The Statesman Food SECTION

Ice Cream Desserts for Many Meals

You'll keep cool in more ways than one by serving ice cream for dessert, often. Ice cream contributes substantially toward a nice cool kitchen, a cool, collected homemaker, and a real cool dessert.

Homemakers like to serve ice cream often because it saves on meal preparation time. Budget-minded cooks appreciate ice cream's moderate cost — and there is no waste to this delicious dairy food.

Best of all, ice cream is as good for you as it is good to eat. It contains the same food value as milk, though in different amounts. Weight-watchers will rejoice at ice cream's low calorie contribution—a medium scoop of ice cream contains only 129 calories. However, calories were not counted when these delectable ice cream desserts were created. Everyone has their ice cream favorites — but we think you'll enjoy these flavorful quick tricks with ice cream.

Ice Cream Party Cake

1 angel food cake
1 pint strawberry ice cream
½ pint whipping cream
Fresh or frozen strawberries

Be sure to buy the round angel food cake with the hole in the center. Slice ½ inch of cake away from the inner rim of angel food cake. Whip cream. Pack ice cream into center of cake. Frost quickly with whipped cream. Hold in freezer until ready to serve. Serve with fresh sweetened or thawed frozen strawberries.

Chocolate Charlotte

1 8-inch sponge cake layer
3 tablespoons orange juice
1 pint chocolate ice cream
½ cup whipping cream

Slice sponge cake crosswise into ¼ inch slices. Line bottom and sides of refrigerator ice tray. Sprinkle with orange juice. Spread with ½ pint of chocolate ice cream. Top with remaining cake, sherry, and another layer of ice cream. Freeze until firm. Serve sliced with whipped cream.

Quick Biscuit Tortoni

1 quart vanilla ice cream
½ cup macaroon crumbs
2 tablespoons diced candied cherries
¾ cup chopped salted almonds
½ teaspoon rum flavoring

Combine ice cream and rum flavoring. Add crumbs, cherries and salted almonds. Place in refrigerator freezing tray, or in paper souffle cups. Freeze.

Pineapple Orange Parfait

To 1 6-ounce can thawed orange juice, add 1 7-ounce can crushed pineapple. In glasses place alternate layers of pineapple, orange sauce, and vanilla ice cream.

Sandwich Loaf Is Party Food

A sandwich loaf is always pretty and wonderful in flavor. Here is one for your next nice party.

