

Lure Your LABOR DAY

Trout Amandine with Pineapple

Brush 6 whole trout inside and out with lemon juice. Coat with flour. Heat 6 tablespoons butter or margarine in a large skillet. Add trout and brown on both sides. Season with salt and pepper. Meanwhile, heat 2 tablespoons butter or margarine in another skillet over low heat. Add ½ cup sliced blanched almonds and stir occasionally until golden. Sprinkle 6 canned pineapple slices with paprika. Place pineapple in skillet with almonds and brown lightly on both sides. Arrange trout on a warm serving platter and top with pineapple slices and almonds. Garnish platter with water cress sprigs and lemon wedges. *6 servings*

Bacon-Nut Corn Sticks

1 cup flour
¼ cup sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup yellow corn meal
½ cup coarsely chopped pecans
8 slices bacon, diced, pan-broiled, and drained on absorbent paper
1 egg, well beaten
1 cup buttermilk
5 tablespoons butter or margarine, melted and cooled

1. Blend the first five ingredients together. Thoroughly mix in the corn meal, nuts, and pan-broiled bacon pieces.
2. Blend the egg, buttermilk, and butter or margarine together.
3. Make a well in the center of the dry ingredients and add the liquid all at one time. Stir until dry ingredients are just moistened.
4. Spoon mixture into 12 hot, greased cornstick pan sections.
5. Bake at 425°F about 15 min., or until golden brown. *1 doz. corn sticks*



Trout Amandine with Pineapple keynotes a menu including a tossed salad and hot corn sticks.

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Family Weekly Cookbook • MELANIE DE PROFT, Food Editor

Hot Potato Salad

6 medium-sized potatoes, cooked, peeled, and cut in ¼-in. slices
12 slices bacon, diced
1½ cups chopped onion
1 cup plus 2 tablespoons cider vinegar
1½ tablespoons sugar
1½ teaspoons salt
¼ teaspoon Accent
¼ teaspoon black pepper

1. While preparing potatoes, pan-broil the bacon

in a large skillet, reserving 6 tablespoons of the drippings. Set the bacon pieces aside.

2. Return reserved drippings to skillet. Add the onion and cook until transparent, stirring occasionally. Stir in the last five ingredients and heat mixture to boiling.

3. Add the bacon to the potato slices and pour the hot dressing over all; toss lightly to coat evenly. *About 6 servings*

GUESTS with a Trout Catch

Fiesta Melon Mold

1 cup orange juice
5 teaspoons unflavored gelatin
½ cup water
¼ cup sugar
¼ cup lime juice
1½ cups watermelon juice (press pulp against sides of a fine sieve to extract juice)
¼ teaspoon salt
¼ to 1 cup cantaloupe balls
¼ to 1 cup honeydew melon balls

1. Soften gelatin in the orange juice; set aside.
2. Mix water and sugar together in a small saucepan. Bring rapidly to boiling, stirring until sugar is dissolved. Boil 3 min.
3. Remove from heat; add softened gelatin and stir until gelatin is completely dissolved. Blend in the remaining fruit juices and salt.
4. Chill gelatin until slightly thicker than the consistency of thick, unbeaten egg white.
5. Mix in the melon balls. Turn mixture into a 1½-qt. mold, which has been rinsed with cold water. Chill until firm.
6. To serve, unmold onto a chilled plate and, if desired, accompany with bowls of sweetened whipped cream and chopped salted pecans. *About 8 servings*

Lemon Sponge Cake Squares

6 egg yolks (about ½ cup)
1 teaspoon lemon extract
1 teaspoon grated lemon peel
1½ cups sugar
1½ cups sifted cake flour
1 teaspoon baking powder
½ teaspoon salt
½ cup water
6 egg whites (about ¾ cup)
½ teaspoon cream of tartar

1. Line bottom of a 13x9½x2-in. pan with waxed paper; set aside.
2. Beat egg yolks, lemon extract, and grated peel with one-third of the sugar until blended. Add remaining sugar gradually, beating thoroughly after each addition. Beat until very thick and lemon colored.
3. Sift the flour, baking powder, and salt together. Alternately add dry ingredients in fourths and water in thirds to egg yolk mixture, beating only until blended after each of the additions.
4. Using clean beater, beat egg whites until frothy; add cream of tartar and beat until stiff, but not dry, peaks are formed (peaks remain standing when beater is slowly lifted upright).

Gently fold into egg yolk-flour mixture and turn batter into pan.

5. Bake at 325°F 35 to 40 min., or until cake surface springs back when lightly touched at center. Remove from oven to cooling rack and let stand 10 min. in pan.

6. Run a knife around sides of pan to loosen cake. Turn onto cooling rack and immediately peel off waxed paper. Cool completely. Cut into squares for serving. *One 13x9-in. cake*

Lemon Sponge Layer Cake

Line the bottoms of three 9-in. round layer-cake pans with waxed paper. Follow recipe for *Lemon Sponge Cake Squares*. Divide batter equally in pans. Bake at 325°F 15 to 18 min. Fill and frost the cooled layers. *Three-layer 9-in. cake*

For Filling and Frosting: Blend fresh or frozen (thawed and well drained) raspberries with sweetened whipped cream. Spread generously between cake layers. Frost sides and top of cake with additional sweetened whipped cream and decorate with a circle of raspberries, if desired.



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