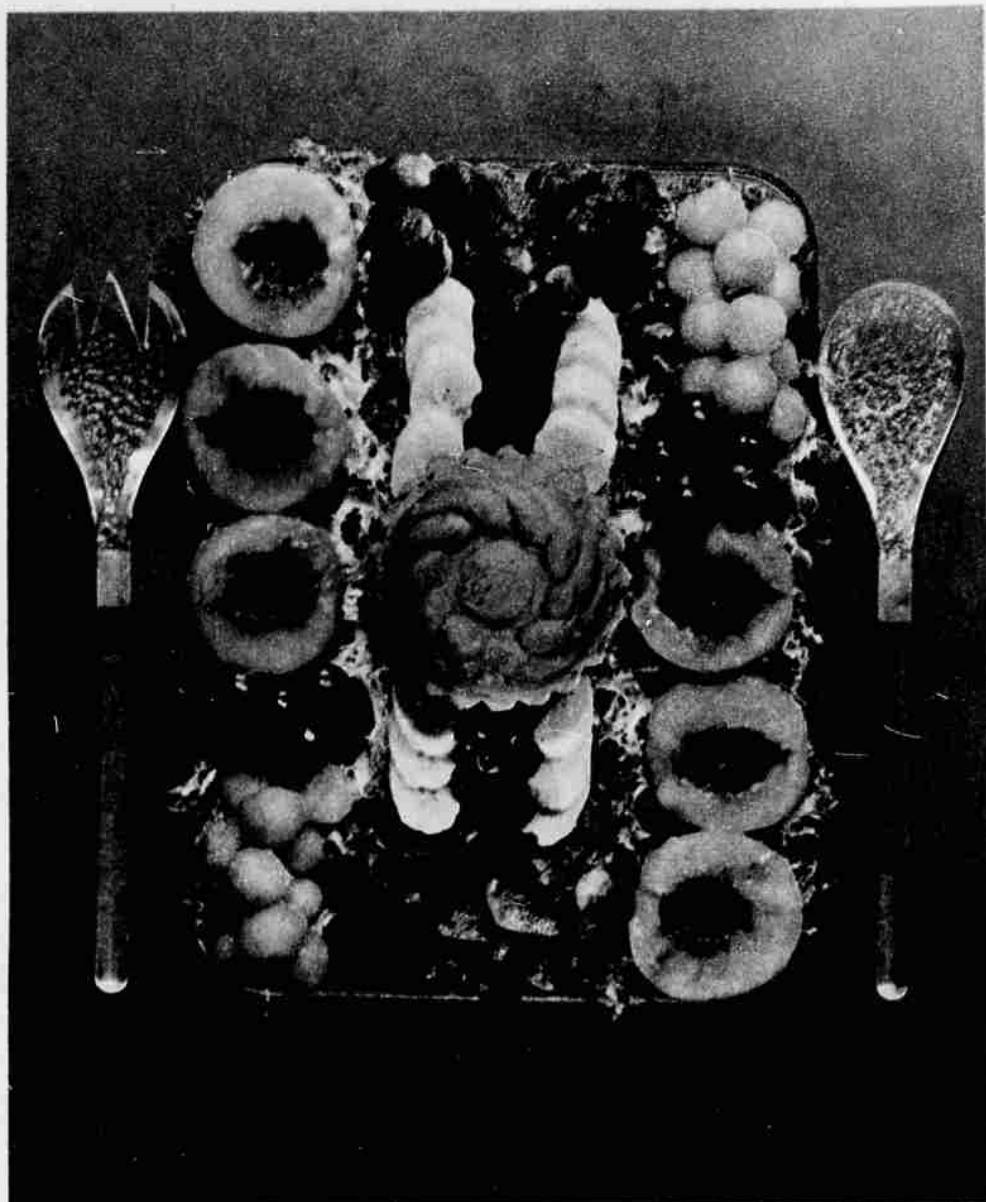


FOR WONDERFUL

MELANIE DE PROFT, Director, Culinary Arts Institute

Family
Weekly

Cookbook



Fresh Fruit Bouquet

Arrange chilled fresh fruits attractively on a plate lined with cool, crisp salad greens. Select fruits for their harmonizing flavors and colors. Top with sherbet or fruit-flavored ice cream.

Soften commercial raspberry or strawberry sherbet or ice cream, and pack firmly in a decorative mold. Freeze until firm. Unmold and transfer to center of fruit arrangement just before serving.

Fluffy Pineapple Dressing

TO PREPARE: 20 MIN.

- 1/4 cup sugar
- 2 tablespoons flour
- 1/8 teaspoon salt
- 1/2 cup unsweetened pineapple juice
- 2 tablespoons lemon juice
- 1 egg, beaten
- 1/4 cup icy cold water
- 1/4 cup nonfat dry milk
- 2 teaspoons lemon juice

1. Mix together in top of a double boiler the sugar, flour, and salt. Add pineapple juice gradually, blending in. Set over direct heat. Stirring gently and constantly, bring mixture to boiling. Cook 1 to 2 min. longer. Stir in the 2 tablespoons lemon juice. Place over simmering water.
2. Vigorously stir about 3 tablespoons of the hot mixture into the beaten egg; immediately blend into the mixture in top of double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove from heat, cool; chill.
3. Pour icy cold water into a bowl. Mix in the nonfat dry milk. Beat with a rotary

beater until mixture stands in stiff peaks when beater is slowly lifted upright. Blend in the 2 teaspoons lemon juice. Fold into the pineapple mixture.

