

### Fruit Flashes

The following ideas for summer use of fresh apricots come from the Washington State Fruit Commission's Pacific Kitchen, Emma States, director.

#### FOR BREAKFAST

Serve golden ripe apricots for breakfast, letting everyone help himself from a large bowlful in the center of the table. The apricots make a beautiful spot of color on the table and are mighty delicious in the eating. No fair counting pills.

#### WITH PUDDING MIXES

Apricots and the increasingly popular packaged puddings seem to have been created for each other. Butterscotch, vanilla, coconut cream, lemon—the list is long and delicious. Pour the pudding into sherbet glasses. Garnish generously with apricot slices and whipped cream. Or, if preferred, the apricots may be added directly to the warm pudding.

#### WITH TAPIOCA PUDDING

Prepare tapioca pudding according to directions on package of quick-cooking tapioca. Add 1 cup mashed ripe apricots to the egg white when it is stiffly beaten. Fold into the hot pudding. Serve with additional slices of apricot and whipped cream or whipped evaporated milk.

#### APRICOT SALAD

Arrange apricot halves on a bed of lettuce on a large platter. Top generously with mounds of cottage cheese. Serve mayonnaise in a side bowl. Accompany the salad with a plate of nut bread sandwiches and dishes of chocolate pudding for a scrumptious luncheon, rich in protein and mighty good eating.

#### APRICOT ICE CUBES

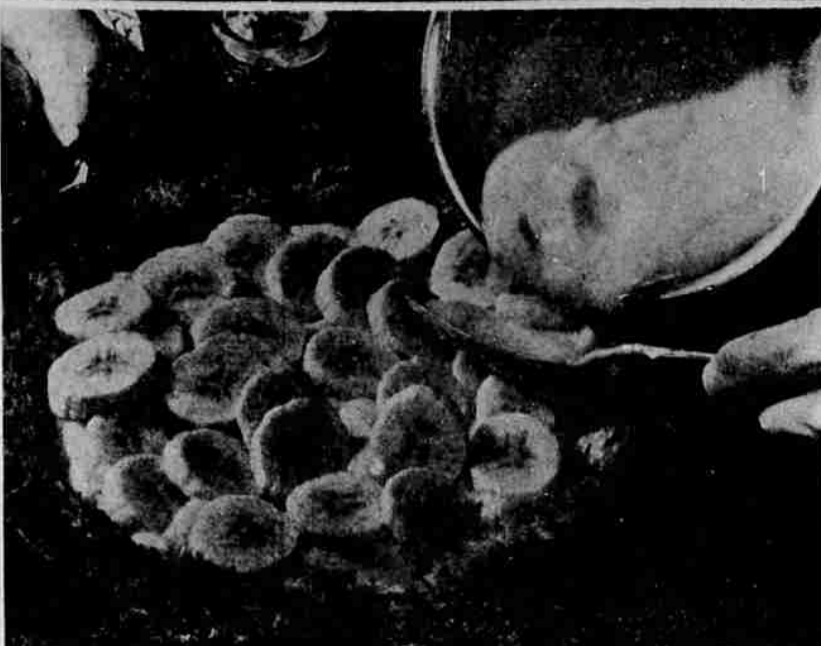
Strain very ripe apricots through a coarse sieve. Add equal parts of water and 1/4 cup sugar for each cup of juice. Freeze in ice cube tray. Place in lemonade or other fruit drink. Children will love to have an apricot ice cube on cocktail pick or small wooden spoon for a sucker.

#### SPICED APRICOTS

For an interesting meat accompaniment, spice apricots by preparing a syrup with 1/2 cup vinegar, 1/2 cup sugar, 1 cup water and 1/2 teaspoon cinnamon. Bring to a boil. Pour over about 3 cups apricots frequently as they cool at room temperature. Refrigerate in syrup for at least three hours. Serve with grilled pork chops or old-fashioned pot roast.

#### APRICOT PUREE

Wash, pit and quarter apricots into a large saucepan. Add a very small amount of water and simmer until the mushy stage is reached. Stir constantly. Remove from heat and put through food mill or coarse sieve. Add 1/2 cup



**BANANA DELIGHT COCONUT PIE** is fancy enough for the most elaborate party yet simple enough for the novice cook to make without anxiety. It incorporates a simple coconut crust, a package of vanilla pudding and two ripe bananas.