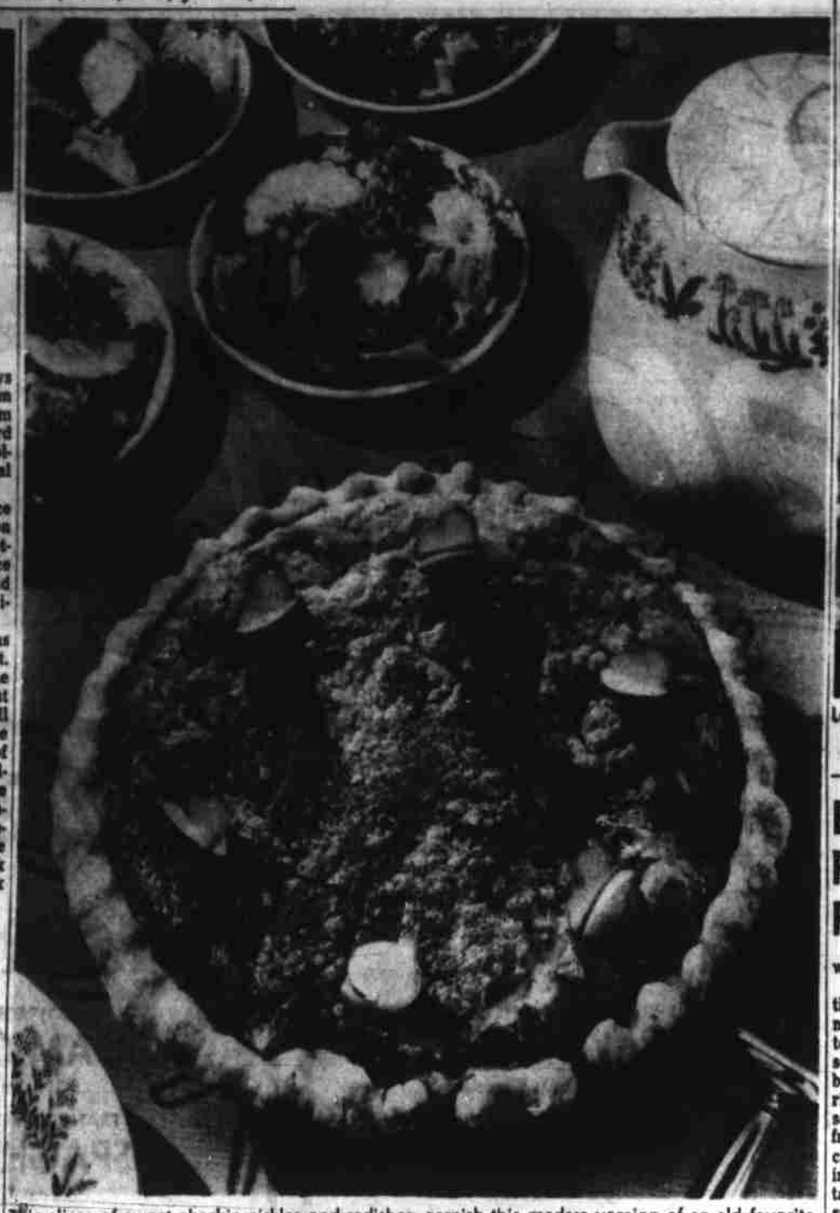
Surprise Loaf

1 loaf sandwich bread
Mayonnaise dressing
1½ cups chopped raw cabbage
½ cup shredded lettuce
2 cups cheese relish
1 pimiento, chopped
¼ pound cream cheese
½ pound yellow or snappy cheese
Seasonings

Remove crust from bread and slice lengthwise in thirds. Place one slice of bread on a platter and spread with mayonnaise, then with the cabbage, lettuce and pimiento which have been mixed with enough mayonnaise dressing to moisten. Cover this second slice of bread which has been spread with mayonnaise. Spread over the cheese relish and cover with the third slice. Mash cream cheese, press yellow cheese through sieve or grate it—and mix together with enough thin cream to make a soft spreading consistency, and spread on top slice. Season with salt, pepper and paprika.

TO RIPEN

Sprinkle cubes of boneless lamb shoulder with grated onion, minced garlic and oregano. Let stand for a couple of hours before threading on skewers and broiling.



Thin slices of sweet gherkin pickles and radishes garnish this modern version of an old favorite, Quiche Lorraine, a main dish pie. The standard recipe takes Swiss cheese, eggs, bacon and milk and dates back 500 years. Pickles appear in this modern version. Accompanying are a green salad and coffee.

Pickles Give Piquancy To Favorite French Recipe

When guests are expected for Sunday night supper, a menu featuring something a bit different is in order. The French, considered masters of culinary arts, have given us a pie that's a melting delight of flavorful Swiss cheese-bacon and smooth custard baked in a rich pastry. The following recipe omits the bacon but has piquant sweet pickles to add texture intrest and accent the cheese flavor. You might also try this pie for party luncheons, it's sure to please.

PICKLE QUICHE LORRAINE

½-pound Swiss cheese, thinly sliced
½ cup finely chopped sweet gherkins
1 9-inch unbaked pastry shell
4 eggs, beaten
1 tablespoon all-purpose flour
½ teaspoon salt
Dash cayenne
1 tablespoon melted butter or margarine
2 cups light cream
Radish and sweet gherkin slices

Arrange cheese and chopped gherkins in pastry shell. Combine eggs, flour, salt, cayenne, butter or margarine and cream; beat well. Pour over cheese and pickles. Bake in moderate oven (375°) 40-50 minutes or until knife inserted in center comes out clean. Garnish with radish and gherkin slices. Makes 6 servings.

