomatoes
- 1/2 cup sliced ripe olives
- 2 (10 1/2-ounce) cans of beef bouillon

Add rinsed beans to 2 1/2 cups water. Boil 2 minutes; remove from heat; let soak while preparing remaining ingredients. Rub steak with garlic, salt and pepper, and chili powder. Spread top side with mustard; cut in inch squares. Heat salad oil and butter in skillet; add chopped onions and dry rice. Cook, turning constantly with pancake turner, to golden brown.

Grease a large casserole (or two smaller ones) with tight fitting lid. Casserole should be filled only 2-3 full to let rice expand. It triples in bulk when cooked. Put in layer of meat squares; then rice (go easy on the rice); tomatoes, and beans. Sprinkle with freshly ground black pepper and chili powder, and repeat layers, ending with ripe olives.

Pour in as much beef bouillon as casserole will hold; cover; bake in moderate oven (350 degrees F.) about 2 hours, or until rice is tender and fluffy. Add more bouillon from time to time.

Serves 10 to 12.

### This Cooked Topping Brightens Plain Cake

Give a spring-like look to plain cake with "Nectar Cake Sauce." Make this pretty, cooked topping, using peach whole fruit nectar, marshmallow cherries, marshmallows and cornstarch for thickening.

#### NECTAR CAKE SAUCE

- 1 1/2 cups peach whole fruit nectar
  - 1/4 cup cold water
  - 3 tablespoons cornstarch
  - 1/4 teaspoon salt
  - 1/2 teaspoon lemon extract
  - 2 tablespoons finely cut marshmallow cherries
  - 16 marshmallows
  - 3 tablespoons butter or margarine
- Heat nectar to boiling. Combine water, cornstarch, salt and stir to blend. Add to hot nectar and cook and stir about 1 or 2 minutes or until thick. Remove from heat, cool slightly. Add flavoring, marshmallow cherries, marshmallows and butter, and beat smooth; cool. Serve over squares of plain cake. Sufficient to spread between layers and on top of a 2-layer cake.

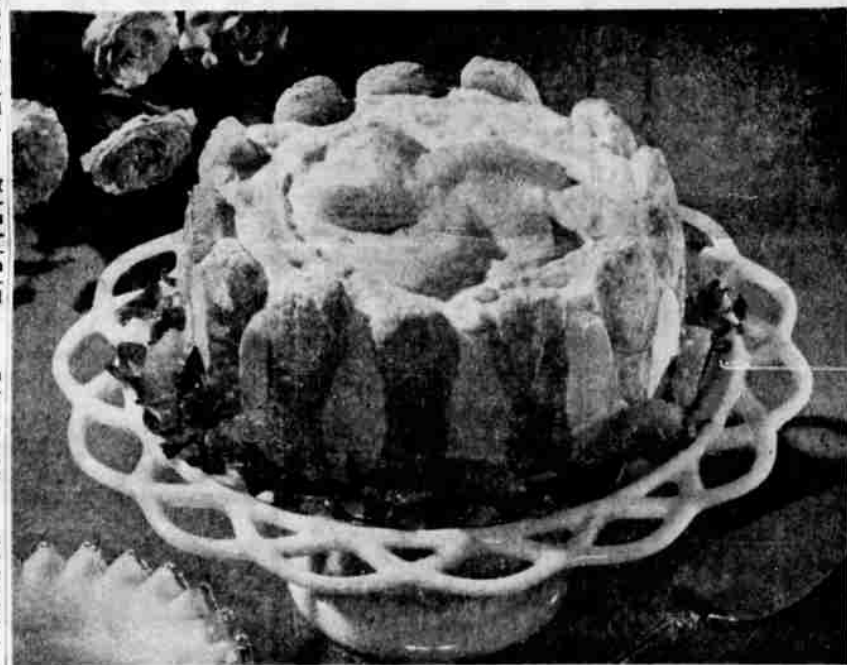
### This Canape Topping Will Win New Acclaim

Here's a cracker or canape topping that gets instant acclaim. "Avocado Bacon Spread." Sounds good, doesn't it? Anyone, truly anyone, can prepare this recipe with immediate success. The fine flavor of sieved avocado together with crisp bacon just can't be improved.

#### Avocado Bacon Spread

- 3/4 cup sieved avocado
  - 2 strips bacon
  - 1 tablespoon lemon juice
  - 1/4 cup sugar
  - 1/4 teaspoon salt
  - 1 teaspoon grated onion
  - Dash Tabasco sauce
- To prepare sieved avocado, cut fruit into halves lengthwise, remove seed and skin, and force through a sieve. Cook bacon until very crisp. Drain on absorbent paper. Crumble bacon into avocado. Add remaining ingredients and blend well.

