

The Statesman's  
**FOOD SECTION**

**Fresh Fruit Desserts Satisfying**

Fresh fruits can make some mighty handsome desserts, be low in calories and yet thoroughly satisfying. Typical of such desserts are cantaloupes with lemon chiffon filling. Here is this and other desserts beginning with cantaloupe:

**CANTALOUPE CHIFFON CUPS**

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 4 eggs, separated
- 1/4 cup fresh lemon juice, strained
- 1/4 teaspoon salt
- 1/2 cup sugar
- 1 teaspoon grated lemon rind
- 3 ripe cantaloupe

Soften gelatin in cold water. Beat yolks until thick and lemon colored. Add lemon juice, salt and 1/2 cup of the sugar. Cook over hot water until thickened, stirring constantly. Add gelatin and stir until dissolved. Chill in refrigerator until beginning to set, (consistency of unbeaten egg white). While custard is chilling, halve the cantaloupes and remove seeds. With spoon scoop out some of the pulp, leaving about 3/4 inch rim of pulp in the shell. Notch edges if desired. Crush pulp with potato masher and measure 2 cups of pulp. Beat whites until stiff. Gradually beat in remaining sugar. Fold in gelatin mixture, grated rind and cantaloupe pulp. Pile into cantaloupe shells and chill until firm. Garnish top with sprig of fresh mint if desired.

Approximately 178 calories per serving. Serves 6.

**JELLIED FRESH FRUIT MOLD**

- 2 packages lime flavored gelatin
- 2 cups boiling water
- 1/2 cup fresh lemon juice
- 3/4 cups cold water
- 1/2 pint sour cream
- 2 bananas
- 3 cups diced fresh fruit
- Iceberg lettuce

Place lime flavored gelatin in bowl. Add boiling water and stir until completely dissolved. Add lemon juice and cold water. Cool. Place in refrigerator until thick, but not firm. Beat with rotary beater until very light and fluffy. Fold in sour cream. Pour 2 cups of mixture into deep 1 1/2 quart loaf mold. Cut bananas into quarters, lengthwise. Place on gelatin mixture. Fold fresh fruit into remaining gelatin. Pour into mold. Chill in refrigerator until firm. Serve on bed of iceberg lettuce garnished with fruit.

Peaches, cherries, melon balls, grapefruit sections, white grapes, raspberries, strawberries or currants may be used. Use at least three kinds of fruit.

Approximately 130 calories per serving. Serves 10.

**CANTALOUPE SURPRISE**

- 3 ripe chilled cantaloupes
  - 6 egg whites
  - 1/2 teaspoon cream of tartar
  - 1 cup sugar
  - 1/4 teaspoon grated lemon rind
  - 3 teaspoons fresh lemon juice
- Half cantaloupes and remove seeds. Scoop out pulp with ball cutter or teaspoon. Pile back into shells. Place in refrigerator. Beat whites with cream of tartar until stiff. Gradually beat in sugar, 1 tablespoon at a time. Continue beating until stiff and glossy. Fold in lemon rind and juice. Pile meringue on top of cantaloupe—spreading to the edge. Bake in very hot oven (500° F.) about 3 minutes or till delicately browned. Serve immediately.

Approximately 181 calories per serving. Serves 6.

**Other well-chilled fresh fruits including (diced) peaches, or bananas, blueberries, or strawberries may be combined.**

**Dressing Has Fruit Flavor**

Fruit salad time is here so it's high time to start looking for special dressings to serve with them. Our "Creamy Nectar Dressing" is really delicious. It's made with sweetened apricot whole fruit nectar seasoned with lemon juice, mustard and Tabasco sauce. Whip the mixture into evaporated milk to give it the rich creamy texture.

**CREAMY NECTAR DRESSING**

- 1/2 cup apricot whole fruit nectar
- 1 tablespoon granulated sugar
- 5-10 to taste
- 4 tablespoons lemon juice
- 1/2 cup evaporated milk
- 1 tablespoon mild prepared mustard
- Few drops Tabasco sauce

Combine nectar, sugar and salt, and boil about 5 minutes. Stir in 2 tablespoons lemon juice. Chill. Whip chilled nectar mixture into evaporated milk a small portion at a time. Whip in the remaining 1/2 tablespoon lemon juice, mustard and Tabasco. Chill. Serve over fruit salads. Makes about 1 1/2 cups dressing.

**COVER OVER**

Use lettuce to reheat a roast without drying it to a crisp by covering the roast completely with lettuce leaves before you put it in the oven.



For an informal meal try this dish that takes ham-type luncheon meat and hamburger buns. On a baking platter arrange slices of the meat, alternating with large slices of sweet onion and top with a quick melting cheese food. Over all, pour a can of condensed tomato soup and bake at 350 long enough to heat meat and melt cheese. When serving, slip spatula under slice of meat, onion and cheese and put on each half of a toasted bun. Pour sauce over each serving.

