

Dairy Foods Take the Stage

In June we give special recognition to the wonderful products which enrich our everyday meals



Picture Parfaits—chocolate, cinnamon-plum, and spiced orange—are cool and pretty desserts.

Picture Parfaits

Spoon alternate layers of vanilla ice cream and either chocolate, orange, or plum sauce into a parfait or a large glass. Top with whipped cream and an appropriate garnish such as chocolate curls or orange peel, if desired.

"The Perfect Food" and How to Serve It!



Put more of the delicious flavor and nutrition of dairy products into your meals through this Culinary Arts Institute cookbook. There are delectable ideas for every meal of the day and for almost every part of the meal, from appetizer to beverage to dessert.

300 HEALTHFUL DAIRY DISHES

YOURS FOR ONLY 50¢ EACH POSTPAID

TO: FAMILY WEEKLY BOOKS,
153 N. Michigan Ave., Chicago 1, Ill.

Enclosed find \$_____ for which please send me postpaid _____ copies of "300 Healthful Dairy Dishes" @ 50¢ each. (No stamps or C.O.D. orders, please; satisfaction guaranteed or money refunded.)

Name _____
Address _____
City _____ Zone _____ State _____
Print or Write Legibly

Spiced Orange Sauce

TO PREPARE AND COOK: 10 MIN.

(allow time for chilling)

- ¼ cup firmly packed light brown sugar
- 2 teaspoons cornstarch
- 1 tablespoon grated orange peel
- Few grains salt
- ½ cup orange juice
- ½ cup canned peach sirup
- 8 whole cloves
- 6 whole allspice

1. Mix brown sugar, cornstarch, orange peel, and salt together in a saucepan. Add the orange juice and peach sirup gradually, stirring constantly. Mix in the cloves and allspice.
2. Bring mixture to boiling, stirring constantly. Reduce heat, and simmer 5 min. Cool and chill. Remove and discard the cloves and allspice.

1 cup sauce

Cinnamon-Plum Sauce

TO PREPARE: 10 MIN.

(allow time for chilling)

- 1 1-lb., 13-oz. jar purple plums, drained and pitted
- 2 tablespoons sugar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon grated lemon peel

Force plums through a sieve or food mill. Blend in a mixture of the remaining ingredients. Chill thoroughly.

1½ cups sauce

Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

Semisweet Chocolate Sauce

TO PREPARE AND COOK: 15 MIN.

(allow time for chilling)

- 2 sq. (2 oz.) semisweet chocolate
- ½ cup butter
- 2 eggs (½ cup), beaten
- ½ cup sugar

1. Melt chocolate and butter together over hot water; stir occasionally.
2. Meanwhile, combine eggs and sugar in top of double boiler and cook over simmering water, stirring constantly until mixture is amber colored, about 10 min.
3. Slowly add egg mixture to chocolate mixture, stirring constantly until blended.
4. Cool, stirring occasionally, and chill.

About 1½ cups sauce

Note: For a chocolate frosting or filling, blend sifted confectioners' sugar into the sauce until of spreading consistency.

Cervelat-Shell Casserole

TO PREPARE: 30 MIN.

TO HEAT: 20 MIN.

- ½ lb. cervelat
- 4 oz. shell macaroni, cooked and drained
- 1 cup large-curd, cream-style cottage cheese
- 1 cup thick sour cream
- ½ cup finely chopped onion
- 1 clove garlic, crushed in a garlic press or minced
- 1 teaspoon Worcestershire sauce
- 1½ tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon white pepper
- 1 large avocado
- Lemon juice
- Melted butter

1. Cut two thin slices of the cervelat, then cut each slice into six wedge-shaped pieces; set aside for garnish. Cut remaining sausage into cubes and set aside.
2. While macaroni is cooking, mix the next five ingredients together; sprinkle with a mixture of the flour, salt, and pepper.
3. Blend cooked macaroni and cubed cervelat with the cottage cheese mixture.
4. Cut avocado lengthwise in half and remove pit. Cut four thin lengthwise slices from avocado. Cut remaining avocado into balls with a melon-ball cutter. Sprinkle all the fruit with lemon juice to prevent discoloration.
5. Lightly toss avocado balls with the macaroni mixture. Turn into a buttered 1½-qt. shallow baking dish. Form an "X" of overlapping cervelat pieces on top; lightly press pieces into the mixture. Arrange two avocado slices on each side. Brush the garnish with melted butter.
6. Set in a 350°F oven about 20 min., or until thoroughly heated.

6 to 8 servings

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