Makes about 1/2 cup spread.



... Orange Charlotte

### Serve This Tempting Teaser Called Orange Charlotte

Looks good enough to eat, and tastes good enough to repeat! That's Orange Charlotte. On a hot day, it's real cool! And after a heavy, cold weather meal, it's just the happy ending.

Made with whipped nonfat dry milk, this deceiving dish is low in

calories, inexpensive, quick and easy too.

Wedges or strips of sponge cake will substitute nicely for the lady fingers or for a change, arrange in an oblong dish or individual sherbet glasses.

#### ORANGE CHARLOTTE

- 1 pkg. orange flavored gelatin
- 1 cup boiling water
- 1 8-oz. frozen orange concentrate
- 3 tablespoons fresh, canned or frozen lemon juice
- 1/4 cup sugar
- 1 teaspoon grated lemon rind if desired
- 1-3 cup ice water
- 1-3 cup nonfat dry milk
- 1 dozen lady fingers

Dissolve gelatin in boiling water. Add unthawed orange concentrate, lemon juice, sugar and grated rind. Let stand until the mixture thickens (not too stiff).

Place ice water in small mixer bowl, add nonfat dry milk, beat until mixture stands in stiff peaks. Add gelatin mixture. Beat until fluffy. (If mixture looks too thin, cool in refrigerator for about 20 minutes.) Arrange split lady fingers vertically around 8" spring form pan. Pour in the slightly thickened orange mixture. Chill for several hours.

Wedges or strips of sponge cake may be used in place of lady fingers, and for variations this may be made in an oblong dish or refrigerator tray or in sherbet glasses.

#### SERVE FLOATS

Easy refreshments to serve to afternoon drop-in guests are bubbly apricot nectar floats. Combine equal parts chilled ginger ale and apricot whole fruit nectar. Add a scoop of ice cream or sherbet to each glass and serve with crisp almond cookies.

#### ADD RAISINS

Fragrant, warm gingerbread beverage company dessert when plump chewy raisins are added to the batter, and smooth, extra-dark chocolate frosting is spread on top. If 1/2 cup or more light or dark seedless raisins to a package of gingerbread mix. Good with a serving of big golden candied cling peach halves or slices.

### Creamy Potato Soup Good For Cold Weather

Nothing's better than "Creamy Potato Soup" on a cold winter night. And this is a 4-star recipe for it!

One star is for the crisp diced bacon and grated cheese that are stirred in. Another is for the unusual seasonings of dry mustard and nutmeg; a third for its smooth creaminess; accounted for partly by mashing or sieving the potatoes, partly by using rich milk (or part cream and part milk).

And the fourth star is for a new product, instant minced onion, that gives plenty of flavor to the soup, yet saves weeping, chopping and peeling for the cook.

#### Creamy Potato Soup

- 4 medium-sized potatoes
  - 2 tablespoons instant minced onion or 1 medium onion, finely chopped (about 1/2 cup)
  - 2 cups water
  - 2 1/2 teaspoons salt
  - 1/4 cup diced lean bacon (about 2 slices)
  - 1/4 teaspoon nutmeg
  - 1/4 teaspoon dry mustard
  - 1 teaspoon Worcestershire sauce
  - 1 tablespoon finely chopped parsley
  - 2 1/2 to 3 cups rich milk
  - 1/2 cup grated American cheese
- Peel potatoes, cut in quarters. Add instant onion, water and 1/2 teaspoon salt. Cook until potato is done; drain, saving what little water is left; wash or sieve potato until smooth. Fry bacon until crisp; drain. Add onion and remaining ingredients except cheese to the potato soup. Heat to boiling, stirring constantly. Add milk and cheese. Cook 5 to 10 minutes. Serve hot.



... Plum Cake

### Hot Desserts Receive Lusty Cheers From Friends

Bridge and Canasta parties are not the only excuses needed to have friends over on cold, winter afternoons. Many housewives get together to exchange just "views and news" — the latest book read, a good tip for early spring gardening or better still, a recipe for a really delicious dish. The best description possible for this last, though, is to have it on hand, ready to serve.

As a "special collector's item" in recipes, this Plum Cake served warm will be greeted with approving cheers. This cake has a wonderful flavor combining two popular ingredients, candied purple plums and cereal. (The cereal — wheat and barley kernels — is the same energizing one that per-

forms so exceptionally well at the breakfast table.) Delight yourself and friends with this hearty, eye and taste appealing cake baked with luscious plums on top and sprinkling of sugar and spices to form a really beautiful pattern.