**Sausage, Beans In Casserole**

The spicy bite of pork sausage is a good accent for the delicately-flavored large limas used in this casserole. Form half the bulk sausage into tiny balls and brown for the top of the dish. The rest is cooked with onion for the inside of this satisfying lima bean casserole.

**SAUSAGE LIMA CASSEROLE**

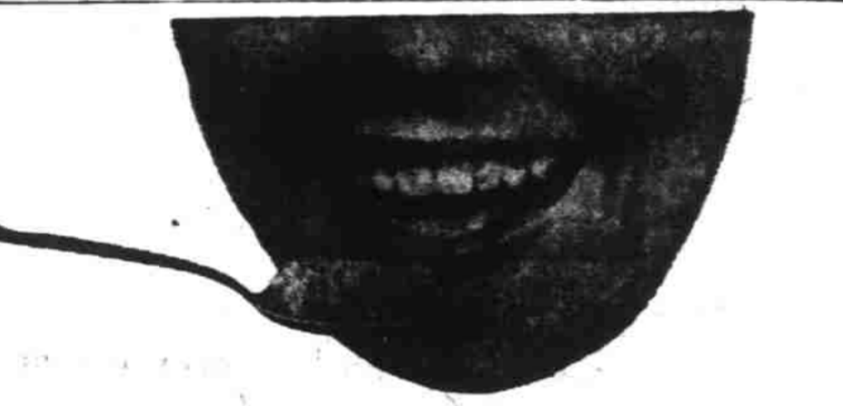
- 3/4 pound pork sausage
- 1/4 cup chopped onion
- 3 cups cooked large dry limas
- 1/4 teaspoon dry mustard
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/4 cup catsup
- 1/4 cup hot water

Form half the sausage into tiny balls. Brown lightly and drain. Remove excess fat from pan and brown remaining sausage and onion. Pour off fat. Stir in limas, mustard, brown sugar, salt, catsup and hot water. Pour into casserole and top with sausage balls. Cover and bake in moderate oven (350 degrees) for 30 minutes. Remove cover last few minutes to crisp up the top. 1 1/2 cups uncooked limas makes the 3 cups cooked.

Serves 4 to 6.

**QUICK FOOD**

With those tinkling icy glasses of lemonade pass a plate of crisp homemade cookies. Use prepared cookie mix and stir in chewy sweet raisins and chopped walnuts or almonds. Simple to do, and really hits the spot for summer afternoon refreshments.



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*Take It From Me*

By GRETCHEN  
Each year this department receives request for recipes for jams and jellies using pectin. Each woman has her favorite type, liquid or powdered. Here are recipes, they appear in the folders that comes with the packages but even the best cooks lose recipes and so we publish them for all to see:

**STRAWBERRY MARMALADE**

- 3 cups prepared fruit (1 orange, 1 lemon, and about 1 qt. ripe strawberries)
- 4 cups sugar
- 1 box Sure-Jell powdered fruit pectin

Remove skins and half of white portion 1 medium-sized orange and 1 medium-sized lemon. Quarter. Slice remaining rind very fine. Add 3/4 cup water and 1/16 teaspoon soda; bring to a boil and simmer, covered, for 10 minutes, stirring occasionally. Cut off tight skin of peeled fruit and slip pulp out of each section. Add pulp and juice to undrained cooked rind and simmer, covered, 15 minutes longer. Crush thoroughly about 1 quart fully ripe strawberries. Combine fruit and measure 3 cups into a large saucepan.

Measure sugar and set aside. Add powdered fruit pectin to fruit in saucepan and mix well.

Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam with metal spoon. Then stir and skim by turns for 7 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover marmalade at once with 1/2 inch hot paraffin. Makes 7 glasses.

**STRAWBERRY JAM**

- 3 3/4 cups prepared fruit
- 1/4 cup lemon juice
- 7 cups sugar
- 1/4 bottle Certo liquid fruit pectin

Crush completely, one layer at a time, about 2 quarts fully ripe strawberries. Measure 3 3/4 cups into a very large saucepan. Squeeze the juice from 2 medium-sized lemons. Measure 1/4 cup into saucepan with fruit. Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat and stir in liquid fruit pectin. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with 1/2 inch hot paraffin. Makes 10 medium glasses.



Strawberry season means the beginning of jamming and jelly-making days in most households. Here we've pictured the makings for both types of spread.

**COFFEE & CREAM PANCAKES**

Measure 2 cups pancake ready-mix into mixing bowl. Combine 1 cup strong cold coffee with 1 cup heavy cream or undiluted evaporated milk. Add liquids slowly to the ready-mix. Brown on a hot greased griddle until pancakes are a golden-brown underneath and bubbles on top have set. Turn and brown on other side. Makes 6 servings.

**HONEY ORANGE SAUCE**

Blend honey into one cup orange juice to sweeten to taste. Add two tablespoons grated orange peel. Blend well. This is an excellent sauce to serve on waffles, hot cakes and French Toast as well as on short cake.

Use a wooden spoon for stirring a food in an enamel saucepan; metal spoons leave marks that have to be scoured.

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