

Thoughts for Dinner

MELANIE DE PROFT, Food Editor



Vineyard Pie is a sunlit dessert highlighting white grape juice and California's sweet seedless raisins.

Roast Lamb with Sour Cream Sauce

- 4 medium-sized onions, sliced (2 cups)
 - 4 medium-sized carrots, sliced (2 cups)
 - 2 cups sliced celery
 - 3 bay leaves, crumbled
 - 1 cup water
 - 1 6- to 7-lb. leg of lamb
 - 2 teaspoons salt
 - ¼ teaspoon black pepper
- Sour Cream Sauce (see recipe)

1. Toss the first four ingredients together in bottom of a shallow roasting pan; pour water over the vegetables and place lamb, rounded side down, on vegetable mixture.
2. Set in a 500°F oven for 25 min.
3. Remove meat from oven and reduce oven temperature to 300°F. Turn meat, rounded side up; sprinkle with a mixture of the salt and pepper. Insert roast-meat thermometer in center of thickest part of meat, being careful that it does not rest on bone or in fat.
4. Return to oven and continue cooking until thermometer registers 180°F, about 3 hrs. Remove thermometer.
5. Lift meat to a heated platter and keep it warm. Strain liquid from roasting pan and skim off excess fat; reserve about 1 cup liquid for sauce.
6. Garnish platter with spiced crab apples and parsley. Accompany with the sauce. *About 12 servings*

Sour Cream Sauce

CONVENIENCE  FOOD RECIPE

- 1 env. onion soup mix
- 3 cups dairy sour cream

Stir the dry onion soup mix into the reserved liquid (from meat and vegetables). Blend with sour cream in the top of a double boiler. Heat thoroughly over simmering water, stirring occasionally. *About 4 cups sauce*

Tossed Cauliflower Salad

- 1 small head cauliflower
- ½ teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons grated lemon peel
- 2 tablespoons lemon juice
- 2 tablespoons minced onion
- ½ cup olive oil
- 1 clove garlic, cut in halves
- 1 small head lettuce, torn in pieces
- ½ green pepper, cut in strips
- ½ cup pimiento-stuffed olives, cut in pieces
- 4 hard-cooked eggs, quartered

1. Cook cauliflower in boiling, salted water until crisp-tender, 12 to 15 min.; drain. Cool and separate into flowerets.
2. To prepare marinade, stir the next seven ingredients together. Pour over

cauliflower and let stand at least 30 min. Drain, reserving marinade.

3. Rub a large salad bowl with cut surfaces of garlic. Add the lettuce, marinated cauliflower, green pepper strips, olive pieces, and egg quarters. Pour marinade over salad and toss lightly. Sprinkle with additional freshly ground black pepper, if desired. *6 to 8 servings*

Broccoli with Creamy Sauce Distinctive

- ½ cup plus 3 tablespoons chicken broth
- 1 10-oz. pkg. frozen broccoli spears
- 2 tablespoons butter or margarine
- ½ cup finely chopped onion
- 1 tablespoon flour
- ½ teaspoon salt
- ¼ teaspoon white pepper
- ¼ teaspoon Accent
- ½ cup cream
- 2 egg yolks, slightly beaten
- 3 tablespoons minced parsley
- 4 teaspoons lemon juice

1. Cook broccoli in ½ cup chicken broth until tender; drain. Keep broccoli hot.
2. Heat butter or margarine in a heavy saucepan. Add onion and cook until tender, stirring occasionally.
3. Blend in a mixture of the flour, salt, pepper, and Accent. Heat until bubbly. Remove from heat. Gradually add cream and remaining chicken broth. Bring to boiling, stirring constantly; boil 1 to 2 min., or until thickened.
4. Remove from heat. Vigorously stir a small amount of the hot mixture into egg yolks; immediately return mixture to saucepan. Mix in the parsley; cook 3 to 5 min., stirring to keep mixture cooking evenly.
5. Remove from heat; blend in the lemon juice. Pour over the broccoli in a warm serving dish. *About 4 servings*

Dilled Butternut Squash

- 1 butternut squash (about 1½ lbs.)
- 2 tablespoons butter or margarine
- ½ teaspoon dill weed
- ¼ teaspoon salt
- Few grains black pepper

1. Wash squash, cut into halves lengthwise, and scoop out seeds and stringy portion. Invert in a shallow baking pan. Pour in boiling water to a depth of ¼ in. Bake at 400°F about 30 min., or until squash is tender.
2. Remove from oven and scoop out pulp, leaving one shell-half intact for refilling with seasoned pulp.
3. Mash pulp and blend in remaining ingredients. Immediately spoon the hot mixture into reserved shell-half.
4. Wrap loosely in aluminum foil and set in a 400°F oven 5 to 10 min., or until heated. Serve immediately. *About 4 servings*

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