

MINTED PRUNES

TO PREPARE: 10 MIN. TO COOK: 25 MIN. TO CHILL: 8 HRS.

- 1 lb. prunes
- 2½ cups water
- ¼ cup lemon juice
- 1 3-in. stick cinnamon
- ¼ cup firmly packed brown sugar
- ¼ teaspoon mint extract

1. Rinse prunes. Put them into a saucepan with the water, lemon juice, and cinnamon. Cover and simmer about 25 min., or until prunes are just tender.
2. Remove from heat and gently mix in brown sugar and mint extract. Allow prunes to cool in the liquid. Turn them into a jar, cover tightly, and store in refrigerator at least 8 hrs. Drain prunes and remove cinnamon stick when ready to serve.

About 3½ cups prunes

LIME-GLAZED ROCK CORNISH GAME HENS

TO PREPARE: 15 MIN.

- 4 Rock Cornish game hens or small chickens, 1 to 1¼ lbs. each
- ½ cup butter, melted
- 2 tablespoons brown sugar
- 3 to 4 tablespoons lime juice
- 2 teaspoons soy sauce
- 2 teaspoons salt

1. Thaw Rock Cornish game hens according to directions on the package.
2. Blend together the melted butter, brown sugar, lime juice, and soy sauce.
3. Clean game hens, rinse, and pat dry with absorbent paper. Rub cavities with salt. Brush cavities with some of the butter mixture.
4. To close body cavities, sew or skewer and lace with cord. Fasten neck skin to backs and wings to bodies with skewers. Place game hens breast-side up on rack in a shallow roasting pan. Brush each hen with butter mixture.
5. Roast uncovered at temperature and for time given on package. While roasting, baste hens frequently with drippings from roasting pan and any remaining butter mixture. Roast until hens test done. (To test doneness, move leg gently by grasping end bone; drumstick-thigh joints move easily when hens are done.) Arrange on a warm serving platter and garnish with water cress and Minted Prunes.

4 servings

RAISIN-ALMOND RICE

CONVENIENCE FOOD RECIPE

TO PREPARE: 30 MIN.

- 1½ cups (5-oz. pkg.) packaged precooked rice
- ½ cup butter or margarine
- ½ cup finely chopped onion
- 1 teaspoon seasoned salt
- 1 tablespoon wine vinegar
- ½ cup coarsely chopped dark seedless raisins
- ½ cup coarsely chopped toasted blanched almonds

1. Lightly butter six individual molds.
2. Prepare rice according to directions on package.
3. Melt butter in a skillet. Add onion and cook over medium heat until onion is transparent, occasionally moving and turning with a spoon.
4. Add onion to the rice with the seasoned salt, wine vinegar, raisins, and almonds; toss lightly to mix thoroughly. Spoon rice mixture into the mold and pack down gently with a spoon.
5. Brush six avocado rings with lemon juice; arrange on a large platter. Unmold rice onto avocado rings. Pile spiced peaches in center and place cooked, buttered asparagus between each mold. Sprinkle asparagus with sieved hard-cooked egg yolk. (See photo.)

• 30-30-30

WHIPPED SUNDAE SALAD

FROSTY, COOL, LIGHT AND LUSCIOUS! WHIPPED CREAM SMOOTH!



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RECIPE:

CARNATION WHIPPED SUNDAE SALAD

(Makes 6 servings)

- 1¾ cups (20-ounce can) pineapple chunks
- 1 cup pineapple syrup
- 1 package lemon-flavored gelatin
- 1 cup undiluted CARNATION EVAPORATED MILK
- 2 tablespoons lemon juice
- ½ cup chopped nuts
- ⅓ cup mayonnaise
- 1 cup chopped celery

Drain pineapple. Heat pineapple syrup to boiling. Pour over gelatin; stir until dissolved. Chill until thick and syrupy. Chill Carnation in refrigerator tray until ice crystals form around edge (15 to 20 minutes). Whip until stiff (about 1 minute). Add lemon juice. Whip very stiff (about 2 minutes longer). Add nuts, mayonnaise and celery to the gelatin mixture. Fold into the whipped Carnation. Alternate layers of whipped gelatin mixture and pineapple in tall glasses. Chill until firm. Garnish with romaine or head lettuce and serve.