

Avocado Dip

- ¾ cup sliced avocado (about 1 medium-size)
- 1 tablespoon lime juice
- 1 teaspoon grated onion
- ¼ teaspoon seasoned salt
- 6 drops Tabasco
- ¼ cup cream
- 3 oz. (1 pkg.) cream cheese, softened

1. Blend together the avocado, lime juice, onion, seasoned salt, and Tabasco. Set mixture aside.
2. Add cream gradually to cream cheese, blending until smooth. Blend in the avocado mixture. Chill in refrigerator.
3. When ready to serve, accompany with strips of assorted fresh vegetables, potato chips, or crackers. About 1½ cups dip

Lemon Custard Balls



- 1 cup undiluted evaporated milk
- 3 egg yolks
- ½ cup sugar
- 1 teaspoon grated lemon peel (grated through colored part only; white is bitter)
- ½ cup lemon juice
- 3 egg whites
- ½ cup chopped toasted nuts

1. Set refrigerator control at coldest operating temperature. Chill evaporated milk in refrigerator until icy cold. Put a bowl, rotary beater, and refrigerator tray in refrigerator to chill.

2. Put egg yolks in top of double boiler; beat slightly. Stir in the sugar and lemon juice. Cook over simmering water until mixture thickens, stirring constantly. Set aside to cool.

3. Stir in the grated lemon peel.

4. Beat egg whites until rounded peaks are formed. Spread the cooled lemon mixture over the egg whites and fold together.

5. Using the chilled bowl and beater, beat the evaporated milk until very stiff. Gently fold in egg-white mixture. Pour at once into refrigerator tray. Set in freezing compartment of refrigerator, and freeze until firm.

6. Form lemon custard balls with a 1¼-in. scoop. (Rinse each time in hot water.) After forming each ball, roll immediately in the chopped nuts. Place balls in shallow refrigerator tray and freeze until serving time.

About 14 Lemon Custard Balls

Choco-Lemon Balls

Follow recipe for Lemon Custard Balls. Substitute ½ cup chocolate-wafer crumbs (about 10 wafers) for the nuts. If desired, the wafer crumbs and nuts may be combined and the balls rolled in the mixture.

MELANIE DE PROFT, Director, Culinary Arts Institute

Family
Weekly
Cookbook

Chocolate Cupcakes



- ½ cup milk
- 2 to 2½ sqs. (2 to 2½ oz.) unsweetened chocolate
- 1 egg, slightly beaten
- ¼ cup sugar
- 1½ cups sifted cake flour
- 1¼ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter
- 1 teaspoon vanilla extract
- 1 cup sugar
- 2 eggs, well beaten (until thick and piled softly)
- ½ cup thick sour cream

1. Line 24 2¼-in. muffin-pan wells with paper baking cups, or grease bottoms of wells. Set aside.

2. Combine milk and chocolate in top of double boiler. Set over simmering water until milk is scalded and chocolate is melted. Stir until well blended.

3. Vigorously stir about 3 tablespoons of the hot milk mixture into the slightly beaten egg; immediately blend into mixture in double boiler. Cook 2 to 3 min., stirring constantly. Add ¼ cup sugar and

stir until sugar is completely dissolved.

4. Cook over simmering water about 5 min., stirring constantly. Remove from water and set aside to cool.

5. Sift together the flour, baking powder, baking soda, and salt. Set aside.

6. Cream together the butter and vanilla extract until butter is softened. Add the 1 cup sugar gradually, creaming until fluffy after each addition.

7. Add beaten eggs in thirds, beating thoroughly after each addition. Blend in the chocolate mixture.

8. Beating only until smooth after each addition, alternately add dry ingredients in fourths, sour cream in thirds to creamed mixture. Finally, beat only until smooth (do not overbeat). Spoon mixture into muffin-pan wells, filling each a half to two-thirds full. (Fill any empty wells half full with water.)

9. Bake at 350°F 20 to 25 min., or until cake tester or wooden pick comes out clean when inserted in center of cake, or until cake surface springs back when lightly touched.

10. Remove from oven. Cool 10 min. in pans on cooling racks. Remove cakes from pans; cool completely. About 24 cupcakes

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