

# Culinary Attractions from the Pantry Shelf

This array of colorful dishes is prepared with canned foods—Tuna-Zucchini Italiane in Saffron Rice Ring, stirrer kabobs, Multi-Vegetable Salad, Fruit Medley Cocktail with Creamy Avocado Topping, Golden Peach-Almond Dessert, and Chilled Vegetable Platter.



## Tuna-Zucchini Italiane

- 2 1-lb. cans cut zucchini in Italian-style sauce
- 2 teaspoons cornstarch
- 1 6½-oz. can chunk-style tuna, drained and separated in pieces
- Saffron Rice Ring (see recipe)

1. Combine the zucchini and cornstarch in a saucepan, stirring until well blended. Cook over medium heat until mixture thickens, stirring occasionally.
2. Add tuna and heat thoroughly.
3. To serve, spoon mixture into the center of the rice ring. *About 6 servings*

## Saffron Rice Ring

- ¼ cup butter or margarine
- ¼ teaspoon saffron powder
- ¼ cup finely chopped green onion
- 4 cups hot cooked rice
- ½ cup shredded Parmesan cheese

1. Heat butter and saffron in a skillet until butter is melted and bubbly, stirring occasionally to blend.
2. Add the onion and cook 2 to 3 min., stirring occasionally.
3. Combine rice, cheese, and butter mixture; toss until thoroughly blended.
4. Turn rice mixture into a 1-qt. ring mold and press with back of spoon. Unmold onto a warm serving plate. *About 6 servings*

## Fruit Medley Cocktail with Creamy Avocado Topping

- 1 1-lb., 14-oz. can fruit cocktail, drained (reserve ½ cup sirup)
- ½ cup sugar
- 1 teaspoon grated lime peel
- 3 tablespoons lime juice
- 1 medium-sized avocado
- ¼ teaspoon salt
- ½ cup thick sour cream

1. Mix reserved sirup from fruit cocktail, sugar, lime peel, and lime juice together in a saucepan. Bring to boiling, reduce heat, and simmer 5 min. Remove from heat and cool. Mix with fruit cocktail and chill.
2. When ready to serve, cut avocado in half; remove seed and skin. Mash avocado, then blend with the salt and sour cream.
3. Spoon chilled fruit and sirup into sherbet glasses or other serving dishes. Top with a spoonful of the avocado-cream mixture. *About 6 servings*

## Golden Peach-Almond Dessert

- 1 1-lb., 13-oz. can sliced peaches, drained (reserve 1 cup sirup)
- 2 tablespoons (2 env.) unflavored gelatin
- ½ cup sugar
- ¼ teaspoon salt
- 3 tablespoons lemon juice
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- Ladyfingers (4 or 5, split)
- 1 3½-oz. can flaked coconut
- 1½ cups chilled whipping cream, whipped

1. Reserving 8 or 10 peach slices for bottom of mold, crush remaining peaches and set aside.
2. Mix the next three ingredients together in a heavy saucepan. Blend in the 1 cup reserved peach sirup.
3. Set over low heat and stir until gelatin is dissolved. Remove from heat and stir in the lemon juice and vanilla and almond extracts. Mix in the crushed peaches.
4. Chill until mixture begins to gel (becomes slightly thicker). If chilled over ice and water, stir frequently; if chilled in refrigerator, stir occasionally.
5. Meanwhile, arrange ladyfingers, rounded side out, around the sides of a lightly buttered 1½-qt. fancy mold; arrange reserved peach slices on the bottom of the mold. (See photo.)

6. When gelatin mixture is of the desired consistency, stir in the coconut. Then fold in the whipped cream. Turn filling into the mold. Chill until firm, about 2 hrs.
7. Unmold onto a chilled serving plate. Garnish with mint sprigs, if desired. *10 to 12 servings*

## Anchovy-Cheese Dressing

- ¼ cup salad oil
- ½ cup red wine vinegar
- 1 tablespoon Worcestershire sauce
- ¼ teaspoon garlic salt
- ¼ teaspoon cracked black pepper
- 1 teaspoon sugar
- 2 tablespoons crumbled Blue cheese
- 2 tablespoons shredded Parmesan cheese
- 1 2-oz. can rolled anchovies, drained

Combine all the ingredients except anchovies in a jar with a tight-fitting lid. Cover and shake until thoroughly blended. Add the anchovies. Chill. Shake well before using.

*About 1 cup dressing*

## Multi-Vegetable Salad

- 1 1-lb. can cut green beans, drained
- 1 1-lb. jar sliced carrots, drained
- 1½ cups cauliflowerets, cooked until crisp-tender and drained
- Crisp salad greens
- 2 hard-cooked eggs, peeled and chopped
- Anchovy-Cheese Dressing (see recipe)

1. Chill beans, carrots, and cauliflower thoroughly. Line a salad bowl with the greens and arrange the vegetables in sections in bowl. Top with the chopped egg.

2. Just before serving, pour desired amount of dressing over salad and toss lightly.

*6 to 8 servings*

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MELANIE DE PROFT, Food Editor

## Chilled Vegetable Platter

- 1 14½-oz. can mixed green-tipped and white asparagus spears, drained
- 1 14½-oz. can green asparagus spears, drained
- 1 1-lb. jar small whole beets, drained
- Dilled Mayonnaise (see recipe)

Chill vegetables thoroughly. Arrange on a chilled serving plate and serve with the Dilled Mayonnaise. *6 to 8 servings*

## Dilled Mayonnaise

Blend together 1 cup mayonnaise, ¼ teaspoon dill weed, 1 tablespoon prepared horseradish, and 1 tablespoon prepared mustard.

*About 1 cup dressing*

## Corn Fritter Balls

Hydrogenated vegetable shortening, all-purpose shortening, lard, or cooking oil for deep frying

- 2 cups biscuit mix
- 1 teaspoon salt
- 2 eggs
- 1 6-oz. can evaporated milk
- 1 teaspoon Worcestershire sauce
- 1 tablespoon minced parsley
- ¼ teaspoon chervil, crushed
- 1½ cups drained shoe peg white corn

1. Start heating fat to 365°F.
2. Blend the next seven ingredients together. Mix in the corn.
3. Drop mixture by rounded teaspoonfuls into the heated fat. Fry about 2 min., or until golden brown; turn fritters with tongs as they rise to the surface and several times during cooking. Fry only as many at one time as will float uncrowded one layer deep. Be sure to maintain temperature of fat at 365°F. Remove fritters from fat and drain on absorbent paper. Serve warm with maple sirup. *About 6 doz. fritters*

## Skillet-Glazed Ham

- 1 cup firmly packed light brown sugar
- 1 tablespoon flour
- 1½ teaspoons dry mustard
- 3 tablespoons cider vinegar
- ¼ cup ginger ale
- 1 1½-lb. canned ready-to-eat ham, sliced or cut in chunks

1. Mix the first three ingredients together in a large skillet; blend in the cider vinegar and the ginger ale.

2. Set over low heat, stirring frequently, until sugar is dissolved.

3. Add ham slices or chunks to sauce, increase heat to medium, and heat thoroughly (about 10 min.); spoon sauce over ham. *4 to 6 servings*

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