

Pineapple Salad Dressing

GOOD FOR
FREEZING



This salad dressing may be frozen before or after the whipped cream is added.

Set out

1 1/2 cups pineapple juice
Sift together into top of a double boiler
1/2 cup sugar
1 tablespoon cornstarch
1/4 teaspoon salt

Stir in 1/2 cup of the pineapple juice. Stirring gently and constantly, bring mixture rapidly to boiling over direct heat and cook for 3 min.

Set over simmering water. Vigorously stir about 3 tablespoons of hot mixture into 2 egg yolks, slightly beaten

Immediately blend into mixture in double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove double boiler from heat.

Beat until frothy

2 egg whites
Add gradually, beating well after each addition

2 tablespoons sugar

Beat until rounded peaks are formed. Gently blend egg whites into mixture in top of double boiler.

Heat the remaining 1 cup pineapple juice to lukewarm. Stirring constantly, gradually add to egg-white mixture.

Cook over simmering water until thick and smooth, stirring constantly (about 10 min.). Add and stir until melted

2 tablespoons butter

Remove from heat and set aside to cool. Set in refrigerator to chill.

Meanwhile, set a bowl and rotary beater in refrigerator to chill.

When pineapple mixture is chilled, using the chilled bowl and beater, beat until cream is of medium consistency (piles softly)

3/4 cup chilled whipping cream

Gently fold whipped cream into pineapple mixture. About 4 cups dressing

Family Weekly



COOKBOOK

MELANIE DE PROFT, Director
Culinary Arts Institute

Gourmet Chipped Beef in Croustades

GOOD FOR
FREEZING



Freeze this mixture only 2 to 3 weeks.

For Croustades—Set out a baking sheet.

Cut into crosswise slices 1 1/4 to 2 in. thick
1 loaf dry, unsliced bread

Remove crusts and cut each slice into halves. Cut out centers 1/4 to 1/2 in. from edge, leaving 1/4 to 1/2 in. at bottom. Brush shells inside and out with

Melted butter or margarine

Place on baking sheet.

Put into 325°F oven for 12 to 20 min., or until lightly browned and crisp.

Keep in oven with heat turned off.

For Creamed Chipped Beef—Cut into coarse shreds with scissors and set aside
5 oz. chipped beef (about 2 cups, shredded)

Heat in a saucepan over low heat
3 tablespoons butter or margarine

Blend in

3 tablespoons flour

3/4 teaspoon dry mustard

Few grains pepper

Heat until mixture bubbles, stirring constantly. Remove from heat. Add gradually, stirring in

1 1/4 cups milk

Cook rapidly, stirring constantly, until sauce thickens. Remove from heat. Stirring vigorously, add in very small amounts

1 cup thick sour cream

Stir in the shredded beef. Cook 2 or 3 min. longer, or until thoroughly heated, stirring constantly. Do not boil. Just before removing from heat, stir in

1/4 cup sliced pitted ripe or green olives

To serve, spoon the creamed chipped beef into the croustades. About 6 servings

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