

Honor the Bride-to-Be

Create a distinctive shower menu featuring one or more of these appropriate recipes with your own favorites...or the happy guest-of-honor's!

Rock Lobster à la Crème

Set out

3 medium-size frozen rock-lobster tails

To Cook Frozen Rock-Lobster Tails—Bring to boiling in a heavy sauce pot or kettle

1½ qts. water

1½ teaspoons salt

Add frozen or thawed rock-lobster tails to kettle. Cover; bring water again to boiling, reduce heat, and simmer 1 min. longer than individual weight in ounces. (For example, cook a 6-oz. rock-lobster tail 7 min.) Add 2 min. to total cooking time if frozen tails were not thawed before cooking.

Drain tails; cover with cold water and drain again. Using scissors or a sharp knife, cut through thin shell on underside of each tail. Insert fingers under meat and carefully pull it out. Cool meat; chill in refrigerator. Cut into pieces.

For Rock Lobster à la Crème—Melt in a saucepan over low heat

3 tablespoons butter or margarine

Blend in

3 tablespoons flour

½ teaspoon salt

½ teaspoon Accent

½ teaspoon pepper

Heat until mixture bubbles, stirring constantly. Add gradually, stirring in

1½ cups milk

Cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer. Set aside.

Have ready

1 cup finely chopped mushrooms

2 tablespoons minced onion

Heat in a large skillet

3 tablespoons butter or margarine

Add the mushrooms and onion and cook over medium heat until mushrooms are tender and lightly browned and onion is transparent. Occasionally move and turn mixture with a spoon. Remove from heat.

Mix together

½ cup heavy cream

1 tablespoon lemon juice

1 teaspoon finely chopped parsley

¼ teaspoon Worcestershire sauce

and a mixture of

½ teaspoon dry mustard

½ teaspoon salt

½ teaspoon cayenne pepper

Add to mushroom-onion mixture. Cook over low heat until thoroughly heated, moving and turning mixture gently with a spoon. Allow to simmer gently for several minutes. Blend in the white sauce and rock-lobster meat. Reheat just before serving.

Serve with fluffy cooked rice tossed lightly with chopped parsley. Garnish with avocado slices and pimiento.

○ 6 servings



Pineapple Cake



For party elegance and extra rich pineapple flavor, fill and frost cake with whipped cream into which well-drained crushed pineapple has been lightly folded. Or, substitute pineapple juice for the liquid in a seven-minute icing or a butter-cream frosting. Choose ice cream to harmonize with the party color scheme and the delicate flavor of the cake.

Grease bottoms only of two 9-in. round layer-cake pans. Line with waxed paper cut to fit bottoms; grease waxed paper.

Sift together and set aside

3 cups sifted cake flour

2 teaspoons baking powder

½ teaspoon baking soda

½ teaspoon salt

Mix together and set aside

1 cup unsweetened pineapple juice

2 teaspoons lemon juice

Set out

1 cup sugar

Cream until softened

1 cup butter or margarine

Add gradually, creaming until fluffy after each addition, ½ cup of the sugar. Add in thirds, beating thoroughly after each addition

4 egg yolks, well beaten (until thick and lemon-colored)

Beating only until smooth after each addition, alternately add dry ingredients in fourths, fruit-juice mixture in thirds to creamed mixture. Finally, beat only until smooth (do not overbeat).

Using a clean beater, beat until frothy

4 egg whites

Add gradually, beating well after each addition, the remaining ½ cup of sugar. Continue beating until rounded peaks are formed and egg whites do not slide when bowl is partially inverted. Spread beaten egg whites over batter and gently fold together. Turn batter into pans, spreading to edges.

Bake at 350°F 25 to 30 min., or until a cake tester or wooden pick comes out clean when inserted in center of a layer, or until cake surface springs back when lightly touched at center.

When layers test done, remove from oven. Cool 10 min. in pans on cooling racks.

To remove layer from pan after cooling, run spatula gently around sides of pan. Cover with cooling rack. Invert and remove pan. Immediately peel off waxed paper and turn cake layer top side up. Cool cake layers completely.

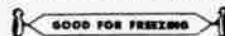
Fill and frost sides and top of cake. Cut into wedge-shaped pieces, and place on cake plate with the pointed end of the slices toward the outside, forming a star (as in photo).

If desired, reserve about ½ cup frosting to tint and use for decorating cake by forcing frosting through a pastry bag and a No. 27 decorating tube.

Just before serving, fill the center with ice cream or Frozen Lemon Custard.

One 9-in. round layer cake

Frozen Lemon Custard



Here's the frozen dessert to complement the pineapple cake with pineapple whipped-cream filling.

Chill in freezing compartment of refrigerator until icy cold

1 cup undiluted evaporated milk

Set refrigerator control at coldest operating temperature. Set a bowl, rotary beater, and a 1-qt. refrigerator tray in refrigerator to chill.

Beat slightly in top of a double boiler

3 egg yolks

Stir in

½ cup sugar

¼ cup lemon juice

Cook over simmering water until mixture thickens, stirring constantly. Cool.

Stir in

1 teaspoon grated lemon peel (grated through colored part only; white part is bitter)

Beat until rounded peaks are formed

3 egg whites

Spread the cooled lemon mixture over the egg whites and gently fold together.

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

1 qt. frozen custard