

# CUISINE

# IN KEEPING WITH

# Elegance

Family Weekly Cookbook • MELANIE DE PROFT, Food Editor

## Limon con Cocado

(allow 24 hrs. for lemon shells to stand in water)

- 8 medium-sized lemons (reserve  $\frac{1}{4}$  teaspoon peel grated from ends)
- 2 cups sugar
- $\frac{1}{2}$  teaspoon ground cinnamon or 2 cinnamon sticks
- 2  $\frac{3}{4}$ -oz. cans flaked coconut

1. Cut a slice from pointed end of each lemon to allow for a 1-in. opening. Trim off opposite ends of lemons so that shells will stand upright.
2. Carefully scoop and strain only enough pulp from lemons to yield 3 tablespoons lemon juice. Combine lemon juice and the grated lemon peel, cover, and refrigerate until ready to use the following day.
3. Put lemons into a large saucepan. Cover with cold water, bring to boiling, and simmer 5 min.; drain. Repeat process twice. Rinse and drain. Cover lemons with cold water, cover saucepan, and set aside for 24 hrs.
4. Drain; cover with water; bring to boiling and simmer 15 min., or until lemons are tender. Drain, cool, and carefully remove the remaining pulp and membrane. Rinse thoroughly and invert to drain completely.
5. Heat 1 cup water and the sugar together in the saucepan, stirring until sugar is dissolved. Bring to boiling, add the lemon shells, and simmer 10 min., moving and turning shells frequently. Remove from heat and allow shells to stand in sirup 5 or 10 min. Transfer shells to a shallow serving dish.
6. Add 1 cup water, the cinnamon, and the reserved lemon peel and juice to the sirup. Bring to boiling and boil 15 min.
7. Meanwhile, stuff lemon shells with the coconut. Pour sirup over the lemons. Set in refrigerator to cool about 1 hr. before serving.

8 servings

Note: This dessert may be prepared a day in advance of serving and stored in refrigerator. If desired, bring to room temperature.

## Miniatures Florentine

Float these vivid green cutouts on individual servings of hot bouillon or consommé.

- 1 egg, well beaten
- $\frac{1}{4}$  cup finely chopped fresh spinach
- 1 tablespoon finely chopped unblanched almonds
- $\frac{1}{4}$  clove garlic, minced
- $\frac{1}{4}$  teaspoon salt
- Few grains black pepper

1. Mix all ingredients thoroughly in a bowl.
2. Meanwhile, heat a griddle or heavy skillet until moderately hot.
3. Lightly butter the griddle. Spoon the batter onto it, spreading to make a round about 7 in. in diameter. Bake until lightly browned, about 3 min.; turn and brown second side.
4. Using hors d'oeuvre cutters ( $\frac{1}{2}$  in. in diameter), cut out shapes from the griddlecake. Serve a spoonful in each serving of soup.

## Standing Rib Roast of Beef

Place roast, fat side up, on a rack in a shallow roasting pan. Roast uncovered at 300°F, allowing 18 to 20 min. per pound for rare, 22 to 25 min. per pound for medium, and 27 to 30 min. per pound for well-done meat. Let roast stand 20 to 30 min. before serving; this allows meat to absorb its juices and become easier to carve.

Gravy—Remove meat from roasting pan. Leaving brown residue in pan, pour off drippings into a 2-cup measuring cup. Skim fat from drippings, returning 3 tablespoons to pan for gravy. Blend in 3 tablespoons flour,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{8}$  teaspoon black pepper. Heat until mixture bubbles, stirring constantly. Remove from heat and stir in 2 cups liquid (reserved drippings, water, or beef broth). Return to heat; bring rapidly to boiling, stirring constantly; boil 1 to 2 min.

About 2 cups



La Fonda del Sol, the famous "South-of-the-Border" New York restaurant, is now featuring this unusual dessert, Limon con Cocado, on its luncheon menu. The recipe was created by one of its food consultants, Elena Zelayeta, well-known Mexican food connoisseur and writer of cookbooks. Elena, though blind, is an expert at creative cookery.

In the foreground, served with the delightfully sweet-tart dessert, is a candied petal-cut lemon shell filled with a long-time specialty of La Fonda del Sol—Nieve de Naranja-Coco or Orange-Coconut Ice Cream.

