

PARTY THEMES



Creations accentuating the tantalizing flavors of Japan (from top, clockwise): Ocha-Coconut Mousse, Duckling à la Gourmet with Sauce Orientale, Fish in Coconut-Mushroom Sauce, White Peach Dessert, and Creamy Mandarin Orange Salad.

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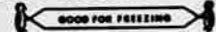
For: FAMILY WEEKLY BOOKS, 153 N. Michigan Ave., Chicago 1, Ill.

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Ocha-Coconut Mousse



It is the green tea that makes the difference!

- 1 cup packaged grated coconut
- 3 cups milk
- ½ cup sugar
- 1 tablespoon (1 env.) unflavored gelatin
- ¼ cup light corn sirup
- 10 bags Japanese green tea (about ¼ cup tea)
- Few drops green food coloring
- Few drops yellow food coloring
- 1 cup chilled whipping cream, whipped
- 1 11-oz. can Mandarin oranges, drained and chilled

1. Heat coconut and milk to boiling in a saucepan. Remove from heat and blend in a mixture of the sugar and gelatin, stirring until gelatin is dissolved. Blend in the corn sirup.
2. Add tea bags (or loose tea tied in a cheese-cloth bag) and allow to steep 5 min. Press liquid from tea bags and discard bags. Stir in food coloring. Cool.
3. Chill mixture until slightly thicker than the consistency of thick, unbeaten egg white. If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir frequently.
4. Beat gelatin mixture until light and foamy. Fold in whipped cream.
5. Pour into a 1-qt. bombe mold and freeze until firm, about 8 hrs. or overnight.
6. Unmold onto a chilled plate and garnish with the orange sections and mint leaves.

6 to 8 servings

Duckling à la Gourmet with Sauce Orientale

- 1 4- to 5-lb. duckling, cut in quarters
- 1 egg, slightly beaten
- ½ cup packaged grated coconut
- ¼ cup flour
- 1½ teaspoons salt
- ½ teaspoon black pepper

Sauce Orientale (see recipe)

1. Prick the skin of the duckling with a fork.
2. Place skin-side up on a rack in a shallow roasting pan.
3. Roast in a 400°F oven for 1 hr. Remove fat from pan.
4. Brush duckling with the egg. Sprinkle a mixture of the coconut, flour, salt, and pepper over the duckling.
5. Return to oven and continue to roast for 15 min., basting once with the drippings.
6. Serve with the sauce. 4 servings

Here are suggestions for inspiring dishes, Japanese in character but with a blending of the American. Any selection (or several) is worthy of providing the theme for an exotic Oriental party.

Sauce Orientale

- 1½ tablespoons cornstarch
- 1 11-oz. can Mandarin oranges, drained (reserve sirup)
- ½ cup maple sirup
- 2 tablespoons lemon juice
- 2 tablespoons dark seedless raisins
- 1 tablespoon butter

1. Combine cornstarch, sirup from oranges, maple sirup, and lemon juice in a saucepan; stir until smooth. Add raisins.
2. Bring to boiling over medium heat, stirring constantly; boil 3 min.
3. Stir in butter and oranges. Bring to boiling, reduce heat, and simmer for 2 min.
4. Serve hot with the roast duckling.

About 1½ cups sauce

Fish in Coconut-Mushroom Sauce

- 1 3½-oz. can flaked coconut
- 1½ cups water
- 1 2-oz. pkg. dried Japanese mushrooms
- 1 lb. sole or other fish filets
- 1 egg, slightly beaten
- ½ cup cornstarch
- Shortening
- 2 teaspoons cornstarch
- 1 scallion, sliced
- ¼ cup sugar
- ½ teaspoon salt
- 1 to 1½ tablespoons lemon juice
- 1½ teaspoons Japanese soy sauce (shoyu)

1. Combine coconut and water in a saucepan; bring to boiling. Strain, pressing coconut to extract liquid; reserve liquid and ½ cup coconut for garnish.
2. Soak mushrooms according to package directions until softened. Reserve liquid and 8 or 9 mushrooms for garnish. Slice enough of the remaining mushrooms to measure ¼ cup.
3. Dip filets into egg, then into the ½ cup cornstarch, coating all sides. Heat enough shortening to cover the bottom of a large skillet. Add filets and cook about 2 min. on each side, or until lightly browned and fish flakes easily when tested with a fork. Arrange filets on a heated platter and set aside in a warm place.
4. Blend 2 tablespoons of the mushroom liquid into the 2 teaspoons cornstarch until smooth. Add with the sliced mushrooms and last five ingredients to the coconut liquid in a saucepan. Bring rapidly to boiling, stirring constantly, and cook until slightly thickened, about 3 min.
5. Spoon sauce over fish and garnish with toasted coconut and reserved mushrooms, heated in some of the reserved liquid. 3 to 4 servings

Toasted Coconut—Heat 1 tablespoon butter in a skillet; add the ½ cup drained coconut and heat until lightly browned, stirring occasionally.

White Peach Dessert

- 1 3-oz. pkg. strawberry-flavored gelatin
- 2 tablespoons sugar
- Few grains salt
- 1 cup boiling water
- 1 15-oz. can Japanese white peach halves, drained (reserve sirup)
- ¼ teaspoon almond extract

1. Mix gelatin, sugar, and salt together in a bowl; add boiling water and stir until gelatin is completely dissolved.
2. Add enough water to the reserved peach sirup to make 1 cup; stir with the extract into gelatin.
3. Rinse four individual molds with cold water. Place a peach half, cut-side up, into each. Add about ½ cup gelatin to each mold. Chill until firm, about 2 hrs.
4. Unmold onto chilled serving plates and garnish each mold with a ring of sliced white peaches. 4 servings

Creamy Mandarin Orange Salad

- 1 3-oz. pkg. lemon-flavored gelatin
- 1 cup boiling water
- 1 11-oz. can Mandarin oranges, drained (reserve sirup)
- ¼ cup mayonnaise
- ½ cup diced celery
- ¼ cup thin onion rings

1. Lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); set aside to drain.
2. Pour boiling water over the gelatin and stir until gelatin is completely dissolved.
3. Add enough water to reserved sirup to equal 1 cup. Stir into gelatin.
4. Blend a small amount of the gelatin mixture into the mayonnaise, then add to the remaining gelatin mixture and blend well.
5. Chill until mixture begins to gel (becomes slightly thicker). If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir mixture frequently.
6. Mix in the remaining ingredients. Spoon into the mold and chill until firm, about 3 hrs.
7. To serve, unmold onto a chilled serving plate and garnish with salad greens and additional Mandarin orange sections, if desired. About 6 servings

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