

Orange Baked Pears

CONVENIENCE  FOOD RECIPE

TO PREPARE: 20 MIN. TO BAKE: 30 MIN.

- 1 No. 2 1/2 can pear halves, drained (reserve sirup)
- 1 tablespoon butter or margarine
- 1/2 cup orange zwieback crumbs (about 4 slices)
- 3 tablespoons light brown sugar
- 1/2 teaspoon grated orange peel (grated through colored part only; white is bitter)
- Few grains mace
- Few grains salt

1. Set out an 8x8x2-in. baking dish.
2. Melt the butter in a small saucepan. Remove from heat and mix in the crumbs, brown sugar, orange peel, mace, and salt.
3. Arrange pear halves, cut-side up, in the baking dish. Fill hollows of pears with crumb mixture. Pour 1/2 cup of the reserved pear sirup around pears. Cover with aluminum foil.
4. Bake at 350°F 15 min. Remove cover and bake 15 min. longer, or until crumbs are browned. Serve warm with **Plantation Orange Sauce**. About 8 servings

Plantation Orange Sauce

TO PREPARE: 10 MIN. TO CHILL: 30 MIN.

- 3 oz. (1 pkg.) cream cheese, softened
- 2 tablespoons cream
- 1/4 teaspoon grated orange peel (grated through colored part only; white is bitter)
- 1 tablespoon orange juice
- 4 teaspoons confectioners' sugar

Blend cream cheese with the cream in a bowl. Stir in the orange peel, orange juice, and sugar. Chill in the refrigerator about 30 min. About 1/2 cup sauce

Molded Avocado-Grapefruit Salad

TO PREPARE: 35 MIN. TO CHILL: 3 HRS.

- 1 pkg. lemon-flavored gelatin
- 1 1/2 cups very hot water
- 1/2 cup grapefruit juice
- 1/4 teaspoon salt
- 1 cup grapefruit sections*
- 2 small avocados

1. Empty gelatin into a bowl. Add the hot water and stir until gelatin is completely dissolved. Blend in the grapefruit juice and salt.

2. Chill in refrigerator or over ice and water until mixture is slightly thicker than consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.

3. Lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); drain.

4. Rinse, peel, and cut avocados into halves; remove and discard pits. Dice avocados (about 1 1/2 cups).

5. When gelatin mixture is of desired consistency, mix in the grapefruit sections and avocados. Turn into the prepared mold and chill until firm.

6. To unmold, run tip of knife carefully around edge of mold. Invert onto a chilled serving plate and remove mold. (If necessary, wet a clean towel in hot water and wring it almost dry; wrap hot towel around mold for a few seconds. If mold does not loosen, repeat.) Serve with **Creamy Lemon Mayonnaise**.

About 6 servings

*To Prepare Grapefruit Sections—Cut peel from grapefruit. Remove sections by cutting on both sides of dividing membranes; work over a bowl to save the juice. Remove and discard seeds.

MELANIE DE PROFT, Director
Culinary Arts Institute

Creamy Lemon Mayonnaise

TO PREPARE: 10 MIN.

- 1 cup chilled mayonnaise
- 3 tablespoons lemon juice
- 1 teaspoon grated lemon peel (grated through color only)
- 1/2 cup chilled whipping cream
- 3 tablespoons sifted confectioners' sugar

1. Set a bowl and rotary beater in refrigerator to chill.

2. Put the mayonnaise, lemon juice, and lemon peel into a bowl; mix well.

3. Using chilled bowl and beater, beat whipping cream until peaks are formed when beater is slowly lifted upright. Beat in the sugar with final few strokes. Fold the whipped cream into the lemon mayonnaise. About 1 1/2 cups

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RECIPE:

"CAN'T FAIL-5 MINUTE FUDGE"

(Makes about 2 pounds)



Mix 1/2 cup (one small can) undiluted CARNATION EVAPORATED MILK, 1 1/2 cups sugar and 1/2 teaspoon salt in saucepan over low heat. Heat to boiling, then cook 5 minutes, stirring constantly. Remove from heat.

Add 1 1/2 cups (16 medium) diced marshmallows, 1 1/2 cups BAKER'S chocolate chips or caramel chips, 1 teaspoon vanilla and 1/2 cup chopped nuts. Stir 1-2 minutes, or until marshmallows melt. Pour into buttered 9-inch square pan. Decorate or make into roll. Or spoon into drops on waxed paper.

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MINT FUDGE: Pour chocolate fudge into buttered 9-inch square pan, then decorate with colored mints. Allow to cool and slice into squares.

FUDGE ROLL: Pour caramel fudge mixture on waxed paper. Shape into roll as fudge cools. Then roll in additional chopped nuts. Slice.