

Luncheon Buffet à la Femme



This help-yourself salad of shrimp and avocado, previously marinated in a fine-flavored dressing, is delicious and easy to prepare.

Shrimp and Avocado Salad

TO PREPARE: 20 MIN.

(allow time for chilling)

- 1 cup wine vinegar
- 1/2 cup water
- 1/2 cup lemon juice
- 1 cup salad oil
- 1/4 cup chopped parsley
- 2 cloves garlic, crushed in a garlic press or minced
- 1 tablespoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon sugar
- 1 teaspoon dry mustard
- 1 teaspoon thyme, crushed
- 1 teaspoon oregano, crushed
- 2 lbs. large shrimp, cooked, peeled, and deveined
- 3 small onions, sliced
- 1/2 cup chopped green pepper
- 2 ripe avocados, peeled and sliced

1. For marinade, combine first six ingredients and a mixture of the next six ingredients in a bowl or a screw-top jar; blend thoroughly.
2. Put shrimp, onion slices, and green pepper into a large, shallow dish. Pour marinade over all, cover, and refrigerate 8 hrs. or overnight.
3. About 1 hr. before serving, put avocado slices into a bowl. Pour enough marinade from shrimp over the avocado to cover completely.
4. To serve, remove avocado slices and shrimp from marinade and arrange on crisp lettuce in a large serving bowl. *About 8 servings*

Artichokes in Mushroom Cream

TO PREPARE AND COOK FILLING: ABOUT 25 MIN.

- 2 9-oz. pkgs. frozen artichoke hearts
- 1/4 cup butter
- 4 oz. mushrooms, coarsely chopped
- 2 tablespoons finely chopped onion
- 2 1/2 tablespoons flour
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon ground nutmeg
- 1/2 cup chicken broth (use 1 chicken bouillon cube and 1/4 cup water)
- 1/2 cup cream
- 2 egg yolks, slightly beaten
- 2 tablespoons snipped parsley
- 1/2 teaspoon capers
- 8 patty shells

1. Cook artichoke hearts according to package directions, substituting seasoned salt for salt. Drain and set aside.
2. Meanwhile, heat butter in a double-boiler top; add mushrooms and onion and cook, stirring occasionally, until mushrooms are lightly browned.
3. Blend in a mixture of the next four ingredients. Heat until bubbly. Remove from heat and gradually add the broth and cream, stirring constantly; bring sauce to boiling and cook 1 to 2 min. longer, stirring constantly.
4. Remove from heat and vigorously stir about 3 tablespoons of the mixture into the egg yolks. Immediately return to the double boiler. Cook over simmering water 3 to 5 min., stirring slowly to cook evenly.
5. Mix in artichoke hearts, parsley, and capers. Heat thoroughly.
6. Spoon mixture into warm patty shells. Replace patty shell tops or garnish with a tiny fancy shape cut from a crimson cinnamon apple or a grenadine pear. Serve immediately.

8 servings

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