

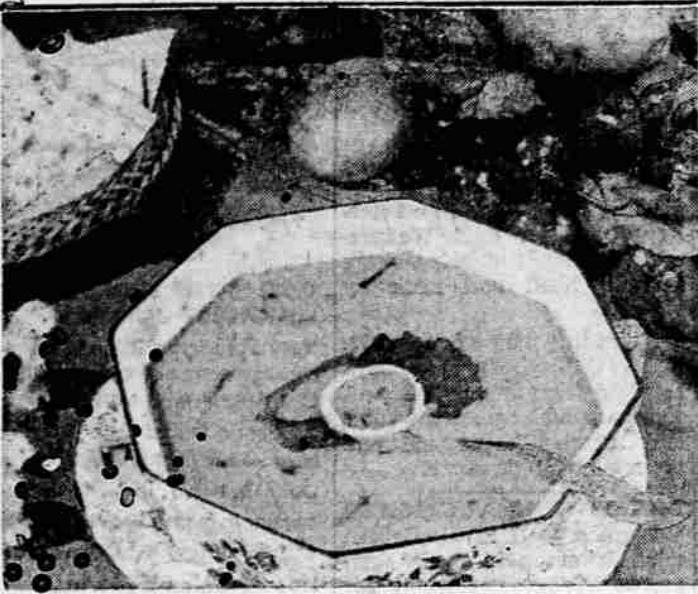
They'll Do It Every Time

By Jimmy Hatlo



Feeding the Family

By ZOLA VINCENT
Food Editor



FOOD CUT
CHILLED SOUP—Keep cool with chilled soup—the perfect prelude to a party and a good way to relax the family any time. Today we talk of famed vichyssoise, borscht, chilled fruit soups and soup on the rocks for summer soup excitement and cool eating—or drinking.

Chilled Vegetable and Fruit Soup
Little did Louis Diat of the Ritz realize that he was starting a soup trend when he created vichyssoise, a frosty, smooth blend of leeks, potatoes and thick rich cream so many years ago. Until recent years, chefs and home cooks alike contented themselves with creamy, snowy vichyssoise and with frothy crinson borscht as substantial cold soups.

1 soup can water
1/2 cup sour cream
Chopped parsley
Cook grated beets and resultant juice in butter over low heat a few minutes, stirring constantly. Add vinegar; cover and simmer 30 minutes. Pour in consomme and water. Stir sour cream into borscht; chill thoroughly. Garnish with parsley.

Jellied Consomme
Chilled consomme is a cold soup favorite. This amber clear broth becomes jellied and glistening after a short stay in the refrigerator. For convenience and best flavor, use condensed consomme and chill it right in the can for about four hours. It's wonderfully refreshing. Pour or spoon consomme (or other chilled soups) into frosty bowls.

Jellied Orange Soup
The golden shimmer and distinctive flavor of this jellied soup will surprise family and friends; is well worth a try. It is done with unflavored gelatine, fresh orange juice and chicken bouillon. Six servings.

Vichyssoise
Most popular of the summer cold soups is this full-bodied, smooth soup which gets a good time-saving start with condensed cream of chicken soup. Five servings. 1 1/2 cups finely chopped onion or leek.
2 tablespoons butter or margarine
1 1/2 cups thinly sliced potatoes
1 teaspoon salt
Dash black pepper
1/2 cup water
1 can condensed cream of chicken soup
1 cup light cream
1 cup milk
Mince chives
Cook onion in butter in saucepan until limp but not browned. Add potatoes, salt, pepper and water; cover and simmer gently until potatoes are very well done—about 30 minutes. Potatoes must be thoroughly cooked to make a smooth soup.
Blend potato mixture and soup thoroughly with an electric blender or rotary beater; force through a fine sieve. It may be necessary to put the puree through the sieve twice to make certain it is extra smooth. Blend in cream and milk; chill in refrigerator until cold—about four hours. Serve in chilled bowls; garnish with minced chives.

2 envelopes unflavored gelatine
2 1/4 cups chicken bouillon (use bouillon cubes)
3/2 teaspoon grated lime rind
3 tablespoons sugar
3 cups fresh orange juice
1 cup orange pulp
1/2 teaspoon salt
1/8 teaspoon black pepper
Dissolve gelatine in one-fourth cup of cooled chicken bouillon. (The bouillon can be quickly made using 2 1/4 cups boiling water and two chicken bouillon cubes.) Bring remaining bouillon to a boil. Add softened gelatine and stir until completely dissolved. Remove from heat and add lime juice, grated lime rind, sugar and orange juice. Cool.
Place in refrigerator and let cool until syrupy. Remove from refrigerator and beat with rotary beater until light and fluffy. Add salt, pepper and orange pulp. If the color is too pale, add a few drops yellow coloring. Replace in refrigerator and let set.
Break up with a fork and pile in chilled soup cups. Top with sprigs of mint. Garnish, if desired, with slice of orange or lime. Very low in calories, by the way.

Easy Borscht
Borscht or beet soup stems from the Slavic tradition which flavors are sharp and exciting. Grated beets are combined with a rich broth and sour cream to create this choice cold soup.
4 medium beets (young and fresh), grated
1 tablespoon butter or margarine
1 tablespoon vinegar
2 cans (2 1/2 cup) condensed consomme

Chilled Blueberry Soup
Blueberry season is short and most of them will be simply served cool, lightly sugared and topped with cream. But if you dare to be different, try some of them in this chilled creamy soup served in chilled dishes. Six servings.
3 cups fresh blueberries
6 cups water
2 whole cloves
1/2 inch stick cinnamon
1/2 cup sugar
1 teaspoon salt
1 lemon sliced thin
1 1/2 tablespoons flour

CONFIDENCE
Hartland, Vt.—(UPI)—Ten-year-old John Adams had so much confidence in his chess ability that when he won the Hartland Grout school championship he issued a statewide challenge to play against any other elementary school pupil.

3 tablespoons cold water
1 cup cream, whipped
1 teaspoon grated lemon rind
Combine first seven ingredients. Bring to boil and simmer for a half hour or until berries are very soft. Mix flour and water and add to berries. Simmer 10 minutes. Force through fine sieve. Chill thoroughly.

Cherry Pitting
You'll need a quick, handy tool for pitting if you're going to make full use of this delicious fruit. There are cherry pitters in the market or you can use a clean pen holder with a strong point inserted for speedy and very satisfactory action.

Soup on the Rocks
Beef broth over ice cubes, introduced two summers ago, has made many friends, continues to gain in popularity. Can be prepared in a minute, truly. Simply place two or three ice cubes or some cracked ice in a roomy glass. Punch two holes in top of a can of beef broth; pour the amber liquid straight from the can over the ice. Pre-chilled can will give a heartier-flavored drink because of slower melting ice. One 10 1/2 ounce can of beef broth will make two or three servings depending on size of glass.

Banana Milk
Probably most popular of all "shakes". Peel four ripe bananas; break in pieces and place in bowl. Beat with rotary beater until smooth. Add three cups cold milk, one-fourth cup cream and one to two teaspoons vanilla. Continue to beat until well mixed. Four generous servings.

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