#### PLUM CAKE

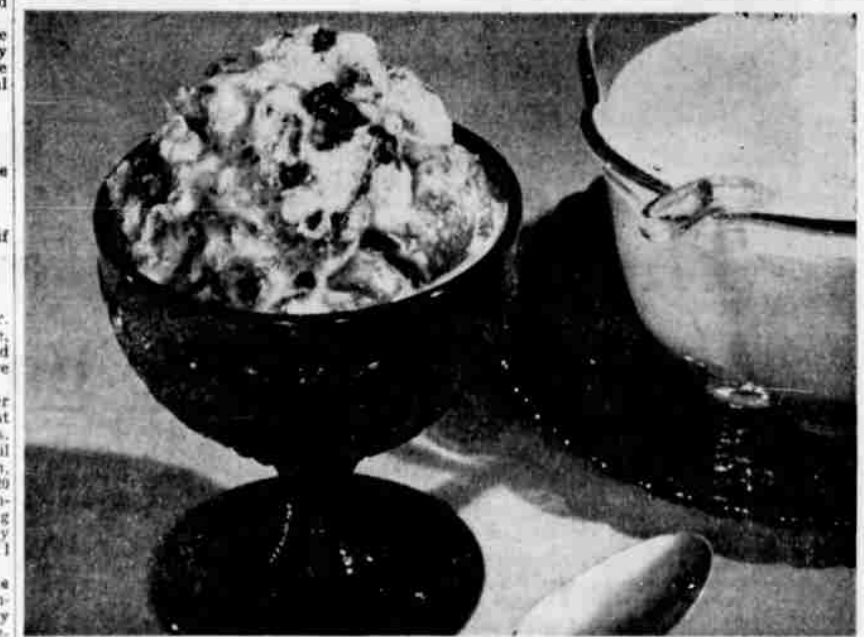
- 1 can (30 oz) purple plums (about 15)
- 1 cup sifted flour
- 1 1/2 teaspoon double-acting baking powder
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons butter or other shortening
- 1 egg, well beaten
- 1/2 cup milk
- 1/2 cup wheat and barley kernels
- 2 to 3 tablespoons sugar

4 to 1/2 teaspoon cinnamon

Drain plums, cut in halves, and remove pits. Place, cut side down, on absorbent paper to drain thoroughly.

Sift flour once, measure, add baking powder, salt, and 3 tablespoons sugar, and sift again. Cut in shortening. Combine egg and milk. Add to flour mixture and mix only enough to dampen flour. Mix in cereal carefully. Pour into a greased 8x8x2-inch glass oven-proof baking dish, spreading evenly.

Arrange plums, cut side down, on top of cake. Mix remaining sugar and the cinnamon and sprinkle over plums. Bake in moderate oven (350 degrees F.) 40 to 45 minutes. Serve warm.



... Baked Prune Whip

### Custard Sauce Enhances Prune Whip

The old-fashioned dessert, Prune Whip, is still much in favor. A suggested variation is to bake the whip and serve it with a creamy well flavored custard sauce.

A good, thin custard used as a sauce over most fruit is a perfect complement to the tartness of the fruit. The fact that fruit is important in the diet is well known. When serving fruit with a custard sauce, you increase the eating pleasure, and at the same time, add the important nutrients of milk-protein, minerals and vitamins. Milk used as an ingredient in the cooking gives you additional

#### BAKED PRUNE WHIP WITH CUSTARD SAUCE

- 1 cup cut-up prunes (cooked, drained and pitted)
  - 3 tablespoons confectioners sugar
  - 1/2 teaspoon salt
  - 1 teaspoon lemon juice
  - 3 egg whites, stiffly beaten
- Mix prunes, sugar, salt and lemon juice. Beat egg whites until stiff but not dry, then carefully fold in prune mixture. Pour into round 1-quart casserole. Set in pan of hot water and bake in a moderate oven 350 degrees F. for 30 to 35 minutes. Serve with Custard

#### CUSTARD SAUCE

- 2 cups milk
  - 3 egg yolks
  - 1/4 cup sugar
  - 1/4 teaspoon salt
  - 1 teaspoon vanilla
- Scald milk in top of double boiler. Beat egg yolks slightly, stir in sugar and salt. Add a little of the hot milk to egg mixture, stirring to blend. Return to double boiler and cook over hot not boiling water, stirring constantly, until mixture coats a spoon, about 7 to 8 minutes. Remove at once from hot water, cool and stir in vanilla. Makes 2 cups custard sauce.