Here is another suggestion for using pickles in a luncheon main dish:

FISH DINNER WITH PICKLE HOLLANDAISE SAUCE

2 9-ounce packages frozen fish dinners
2 egg yolks
3 tablespoons dill pickle liquid
1 cup sour cream
½ teaspoon salt
½ teaspoon paprika
½ cup chopped dill pickles

Prepare fish according to package directions.

Meanwhile, combine egg yolks, pickle liquid, sour cream, salt and paprika; beat well. Cook over hot, not boiling, water until thickened, stirring occasionally. Fold in pickles. Serve with fish dinners. Makes 6 servings.

Quick Cookies For Snack Use

Ginger snaps are a good summertime cookie to include in the regular supply for snacks. Here is a recipe to try:

GINGER SNAPS

1 cup shortening
1 cup sugar
2 eggs
½ cup molasses
Nuts if desired
4½ cups flour
3 teaspoons ginger
1 teaspoon soda
1 teaspoon salt

Mix in order given. Mold into small size rolls. Wrap with waxed paper and place in refrigerator and use as desired. Bake 400—8 to 10 minutes.

Tender Custard Berry Topped

Two favorites-strawberries and rice custard - team up for a fresh-tasting dessert. It's delicately simple for the young fry, interestingly flavored for the adults, and definitely right for ending a Spring dinner.

Fresh, bottled milk, is the liquid mixed with egg yolks and rice to make this smooth, tender baked custard. After the custard is baked, let it cool before topping with tender meringue and fresh strawberries for the final truch.

Strawberry Meringue Custard

3 egg yolks
6 tablespoons sugar
¼ teaspoon salt
1 teaspoon lemon rind
½ teaspoon nutmeg
2½ cups scalded milk
½ cup cooked rice
3 egg whites
2 tablespoons sugar
½ cup strawberries

Start oven 350 F. Beat egg yolks until bubbly. Beat in sugar, salt, lemon rind, and nutmeg. Stir in milk and rice. Pour into four individual baking cups. Set in pan of warm water. Bake 35 - 40 minutes. Remove from oven. Cool. When ready to serve, beat egg whites until stiff. Gradually beat in sugar, tablespoon at a time. Put spoonful of meringue on top of each custard. Wash; hull; and cut strawberries in half. Top meringue with strawberries. Makes 4 servings.

Lovely dabs of delicately browned meringue top this modern-day version of an old-fashioned dessert, Baked Riced Pudding. The quick cooking rice speeds up the cooking, because that's what the modern housewife wants.

Baked Rice Pudding Still Popular Dish

with 2 col cut lovely dabs

Baked Rice Pudding is an old-time favorite that is, happily, renewing its popularity with the contemporary homemaker. Wholesomely, richly concocted of milk, butter, sugar, egg and, of course, rice,—this pudding is perfectly deserving of its status of family friend. Dressed up as it is in this case with dabs of golden meringue, the pudding pictured is certainly attractive enough to serve special company, too.

When packaged pre-cooked rice is used, the preparation time is cut drastically. Perhaps one reason why the good old-time dishes are being revived is that ways of making them with modern packaged ingredients are being devised constantly. This means that the present-day woman can relish the tasty delicacies of a generation ago, yet with the use of modern, processed ingredients can make them with the ease, rapidity and assured success that her grandmother never knew.

Baked Rice Pudding

1 egg yolk, slightly beaten
2¾ cups milk
⅔ cup packaged pre-cooked rice
¼ cup sugar
¼ teaspoon salt
1 tablespoon butter
⅛ teaspoon nutmeg
¾ teaspoon vanilla
1 egg white
2 tablespoons sugar

Mix egg yolk and ¼ cup of the milk in saucepan. Add packaged pre-cooked rice, ¼ cup sugar, salt, and remaining milk. Mix just to moisten all rice. Bring to a boil, cover, and simmer gently 10 minutes. Remove from heat and add butter and nutmeg. Turn into greased 1-quart baking dish and bake in slow oven (350 degrees F.) 20 minutes, stirring once after 10 minutes. Remove from oven, add vanilla, blend.

Beat egg white until foamy throughout; add 2 tablespoons sugar, 1 tablespoon at a time, and continue beating with egg beater until mixture will stand in soft peaks. Drop by spoonfuls on top of pudding. Return to oven and bake at 400 degrees F. until meringue is lightly browned (about 5 mintes). Makes 5 servings.

