

# Ah! Delicious Peach Brown Betty..



## Rice Main Dish With Salmon

You have a sure-fire applause getter with this Salmon and Rice Main Dish. Every bite is just that much better than the bite before because the salmon is creamed together with a perfect combination of ingredients to produce luscious flavor. The salmon in contrast with the rice makes a main dish which comes out first in any popularity poll.

- Salmon-Rice Dish**  
**Ingredients**  
 4 tablespoons butter or margarine  
 1/4 cup chopped green pepper  
 2 tablespoons grated onion  
 3 tablespoons flour  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1 cup milk  
 2 chopped whole canned pimientos  
 1 16-ounce can salmon and juice  
 3 cups hot cooked rice

**Method**  
 In a 2-quart saucepan, melt the butter or margarine. Add the chopped green pepper and grated onion and cook until the green pepper is tender. Blend in the flour. Add the salt and pepper. Slowly stir in the milk and blend and cook until thickened. Add the pimientos and the salmon. Heat thoroughly. Serve over the hot cooked rice. This recipe makes 6 generous servings.

### Breakfast Bowl

Bring on a breakfast salad bowl for your family come the next morning meal. You might even use a big wooden or pottery salad bowl complete with serving spoon and fork to serve the combination. Just mix together different kinds of ready-to-eat cereal; it's a good way to use up small amounts of cereal. Then have the "dressing" of cold milk handy.

## Countless Variations Possible From One Basic Parfait Recipe; Try These



Parfait Time—Reading left to right we have Butterscotch Chocolate Parfait, Maple Walnut Parfait, Chocolate Graham Parfait and Melba Crunch Parfait; all so easy to make, so good to look at.

By ZOLA VINCENT (Food Writer)

Countless and delectable are the dessert variations of our "basic" parfait recipe. It requires only some nabisco cookies, a half pint of whipping cream and some fruit or fruit or berry sauce—plus an egg white if desired for extending the cream. This smooth, rich dessert is quickly made and then combined right in whatever individual glass serving dishes you have on hand. We picture four combinations and give you ways of making these and others.

**Basic Parfait Recipe**  
 1/2 pint (1 cup) whipping cream  
 1 1/2 cups nabisco cookie crumbs  
 1 cup, more or less, fruit or fruit sauce

\*If whipping cream cost seems high and you'd like to increase this inexpensively beat 1 egg white stiff and gradually beat in 2 tablespoons sugar. Then fold into whipped cream. Whip cream just stiff enough to hold shape. Flavor with vanilla and sugar if desired. To combine ingredients, select 6 individual glass dessert, sherbet or parfait dishes. Into each put alternate layers of nabisco cookie crumbs, whipped cream and fruit or fruit or berry sauce. Top each with more cookie crumbs, fruit, nuts or other garnish. Let stand in refrigerator to chill until ready to use.

**Butterscotch Chocolate Parfait**  
 Whip 1 cup heavy cream un-

til stiff; flavor with vanilla. Use egg white and sugar as indicated above if you wish, folding it into the whipped cream. In 6 glasses, alternate layers of chocolate wafer crumbs made from 19 chocolate wafers (1 1/2 cups crumbs, 1 cup canned butterscotch sauce and the cream mixture. Garnish with chocolate cookie crumbs.

**Maple Walnut Parfait**  
 Follow above recipe, using maple syrup for the sauce and 19 vanilla cookies for the crumbs. Garnish with walnut meats. Chill in glasses in refrigerator.

**Chocolate Graham Parfait**  
 Follow above recipe, using chocolate syrup for the sauce and 18 graham crackers for the crumbs. Garnish with chocolate pieces. Chill in glasses.

**Melba Crunch Parfait**  
 Follow above recipe using raspberry syrup for the sauce and 18 butter flavored cookies for the crumbs. Garnish with raspberry sauce.

**Ginger-Ambrosia Parfait**  
 Put 2 bananas sliced lengthwise in 1/4 cup orange juice. Whip 1 cup heavy cream until stiff; flavor with vanilla. Arrange banana slices upright inside of 6 parfait glasses. Alternate layers of crumbs made from 21 or so old fashion ginger snaps, 1/4 cup shredded coconut and cream mixture. Garnish with banana slices rolled in cookie crumbs.

### For Sundaes

Next time you make ice cream sundaes reverse the procedure. Top the fruit with the ice cream instead of putting fruit over ice cream. Chill flavorful canned cling peach halves very thoroughly. At serving time, heap your favorite ice cream into each peach cup. Sprinkle with chopped walnuts or almonds and your family's best-liked dessert is ready.

Fresh fruit betties never go out of style. They are a satisfying combination of bread crumbs, a generous quantity of fresh fruit sweetened to taste with white or brown sugar, and a hint of spice. No wonder they are as popular with each new generation as they were with this generation's great-grandparents. Peaches make a particularly good betty, especially when their flavor is emphasized

**A Favorite Dessert**—Fruit and soft bread crumbs are the foundation of a good Brown Betty. This one uses peaches and a garnish of fluffy cream cheese.

with a dash of lemon juice. Some folks prefer white sugar with peaches, while others like the caramel-like taste of brown sugar with this beautiful fruit. Next to being generous with fruit in a betty, the most important success trick is to make sure the bread crumbs are generously coated with margarine or butter. This helps give this popular dessert a pleasant fluffy texture. It is this lightness that makes its flavor seem extra good. Also, the margarine helps make the crumbs brown to toasty gold. Fresh, soft crumbs are best for Peach Betty. Since most bakery bread is too soft to be crumbed when entirely fresh, day-old or two-day-old bread gives best results. The traditional way to serve

cheese  
 Toss crumbs with margarine or butter until crumbs look moist. Sprinkle one-third of the crumbs over bottom of 1 1/2 quart baking dish, or into 6 individual bakers. Cover with half the peaches. Mix sugar, nutmeg, cinnamon and lemon rind. Sprinkle half this mixture over peaches. Cover fruit with one-third the crumbs, then remaining peaches and sugar mixture. Mix lemon juice with water and drizzle over fruit in dish. Sprinkle with remaining crumbs. Cover and bake in moderate oven (375 degrees F.) 1/2 hour. Uncover and continue baking 1/4 hour, or until peaches are done. Serve warm, with whipped cream cheese. To prepare whipped cream cheese let it stand at room temperature until soft. Mash slightly and add 2 or 3 tablespoons milk or water. Beat with fork or spoon until creamy.

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