— Photo courtesy Jell-O Vanilla Pudding & Pie Filling

#### SALT-PACKED STEAK

A heavy salt crust prevents the juices from dripping away into the fire when barbecuing a steak. Before serving, the salt coating is scraped off to reveal a seasoned, tender, juicy just-right steak. Use a steak about 2 inches thick. Trim off surplus fat. Make a paste of 1 cup of salt and 5 tablespoons of water. Spread a layer 1/4 inch thick on both sides of the steak. Cooking time depends on the depth and heat of the coals.

sugar for each 2 cups puree. Use now or can and freeze for future use. To can, reheat after the sugar has been added and bring to a full rolling boil. Work with a small amount at a time and pour into hot sterilized jars and seal at once.

#### PICTURE FRAMING

**Underwood's CAMERA SHOP**  
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### Banana Coconut Pie

No longer are perfect cream pies only for the experienced baker. Now, with pudding and pie filling mixes and tested and simplified recipes, the fanciest of pies have actually come to be the easiest to make. The following recipe from General Foods is an excellent example.

#### BANANA COCONUT PIE

- 1 package vanilla-flavored pudding and pie filling mix
  - 2 cups milk
  - 1 baked 8-inch Quick Coconut Crust
  - 1 cup sliced bananas (two bananas)
  - Cinnamon
  - 1/2 cup whipping cream
  - 1 teaspoon sugar
- Combine pie filling mix and milk in saucepan. Cook and stir over medium heat until mixture

comes to boil. Remove from heat. Cool only about 5 minutes, stirring once or twice. Pour half of pie filling into coconut crust. Cover with a layer of sliced bananas. Add remaining pie filling. Sprinkle with cinnamon. Chill. Just before serving, whip cream, sweeten and spread over the top of the pie.

#### QUICK COCONUT CRUST

Spread two tablespoons soft but-



ter evenly on bottom and sides of 8-inch pie pan. Sprinkle 1 1/2 cups shredded coconut in pan, pressing evenly into the butter. Bake in a slow oven (300 degrees) 15 to 20 minutes, or until golden brown. Cool.

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#### RAISIN BREAD

Add 1/2 cup of raisins to any two-loaf bread dough after the first kneading. Proceed with bread making according to regular directions.

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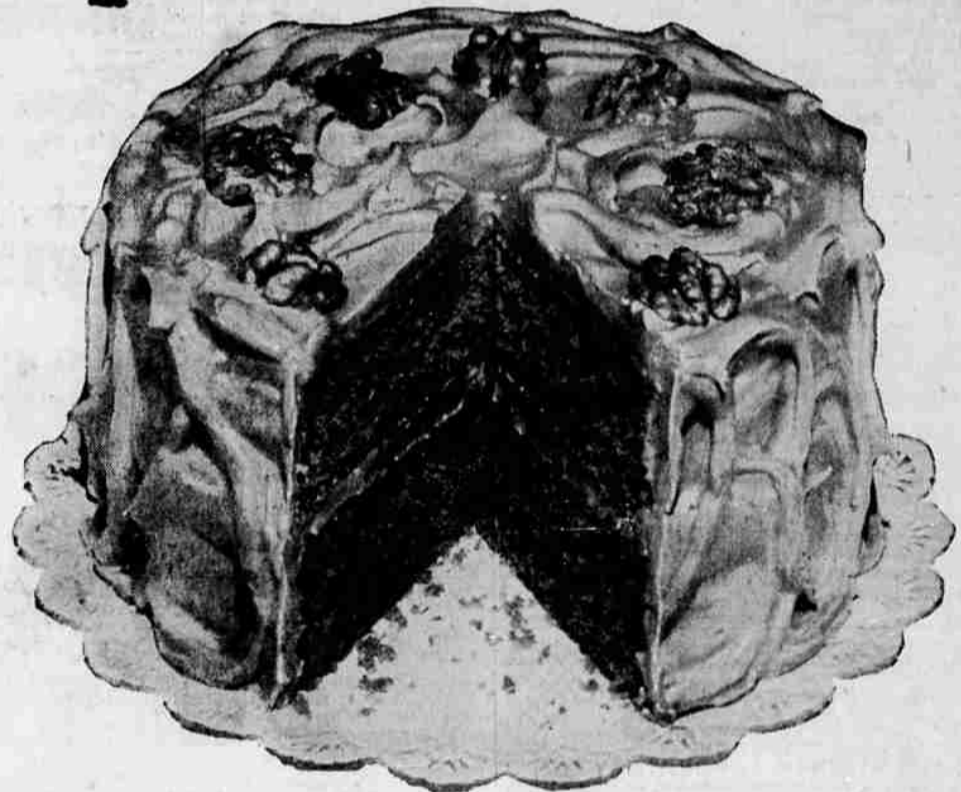
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