

# Feeding the Family

By ZOLA VINCENT  
Food Editor



**FESTIVE SALAD**—This festive holiday salad combines the green of avocados with citrus fruit juices flecked with the red of sweet peppers or pimiento. It's all done with gelatin in any favored mold offered on your fanciest snow white plate with appropriate decorations. The recipe is included in today's food column.

### Eggnog Synonymous With Holiday Hospitality

Time was in Merric Old England, when eggnog was served only before breakfast and again before dinner on Christmas. Now it is served at any hour throughout the holiday season and beginning right now. Many homes maintain "open house" with relays of ladders presiding at the eggnog bowl. Teen-age sons and daughters love to give eggnog parties. The younger-than-teenagers will rejoice in a special set-up on a separate table.

A cut glass or silver punch bowl is very handsome but eggnog tastes just as good from your very biggest mixing bowl, appropriately decorated. Or perhaps you have a prized soup tureen? Now is good time to show it off. Otherwise, a pitcher for pouring is perfectly fine. Small glasses however are desirable and can be bought if necessary at the nearest ten cent store.

**Dairy Eggnog.** Local dairies feature smooth, creamy eggnog in quart containers from now until New Year's; the skilled blending of quality ingredients ready for serving "as is" — for combining with carbonated beverages for the younger generation, perhaps with "spirits" for some of the older generation. If your dairy products are home delivered, put your order in ahead of time to insure availability. Otherwise you can pick it up anytime at dairy department in local markets.

For informal entertaining, the buffet or any convenient table is fine. For formal entertaining, the dining room of course is specially decorated.

### Simple Accompaniments.

Eggnog is rich and flavor-packed. The usual canapes are definitely out, so resist temptation. Positively no dips, dunks or fancy tidbits. Thin slices of fruit cake or an assortment of holiday cookies and salted nuts are traditional and adequate. Spoons in the nut dishes, please. Coffee and tea are usually also available on a nearby table.

**Favored Spirits.** Jamaica rum and brandy, proportions usually one rum to four brandy are favored by southerners though there are many in this part of the country who prefer the addition of bourbon. Among wines, sherry is the favored eggnog mixer.

**Eggnog Toppings.** A sprinkling of freshly ground or freshly bought ground nutmeg is traditional topping though some like a fleck of cinnamon or mace. This may be hostess-sprinkled or a shaker or grater handy invites guests to top to taste. Glamour topping is achieved by sieving pulp of fresh pomogranate to extract the juice; float a spoonful of juice on each drink and spend evening explaining magic.

**Cheery Cherry Garnishes.** Maraschino cherries come in both red and green, (the red come with stems also) giving color, taste and texture drama to many holiday goodies. Glace'd cherries glisten. Alternate red and green maraschino cherries in ice tray compartments. Fill with water, ginger ale or other liquid. Use when frozen for flavoring and garnishing beverages.

Decorate holiday cookies with red and green glaze cherries. Use cookie cutters to shape cookies. Use cherries as bright buttons for gingerbread men, red noses for reindeer, centers for stars, lights for Christmas tree cookies and cakes.

Give children's milk or eggnog holiday touch with a bit of red maraschino cherry juice and a red stem cherry stuck through a red and white striped straw.

Dip red stem cherries in chocolate, marzipan or other candy mixture.

Use as decoration or filling

for any sweet bread, coffee cake, petit fours or cupcakes.

### Christmas Salad

The popularity of molded salads in our area probably exceeds that of any other part of the country. They can be made so attractively, so easily and with such a flair for color, design as well as flavor. We've dreamed up a holiday special that features the green of avocado and the red of sweet pepper (or pimiento) combined with citrus fruit juices in a mold with unflavored gelatine for 8 to 10 servings.

1/2 large red sweet pepper or 1 canned pimiento  
3 envelopes unflavored gelatine  
1/4 cup fresh grapefruit juice

1 1/2 cups hot water  
1/2 cup sugar  
1/4 teaspoon salt  
3/4 cup fresh lemon juice  
1 cup fresh orange juice  
2 cups avocado puree (about 2 ripe avocados)

If you use the fresh red sweet pepper, cook it in boiling water to cover for five minutes or so until it is tender, yet firm; remove from water and cover with cold water and let stand until pepper is cold. Drain off water and pat pepper dry. Whether you use fresh red pepper or a canned pimiento, place it on a board, glossy side next to board and cut out a star or other holiday design with cookie cutter or by hand. Place on center of the bottom of an oiled six cup star-shaped (or other

mold, glossy side down. Set aside until gelatine mixture is prepared.

Soften gelatine in grapefruit juice; add hot water, sugar and salt. Stir until dissolved. Blend in lemon and orange juices. Pour just enough of this mixture into the previously prepared mold to cover the red pepper star. Chill until firm.

Refrigerate the remaining gelatine until it begins to thicken. Fold in avocado puree. Add some of the red pepper or pimiento trimmings, finely chopped if you like. Fill salad mold; chill until firm and ready to serve. Just before serving, turn out a serving plate. Garnish in any desired way. Serve with mayonnaise or dairy sour cream, if desired. A tiny bit

of green food flavoring in the dressing if you like.

### Orange and Pecans

**In Shortbread**  
Shortbread is the specialty of many home bakers who pride themselves on good things at the holiday season. This shortbread has orange marmalade filling, meringue topping. Makes eight servings.

1/2 cup butter  
1/2 cup sugar  
2 egg yolks  
1 teaspoon vanilla  
1 1/4 cups all purpose flour  
1/4 teaspoon soda  
1/4 teaspoon salt  
1 cup orange marmalade  
1 cup chopped pecans  
2 egg whites — beaten stiff but not dry  
1 tablespoon sugar  
Pecan halves

Cream butter and sugar until fluffy. Add egg yolks and vanilla and beat well. Sift dry ingredients together and mix thoroughly, then add to butter mixture. Press into bottom and sides of nine-inch pie pan. Spread marmalade on shortbread to form a layer of filling. Sprinkle chopped pecans over marmalade. Spread beaten egg whites over nuts and marmalade. Arrange pecan halves on top. Sprinkle sugar over topping. Bake in moderate oven, 350 degrees, 30 minutes.

### Cheese Mixes

California wine is the making of these quick party snacks — certain to get talked about. All you need are five-ounce jars of cheese spreads and two tablespoons California wine, as follows:

Port wine blended with cheddar cheese spread;

Sherry with American-type cheese spread;

Sauterne with pimiento spread;

Burgundy with roquefort cheese spread.

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