About 1 1/2 cups dressing

Coffee Toast Strips

A pleasant and different companion to a refreshing fruit salad.

TO PREPARE: 10 MIN. TO BROIL: 2 MIN.

- 4 slices bread
- 1/4 cup melted butter
- 1/4 cup sugar
- 1/2 teaspoon concentrated soluble coffee

1. Set temperature control of range at Broil (500°F or higher).
2. Trim crusts from bread slices and cut bread into 1-in. strips. Brush all sides with melted butter.
3. Roll strips in a mixture of the sugar and coffee. Place on a baking sheet.
4. Place in broiler with tops about 4 in. from source of heat. Broil about 1 min., or until lightly browned. Turn strips and broil second side 1 min. Serve hot.

About 4 servings

Fried Chicken à la Southern Belle

TO PREPARE: 30 MIN.
TO MARINATE: 1 HR.
TO FRY: 10-13 MIN.

- 1 frying chicken, 2 1/2- to 3-lbs.
ready-to-cook weight, disjointed

- 1 1/2 cups cream
- 1 1/2 teaspoons savory
- 1 teaspoon freshly ground black pepper
- 3/4 cup flour
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon Accent
- Shortening (use part butter)

1. Mix together in a large shallow dish the cream, savory, and 1 teaspoon pepper. Add chicken pieces. Cover and set aside in a cool place to marinate 1 hr., turning pieces occasionally.

2. Remove chicken from marinade. (Marinade may be used for cream gravy.) Coat chicken with a mixture of the flour, paprika, salt, 1/4 teaspoon pepper, and Accent. Set aside on waxed paper for about 30 min.

3. Meanwhile, fill a large, heavy skillet one-half full with the fat. Heat slowly to 360°F. (If thermometer is not available, use bread-cube test: a 1-in. cube of white bread browns in 60 seconds.)

4. Fry only a few chicken pieces at one time. Fry chicken about 10 to 13 min., or until tender and brown. Turn pieces with tongs several times during cooking. Drain over fat a few seconds; remove to absorbent paper. Serve hot. Fried pieces may be piled onto a platter and kept warm in the oven. Temperature should be brought to 360°F before adding additional chicken pieces to fat. Wings may be cooked in 5 min. About 4 servings

Note: For a slightly heavier coating, coat chicken pieces with seasoned flour and let stand 30 min. Dip coated chicken pieces into 2 slightly beaten eggs; again coat with seasoned flour. Fry as directed.

Cauliflower-Spinach Sensation

CONVENIENCE FOOD RECIPE

A sophisticated cold accompaniment to Fried Chicken à la Southern Belle.

TO PREPARE: 10 MIN.

- 1 pkg. frozen cauliflower
- 1 pkg. frozen chopped spinach
- 1/2 cup chopped water cress
- 2 tablespoons chopped parsley
- 1/2 teaspoon tarragon, crushed
- 1/2 cup mayonnaise
- 1/2 cup heavy cream, whipped

1. Cook cauliflower according to directions on package. Drain and cool.
2. Cook spinach according to directions on package. Stir in the water cress, parsley, and tarragon. Cook 1 min. longer.
3. Drain spinach mixture thoroughly and force through a food mill or sieve.
4. Blend together the mayonnaise and whipped cream. Mix with sieved spinach and cauliflower; chill. About 4 servings

Lima Beans with Water Chestnuts

CONVENIENCE FOOD RECIPE

TO PREPARE: 20 MIN.

- 1 pkg. frozen baby lima beans
- 1/2 cup sliced water chestnuts
- 1/4 cup butter or margarine
- 2 tablespoons wine vinegar
- 2 teaspoons dill seed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon Accent

1. Cook lima beans according to directions on package. Drain and combine with water chestnuts.

2. Heat thoroughly in a small saucepan or skillet the butter, vinegar, dill seed, salt, pepper, and Accent. Pour over the vegetables; toss lightly to coat.

About 4 servings

A \$10 PRIZE-WINNING RECIPE
from a FAMILY WEEKLY reader
Mary Alice List, Carbondale, Ill.



Torte-Pie Temptation

CONVENIENCE FOOD RECIPE

TO PREPARE: 20 MIN. TO BAKE: 35 MIN.

- 20 round scalloped crackers, finely crushed (about 1 cup)
- 3/4 cup (about 3 oz.) chopped pecans
- 4 egg whites
- 1 cup sugar
- 1 teaspoon vanilla extract

1. Thoroughly grease a 9-in. pie pan.
2. Beat egg whites until frothy. Add

sugar gradually, beating well after each addition. Continue beating until stiff peaks are formed and egg whites do not slide when bowl is partially inverted. Blend in the vanilla extract. Gently fold in the cracker crumbs and pecans. Turn mixture into prepared pie pan and spread evenly.

3. Bake at 325°F about 35 min., or until lightly browned. Serve with whipped cream. About 6 servings