



WHITE SAUCE is used as the base to make this quick and inexpensive Modern Sherry Trifle which is an adaption of the traditional English dessert. Photo and recipe are courtesy of California Foods Research Institute.

ENGLISH TRIFLE

A famous English dessert is the trifle—which is anything but trifling in its traditional English form. It is considered fairly elaborate and a little expensive.

Here is an inexpensive, quick version that uses a can of white sauce flavored with sugar, 2 egg yolks and Sherry wine in place of a 6-egg custard sauce. The flavored white sauce mixture is chilled before spooning over lady fingers (or pound cake) that have been spread with raspberry preserves; and then the dessert is garnished with puffs of whipped cream and chopped almonds.

You'll agree that Modern Sherry Trifle is every bit as delicious as its English cousin and can be made in jig-time, inexpensively.

MODERN SHERRY TRIFLE

1 (10½-ounce) can white sauce (or your own)
 ½ cup sugar
 2 egg yolks
 ¼ teaspoon salt
 1-3 cup Sherry wine
 ½ teaspoon vanilla
 1½ (2½-ounce) packages small lady fingers or pound cake cut into slices
 ½ cup raspberry preserves
 ½ cup whipping cream
 1 tablespoon sugar
 Chopped almonds for garnish

Blend white sauce, sugar, egg yolks and salt. Cook over very low heat, stirring constantly about 5 minutes. Stir in Sherry and vanilla, and simmer 2 minutes. Cool. Line serving bowl with lady fingers or pound cake, and spread

with raspberry preserves. Whip cream and blend in sugar. Spoon cooled sauce over lady fingers, and garnish with puffs of whipped cream and a sprinkling of almonds. Makes 6 to 8 servings.

SWISS CHEWS

Melt 1 6-ounce package (1 cup) Nestle's Semi-Sweet Chocolate morsels over hot (not boiling) water. Cool about 5 minutes. Beat 1 egg until thick and add ½ cup brown sugar (firmly packed) beating until very thick. Fold in cooled chocolate, add ¼ teaspoon salt, 1 teaspoon vanilla and ½ cup unblanched toasted almonds, coarsely chopped. Drop by teaspoonfuls on greased cookie sheet. Bake at 325 degrees about 10 minutes. Yield: 3 dozen. (This recipe does not call for any flour).

BLINTZES

A favorite dish in kosher restaurants or to make at home is blintzes.

1 cup flour
 2-3 cup water
 3 eggs
 ¼ teaspoon cinnamon
 1 teaspoon sugar
 ½ teaspoon vanilla (optional)
 1 pound cottage cheese
 Salt

To make the filling, mix one egg and the cottage cheese (low-fat instead of creamed) with the cinnamon, sugar, vanilla and a pinch of salt, stirred to crumbly consistency. To make wrappers, beat 2 eggs lightly and add to cup of flour with pinch of salt and sugar. Add 2-3 cup of water slowly and stir to make smooth batter. Pour

4 tablespoons of batter from a cup onto hot greased skillet—about 10 inches in diameter—over low flame. Turn skillet to make thin pancake. Remove to working surface after 2 minutes. (It isn't supposed to brown). Recipe should yield 12 wrappers.

Spoon filling into center of each wrapper and fold lightly into flat rolls closed at either end or make triangular envelopes. Fry filled blintzes in butter over low flame until golden brown. Serve with sour cream.

OLIVES

Add ripe olive wedges to macaroni and cheese for a Lenten dish.

SLAW Have you tried Nalley's Sweet and Sour dressing on finely shredded crisp raw cabbage? Add a little freshly ground pepper to the bowl when serving. Another change from the usual tossed green salad might be banana wedges, topped with Nalley's Fruit Salad dressing with chopped nuts sprinkled over the top.

PEACH ALASKAS Individual Peach Alaskas are easy to make, spectacular to serve and delicious to eat. A scoop of firm ice cream goes onto an individual sponge cake shortcake and is topped with a chilled canned cling peach half. The whole thing is covered quickly with meringue and browned fast in a very hot oven.

NICKNAME A TBD is commonly referred to among tea drinkers as a Teabag Dunker—a person who simply cannot resist the temptation to grasp the paper label at the end of the string of the teabag and, with a languid up and down motion, starting at the wrist, dips the teabag up and down, down and up, and so on ad infinitum.

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