



WALNUT HONEY BUNS
 5 1/4 to 6 1/4 cups unsifted flour
 1/2 cup sugar
 1 teaspoon salt
 1/2 teaspoon grated lemon peel
 2 packages active dry yeast
 1 cup (2 sticks) softened margarine
 1 1/2 cups very warm tap water (120°F.-130°F.)
 2 eggs (at room temperature)
 Confectioners' sugar

Prepare Honey Walnut Filling (below). Set aside until ready to use.

In a large bowl thoroughly mix 1 1/2 cups flour, sugar, salt, lemon peel and undissolved active dry yeast. Add softened margarine.

Gradually add very warm tap water to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Cover; let dough rest 20 minutes.

Turn dough out onto well-floured board. Divide into 3 equal pieces. Roll each piece to an 8-inch square. Cut each into 8 1-inch strips. Twist each strip and coil into a circle, sealing ends underneath.

Place on greased baking sheets. Make wide indentations in center of each coil, pressing to bottom. Spoon prepared filling into indentations, using about 1 teaspoon for each roll. Cover loosely with plastic wrap. Freeze until firm. Transfer to plastic bags. Freeze up to 4 weeks.

Remove from freezer; place on ungreased baking sheets. Cover loosely with plastic wrap. Let stand at room temperature until fully thawed, about 1 hour 45 minutes. Let rise in warm place, free from draft, until more than doubled in bulk, about 45 minutes.

Bake at 375°F. 15 to 20 minutes, or until done. Remove from baking sheets and cool on wire racks. Sprinkle with confectioners' sugar.

TO BAKE WITHOUT FREEZING:

After shaping, let rise in warm place, free from draft, until doubled in bulk (unfrozen dough will rise faster than frozen dough).

Bake according to above directions.

HONEY WALNUT FILLING:

Combine 1/2 cup honey, 1 cup finely-chopped English walnuts, and 1/2 teaspoon salt in saucepan. Bring to a boil and simmer over low heat about 3 minutes. Gradually stir in 2 lightly beaten egg yolks. Cook, stirring, until slightly thickened. Stir in 1 teaspoon grated lemon peel. Cool.

Jicama offers variety

Jicama is no longer a stranger in produce departments. This brown root vegetable resembles a potato in appearance, although it is flatter and more irregular. The flavor and texture are somewhat similar to water chestnuts.

Jicama (pronounced heec'ama) is a versatile vegetable. Peeled and sliced, it gives a pleasing crunchiness to tossed salads. It also adds an interesting texture and flavor to potato salads. Strips of jicama are crisp additions to relish trays and can be served with a favorite dip.

Jicama can also be cut into cubes and boiled until tender. When cooked in this manner, it is served with melted butter and seasonings. Or it can be combined with other vegetables. Its crisp texture adds variety to green beans, peas and other soft vegetables.

For another tasty combination, stir-fry jicama with celery, bean sprouts and toasted almonds. Then serve it with chicken or another entrée.

The nutritive value of jicama resembles that of potatoes. One 3 1/2 ounce serving provides approximately 30 per cent of an adult's vitamin C requirement. Jicama is a good choice for weight watchers. One serving has only about 45 calories.

Summer time is picnic time!

Picnicking helps you get the most out of the long days of summer and there are many such days ahead. Wherever you are, the first rule for picnicking is plenty of easy-to-eat foods and lots of tall, thirst-quenching drinks. Cold fried chicken and finger foods are always in order. Two perfect punch drinks featured here are made easy with Kool-Aid brand unsweetened soft drink mix.

Prepare trays of fruit-flavored ice cubes ahead and at picnic time, simply stir up a batch of punch. The Cherry flavored punch combines with sugar, apple juice and the fruit-flavored ice cubes for a combination of flavors that is both refreshing and delicious. The Calypso Punch blends orange flavor, pineapple juice and crushed pineapple for a taste of sunshine. Enjoy!

CHERRY PUNCH

1 envelope cherry flavor unsweetened soft drink mix
 1/4 cup sugar
 1 1/2 quarts water with Fruit-Flavored Ice Cubes
 2 cups apple juice

Dissolve soft drink mix and sugar in water with ice cubes in non-metal pitcher; add apple juice. Serve. Makes about 2 quarts or 16 servings.

CALYPSO PUNCH

1 envelope orange flavor unsweetened soft drink mix
 1/4 cup sugar
 2 cups pineapple juice
 6 cups water and ice cubes
 1 can (8 oz.) crushed pineapple in juice (optional)

Place soft drink mix in large non-metal bowl or pitcher. Add sugar and pineapple juice; stir until dissolved.

Add water and ice cubes and the pineapple. Garnish with fruit slices, if desired. Makes 2 1/4 quarts of 18 servings.

Fruit-Flavored Ice Cubes
 Dissolve 1 envelope unsweetened soft drink mix, any flavor, and 1 cup sugar in 2 quarts cold water. Pour into plastic ice cube trays and freeze until firm. Note: Recipe may be prepared 2 or 3 times, using different flavors unsweetened soft drink mix.

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