

# Appetites Know No SEASON

As summer temperatures rise, menu planning becomes a challenge to homemakers anxious to satisfy languishing, hot-weather appetites. It's really not as difficult as it may appear what with the availability of ripe fruits and vegetables which give such a wonderfully cooling lilt to your meals. Use them in refreshing beverages, colorful salads, pretty desserts. And don't forget that highly recommended way of minimizing heat discomfort—good meal planning demands that you DO include at least one hot dish during the day.

## STUFFED EGGS MORNAY

TO PREPARE: 35 MIN.

*This recipe and a chafing dish make creamed eggs a glamorous and sophisticated affair.*

- 6 hard-cooked eggs
- 1 teaspoon lemon juice
- ½ teaspoon finely chopped onion
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 6½-oz. can crab meat (about 1½ cups)
- 1 tablespoon cream
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- ¾ cup quick chicken broth (use 1 chicken bouillon cube and ¾ cup hot water)
- ¾ cup cream
- 2 egg yolks, slightly beaten
- ½ cup (about 1½ oz.) grated Parmesan or finely cut Gruyère cheese
- 1 tablespoon butter or margarine

1. Cut the hard-cooked eggs into halves lengthwise. Remove egg yolks to a bowl and set egg whites aside. Mash egg yolks with a fork. Mix in the lemon juice, onion, and a mixture of salt and pepper.
2. Drain the crab meat; remove and discard bony tissue; separate pieces. Add crab meat to egg-yolk mixture and mix with a fork. Blend in the cream to make a thick, pastelike mixture. Spoon filling into the reserved egg whites, rounding the tops. Set aside in refrigerator.
3. *Mornay Sauce*—Heat the butter in a chafing-dish blazer over direct heat. Blend in the flour. Heat until mixture bubbles. Remove from heat and gradually add the chicken broth and cream, stirring constantly. Return to heat and bring to boiling, stirring constantly; cook 1 to 2 min. longer.
4. Remove from heat and vigorously stir about 3 tablespoons of the hot mixture into the beaten egg yolks. Immediately blend into mixture in blazer and place over simmering water. Cook 3 to 5 min., stirring to keep mixture cooking evenly. Remove from heat and cool slightly.
5. Add the cheese and 1 tablespoon butter at one time; stir until thoroughly blended. Place blazer over the pan of simmering water. Put stuffed eggs into the sauce, and spoon some sauce over them. Sprinkle with finely chopped parsley. Serve over toasted English muffins.

4 servings

*Note: Shrimp, tuna, or salmon may be substituted for the crab meat.*



*Attractively served summer fare with a striking combination of delicate colors — Melon-Duet Mold, cookies, Amber Iced Tea, and Serve-Yourself Salad Bowl.*

## AMBER ICED TEA

TO PREPARE: 10 MIN.

- 2 cups freshly drawn cold water
- 3 tablespoons loose tea or 8 prepared tea bags
- 1 lemon, sliced
- 1 lime, sliced
- ¼ cup sugar
- 2 cups freshly drawn cold water

1. Bring 2 cups water to a full, rolling boil in a saucepan. Remove from heat and immediately add the tea; stir. Let tea brew 4 min., uncovered. Stir and strain into a pitcher containing the sliced lemon and lime. Let stand 30 min.
2. Remove lemon and lime slices with a slotted spoon. Stir in sugar until dissolved. Blend in 2 cups water.
3. Pour into ice-filled glasses. Garnish with mint leaves and slices of lemon and lime.

About 1 qt.

## LEMON FRENCH DRESSING

TO PREPARE: 10 MIN.

- 1½ cups salad oil
- ½ teaspoon dry mustard
- ½ teaspoon black pepper
- 2 teaspoons minced onion
- 2 garlic cloves, cut in halves
- 2 teaspoons sugar
- 1 teaspoon salt
- ¾ cup lemon juice

1. Mix together the salad oil, mustard, pepper, onion, and garlic. Set aside for about 1 hr.
2. Remove garlic pieces. Add remaining ingredients and mix well.

About 2 cups dressing

## SERVE-YOURSELF SALAD BOWL

Put each of the following into a separate bowl: diced cooked potatoes, cooked cut green beans, julienne carrots, and deveined cooked shrimp. Pour Lemon French Dressing over each and marinate at least 1 hr., turning several times. Just before serving, toss together in a salad bowl mixed salad greens, sliced cucumbers, and sliced radishes. Drain the marinated vegetables and shrimp, reserving dressing, and arrange over salad greens (see photo). Lightly toss small onion rings with green beans. Garnish salad with radish roses. Serve with Lemon French Dressing.