

# SUMMER

Family Weekly Cookbook



## Lemon Punch

Combine 1 cup sugar and 1 cup water in a saucepan; stir over low heat until sugar is dissolved. Increase heat and bring to boiling; boil 10 min. Cool and chill. Pour into a chilled large pitcher. Blend in 2 teaspoons grated lemon peel, ¼ cup strained, chilled lemon juice, and 1 qt. chilled ginger ale. Float lemon slices on punch, if desired. To serve, pour punch into punch cups over small scoops of lemon sherbet.

About 12 servings

## Strawberry Cooler

Force 4 cups ripe strawberries through a fine sieve. Blend in ½ cup grenadine and ½ cup lemon juice; chill thoroughly. When ready to serve, stir in 2 cups chilled ginger ale, then pour into tall glasses over finely crushed ice. Garnish glasses with a slice of lemon and a whole strawberry (see photo).

About 6 servings



## SUNDAY NIGHT SUPPERS

### Time-Saving Ideas

Your chafing dish, waffle maker, broiler, and deep fryer suggest many wonderful dishes that can be cooked ahead of time or prepared in just a few minutes. This cookbook offers sumptuous recipes which utilize these modern-day helpers.

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## Peach Julep

½ cup sugar  
1 tablespoon light brown sugar  
2 tablespoons honey  
1 cup water  
2 whole cloves  
1 3-in. stick cinnamon  
1 cup coarsely chopped peaches, puréed in a blender or forced through food mill or sieve  
¼ cup lemon juice  
2 cups orange juice

1. Combine the sugars, honey, water, and spices in a saucepan; heat, stirring constantly, until sugar is completely dissolved. Cool; remove cloves and cinnamon.
2. Blend peach purée, lemon juice, and orange juice into the cooled sugar sirup. Chill.
3. Serve over cracked ice in stemmed glasses garnished with a fresh tarragon sprig, if desired.

About 12 servings

## Raspberry and Lime Swizzle

2 cups ripe red raspberries  
1 cup sugar  
1 cup lime juice  
Lemon-lime carbonated beverage  
Watermelon Sherbet (see recipe)

1. Sprinkle sugar over berries in blender container; let stand 1 hr. Blend thoroughly.
2. Add lime juice and chill at least 2 hrs. Strain through a sieve.
3. Pour ¼ cup of the raspberry sirup into each glass; add ½ cup lemon-lime carbonated beverage and stir. Top with a small scoop of Watermelon Sherbet. Garnish each glass with a thin slice of lime.

About 10 servings

**Watermelon Sherbet**—Mix 4 cups diced watermelon, ¼ cup lemon juice, 1 cup sugar, and ¼ teaspoon salt together; chill 30 min.; force through a sieve into a bowl. Soften 1 tablespoon (1 env.) unflavored gelatin in ½ cup cold water in a small saucepan. Set over low heat until dissolved, stirring constantly. Stir gelatin into watermelon mixture. Turn into refrigerator trays and freeze until firm, stirring once.

About 3 cups sherbet

## Chocolate Java

3 sq. (3 oz.) unsweetened chocolate  
3 cups double-strength coffee  
½ cup sugar  
2 cups milk  
4 egg yolks  
¼ cup sugar  
4 egg whites  
¼ cup sugar

1. Combine first three ingredients in a saucepan. Set over low heat and stir constantly until chocolate is melted. Bring rapidly to boiling, stirring constantly. Reduce heat; cook 3 min., stirring occasionally. Remove from heat.
2. Add the milk gradually, stirring constantly. Chill thoroughly.
3. Beat egg yolks and ¼ cup sugar together until very thick and lemon-colored. Gradually add the chilled chocolate mixture, blending well.
4. Beat egg whites until frothy; gradually add ¼ cup sugar, beating until rounded peaks are formed (peaks turn over slightly when beater is slowly lifted upright). Turn onto the chocolate mixture and slowly beat together until just blended. Chill.
5. Serve topped with coffee-flavored whipped cream, if desired.

About 10 servings

## Fruit Medley Punch

¼ cup sugar  
Few grains salt  
2 cups water  
1 large ripe banana, peeled and cut in pieces  
½ cup orange juice  
¼ cup lemon juice  
1 12-oz. can apricot nectar  
½ cup nonfat dry milk  
½ cup water

1. Blend sugar, salt, and 2 cups water together in a saucepan. Bring to boiling; reduce heat, and simmer 2 min. Cool; chill.
2. Put banana and orange juice in blender container; cover and blend. Add lemon juice and apricot nectar to container and blend thoroughly. Chill. Mix nonfat dry milk and ½ cup water together thoroughly; chill.
3. Just before serving, combine chilled sirup, fruit mixture, and milk in chilled pitcher and stir well.

About 6 servings



# COOLERS

MELANIE DE PROFT, Food Editor



## Spiced Tea 'n' Fruit Cooler

8 tea bags (8 rounded teaspoons tea)  
½ teaspoon ground allspice  
¼ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
4 cups boiling water  
1 pkg. pineapple-grapefruit-flavored soft-drink powder  
1 6-oz. can frozen lemonade concentrate  
1 6-oz. can cold water

1. Pour boiling water over tea bags and a mixture of the spices and let steep 5 min. Remove tea bags; cool and strain. Chill.
2. Prepare soft-drink powder as directed on package. Blend in lemonade concentrate, cold water, and chilled tea.
3. Serve over crushed ice in tall glasses.

About 12 servings



## Gingered Cantaloupe Drink

Combine 2 cups coarsely chopped ripe cantaloupe, ¼ cup lime juice, 1 cup water, ½ cup sugar, and ¼ teaspoon ground ginger in blender container; cover and blend thoroughly. Chill and serve over cracked ice.

About 8 servings

## Tangy Refresher

1½ cups water  
½ cup sugar  
1 1-in. piece crystallized ginger  
1 3-in. stick cinnamon  
6 whole cloves  
Peel from 1 lemon, rinsed and quartered  
¼ cup orange granules for instant breakfast drink  
2 tablespoons lemon juice  
1 12-oz. bottle sparkling water, chilled

1. Combine first five ingredients in a saucepan. Set over low heat and stir until sugar is dissolved. Bring to boiling; reduce heat, cover, and simmer 15 min. Remove from heat and add lemon peel; cool. Chill thoroughly. Strain.
2. Blend the orange granules, lemon juice, and sirup together. Add the sparkling water and blend. Pour over ice cubes or crushed ice in glasses.

About 6 servings

**Note:** If desired, freeze Tangy Refresher until mushy. Spoon into chilled glasses and serve with straws.



Five cooling drinks—clockwise on tray: Lemon Punch, Strawberry Cooler, Gingered Cantaloupe Drink, and Peach Julep; in the foreground: Raspberry and Lime Swizzle.