SPANISH FOOD

We often think of Spanish cooking as very hot, and featuring tamales and dishes seasoned with red pepper. This is not true, one of the popular Spanish dishes is mounds of saffron-tinted rice with such foods as sausages, shrimps, peas, nuts and tomatoes added.

However, we offer today a different dish, which is typically Spanish and which includes bananas, and fish. Serve it with plain rice, and to be really Spanish off the meal with frothy chocolate into which some powdered cinnamon has been stirred.

Baked Fish Senorita

2 pounds fish (any fish)
Butter
Oil
Salt and pepper
Dried mix herbs
2 tablespoons tomato puree
2 tablespoons oil
2 teaspoons sugar
2 tablespoons water
2 bananas

Split fish, lay in buttered baking dish and brush with oil. Sprinkle with salt and pepper and herbs. Add tomato puree, 2 tablespoons oil, the sugar and water. Spread this on the fish. Peel, split and arrange bananas in dish. Bake at 300 degrees for half hour, spooning the juice over meat and bananas occasionally.

Peanut Flavor For New Cookie

Just about everyone likes the taste of peanut butter. When it blends with other ingredients to make these superb Peanut Butter Cookies, it tastes better than ever. Don't forget the other favorite—the taste of coffee! Just-made cups of the piping hot brew are perfection with these crisp morsels.

Peanut Butter Cookies

¼ cup shortening
¼ cup butter or margarine
½ cup sugar
½ cup brown sugar, firmly packed
1 egg
½ cup peanut butter
¼ teaspoon vanilla
1½ cups sifted flour
1 teaspoon baking soda
¾ teaspoon salt

Cream shortening and butter together until light and fluffy. Add sugar gradually, while continuing to cream. Add egg and beat well. Beat in peanut butter and vanilla. Mix and sift flour, baking soda and salt. Add gradually, while beating. Roll dough into balls about 1-inch in diameter. Flatten by pressing with tip of teaspoon, to make indentations. Bake in hot oven, 400 deg., 10 to 12 minutes. Makes about 4 dozen cookies.

EASY PIE

Three-inch circles of baked pastry (heated) are placed over servings of creamed chicken to which cooked peas and carrots have been added.

Pickle Dunks In Variety

Dips and dunks are snacks with many virtues . . . popular with guests, easy to prepare and even more easily served. Give guests a choice of dippers . . . pretzels, potato chips, crackers, vegetable sticks and bits of sea food with any one or all of these good-tasting pickle mixtures.

Sea Food Pickle Dunk

1 cup sour cream
1 tablespoon prepared horseradish
½ teaspoon salt
½ cup finely chopped dill pickles

Combine all ingredients; mix well. Serve as a dip for shrimp or lobster, as desired.

(Makes about 1½ cups dunk)

Avocado Pickle Dip

1 medium-sized avocado, peeled and mashed
1 tablespoon French dressing
1 teaspoon finely chopped onion
¼ cup sweet pickle relish
4 slices crisp cooked bacon, crumbled
Mayonnaise
Dash salt

(Makes about 1 cup dip)

Pickle Anchovy Dunk

1 3-ounce pacake cream cheese, softened
2 tablespoons sour cream
1 2-ounce can schovies, drained and finely chopped
½ cup chopped sweet mixed pickles
1 teaspoon chopped chives

Combine cheese and sour cream; mix well. Add anchovies, pickles and chives; mix thoroughly. Serve as dunk for potato chips or pretzels, as desired.

(Makes about 1 cup dunk)

Cooking Hints For Day's Meals

When sieved cottage cheese is called for in a recipe, prepare it the easy way. Use a food mixer or rotary beater to whip the cottage cheese to very fine particles.

Sour cream makes a delicious topping for fruits. Add confectioner's sugar, a little lemon juice and grated lemon rind to taste. This is good served over strawberry shortcake, too.

A note for the hospitable hostess: Market research polls have indicated people enjoy drinking milk as a beverage with their meals and coffee with dessert.