## Potatoes with Pimiento-Onion Butter

- 3 lbs. small potatoes, cooked, peeled, and cut in halves
- 3 tablespoons beef broth
- $1\frac{1}{2}$  tablespoons instant minced onion
- $\frac{1}{2}$  cup butter or margarine
- 2 tablespoons chopped pimiento

1. Add broth to onion; let stand a few minutes.
2. Melt butter in a small skillet; add onion and cook over low heat about 3 min. Add pimiento and pour over hot potatoes. Garnish with small sprigs of parsley and serve immediately.

8 to 10 servings

## Creamy Curried Green Beans

- 2 9-oz. pkgs. frozen cut green beans, partially thawed
- $\frac{1}{4}$  cup butter or margarine
- 2 tablespoons water
- 1 teaspoon salt
- $\frac{1}{16}$  teaspoon black pepper
- 1 cup dairy sour cream, heated
- $\frac{1}{2}$  to 1 teaspoon curry powder

1. Combine the first five ingredients in a saucepan. Cover tightly and bring to steaming over medium heat; reduce heat and cook until beans are tender, 10 to 15 min.

2. Blend curry powder into sour cream. Toss beans with sour cream until well coated. Serve hot, sprinkled with additional curry powder, if desired.

About 8 servings

## Asparagus Spears with Crunch

- 2 lbs. asparagus spears, cooked
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup coarsely crushed crackers (thin triangle-shaped crackers, wheat wafers, or sesame wafers)

1. While asparagus is cooking, lightly brown butter over low heat, stirring occasionally. Mix in the coarsely crushed crackers.

2. Arrange cooked asparagus on a heated serving platter; salt lightly. Top with the buttered crumb mixture. Serve hot.

About 8 servings

## Butter Semmels

- 1 pkg. active dry yeast
- $\frac{1}{4}$  cup warm water, 110°F to 115°F (Or if using compressed yeast, soften 1 cake in  $\frac{1}{4}$  cup lukewarm water, 80°F to 85°F.)
- $\frac{1}{2}$  cup warm mashed potato (unseasoned)
- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  cup sugar
- $1\frac{1}{2}$  teaspoons salt
- 2 cups milk, scalded
- 8 to 8 $\frac{1}{2}$  cups flour
- 2 eggs, well beaten
- Melted butter
- Poppy seed or toasted sesame seed

1. Soften yeast in water in a bowl; let stand 5 to 10 min.
2. Beat in a mixture of mashed potato and  $\frac{1}{2}$  cup sugar. Cover with waxed paper and a towel; let stand in a warm place (about 80°F) until doubled and light and bubbly, about 1 $\frac{1}{2}$  hrs.
3. Put butter, remaining  $\frac{1}{2}$  cup sugar, and salt

into a large bowl. Add scalded milk and stir until butter is melted; cool to lukewarm.

4. Add 1 cup of the flour and beat until smooth. Beat in the eggs and then the yeast mixture. Add remaining flour gradually, beating in enough to form a soft dough. Turn onto a well-floured surface and knead until dough is smooth, about 6 min.

5. Place in a greased bowl; turn dough to bring greased surface to top. Cover; let rise in a warm place until doubled, about 1 $\frac{1}{2}$  hrs.

6. Punch down dough. Using about one-fourth of the dough at a time, put onto a lightly floured surface and shape as desired into braids, snails, crescents, or twists.

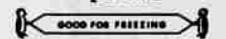
7. To shape dough into braids, roll out portion of dough  $\frac{1}{4}$  in. thick. Cut into 3x $\frac{3}{4}$ -in. strips. With hands, roll and stretch each strip. Braid three strips together, tuck ends under and place on greased baking sheet. Proceed, using remaining strips.

8. Brush with melted butter and sprinkle with sesame or poppy seed. Cover; let rise in a warm place until doubled, about 1 hr.

9. Bake at 400°F 8 min., or until delicately browned.

About 6 doz. rolls

## Imperials



- $\frac{1}{4}$  cup unsalted butter
- $\frac{1}{4}$  cup sugar
- 4 egg yolks, well beaten
- 1 cup sifted flour
- Confectioners' sugar

1. Cream butter; add sugar gradually, creaming until fluffy. Add egg yolks in thirds, beating thoroughly after each addition.

2. Add flour in halves, mixing until blended. Refrigerate dough until thoroughly chilled, about 2 hrs.

3. Shape dough into  $\frac{3}{4}$ -in. balls. Place about 2 in. apart on ungreased cookie sheets. Flatten with a glass dipped in confectioners' sugar.

4. Bake at 350°F 8 min., or until edges are lightly browned. Remove cookies to cooling racks and cool completely.

About 6 doz. cookies

## ENTERTAINING SIX OR EIGHT

### Bring On the Guests!

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