



### Fresh Fruit Bouquet

Arrange chilled fresh fruits attractively on a plate lined with cool, crisp salad greens. Select fruits for their harmonizing flavors and colors. Top with sherbet or fruit-flavored ice cream.

Soften commercial raspberry or strawberry sherbet or ice cream, and pack firmly in a decorative mold. Freeze until firm. Unmold and transfer to center of fruit arrangement just before serving.

### Fluffy Pineapple Dressing

TO PREPARE: 20 MIN.  
 1/4 cup sugar  
 2 tablespoons flour  
 1/2 teaspoon salt  
 1/2 cup unsweetened pineapple juice  
 2 tablespoons lemon juice  
 1 egg, beaten  
 1/4 cup icy cold water  
 1/4 cup nonfat dry milk  
 2 teaspoons lemon juice

- Mix together in top of a double boiler the sugar, flour, and salt. Add pineapple juice gradually, blending in. Set over direct heat. Stirring gently and constantly, bring mixture to boiling. Cook 1 to 2 min. longer. Stir in the 2 tablespoons lemon juice. Place over simmering water.
- Vigorously stir about 3 tablespoons of the hot mixture into the beaten egg; immediately blend into the mixture in top of double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove from heat, cool; chill.
- Pour icy cold water into a bowl. Mix in the nonfat dry milk. Beat with a rotary

beater until mixture stands in stiff peaks when beater is slowly lifted upright. Blend in the 2 teaspoons lemon juice. Fold into the pineapple mixture.  
 About 1 1/2 cups dressing

### Coffee Toast Strips

A pleasant and different companion to a refreshing fruit salad.

TO PREPARE: 10 MIN. TO BROIL: 2 MIN.  
 4 slices bread  
 1/4 cup melted butter  
 1/4 cup sugar  
 1/2 teaspoon concentrated soluble coffee

- Set temperature control of range at Broil (500°F or higher).
- Trim crusts from bread slices and cut bread into 1-in. strips. Brush all sides with melted butter.
- Roll strips in a mixture of the sugar and coffee. Place on a baking sheet.
- Place in broiler with tops about 4 in. from source of heat. Broil about 1 min., or until lightly browned. Turn strips and broil second side 1 min. Serve hot.  
 About 4 servings

# FOR WONDERFUL SUMMER MENUS

MELANIE DE PROFT, Director, Culinary Arts Institute



### Fried Chicken à la Southern Belle

TO PREPARE: 30 MIN. TO MARINATE: 1 HR. TO FRY: 10-13 MIN.  
 1 frying chicken, 2 1/2- to 3-lb. ready-to-cook weight, disjointed  
 1 1/2 cups cream  
 1 1/2 teaspoons savory  
 1 teaspoon freshly ground black pepper  
 3/4 cup flour  
 1 1/2 teaspoons paprika  
 1 1/2 teaspoons salt  
 1/4 teaspoon freshly ground black pepper  
 1 teaspoon Accent  
 Shortening (use part butter)

- Mix together in a large shallow dish the cream, savory, and 1 teaspoon pepper. Add chicken pieces. Cover and set aside in a cool place to marinate 1 hr., turning pieces occasionally.
- Remove chicken from marinade. (Marinade may be used for cream gravy.) Coat chicken with a mixture of the flour, paprika, salt, 1/4 teaspoon pepper, and Accent. Set aside on waxed paper for about 30 min.
- Meanwhile, fill a large, heavy skillet one-half full with the fat. Heat slowly to 360°F. (If thermometer is not available, use bread-cube test: a 1-in. cube of white bread browns in 60 seconds.)
- Fry only a few chicken pieces at one time. Fry chicken about 10 to 13 min., or until tender and brown. Turn pieces with tongs several times during cooking. Drain over fat a few seconds; remove to absorbent paper. Serve hot. Fried pieces may be piled onto a platter and kept warm in the oven. Temperature should be brought to 360°F before adding additional chicken pieces to fat. Wings may be cooked in 5 min. About 4 servings

Note: For a slightly heavier coating, coat chicken pieces with seasoned flour and let stand 30 min. Dip coated chicken pieces into 2 slightly beaten eggs; again coat with seasoned flour. Fry as directed.

### Cauliflower-Spinach Sensation

CONVENIENCE FOOD RECIPE  
 A sophisticated cold accompaniment to Fried Chicken à la Southern Belle.  
 TO PREPARE: 10 MIN.  
 1 pkg. frozen cauliflower  
 1 pkg. frozen chopped spinach  
 1/2 cup chopped water cress  
 2 tablespoons chopped parsley  
 1/2 teaspoon tarragon, crushed  
 1/2 cup mayonnaise  
 1/2 cup heavy cream, whipped

- Cook cauliflower according to directions on package. Drain and cool.
- Cook spinach according to directions on package. Stir in the water cress, parsley, and tarragon. Cook 1 min. longer.
- Drain spinach mixture thoroughly and force through a food mill or sieve.
- Blend together the mayonnaise and whipped cream. Mix with sieved spinach and cauliflower; chill. About 4 servings

### Lima Beans with Water Chestnuts

CONVENIENCE FOOD RECIPE  
 TO PREPARE: 20 MIN.  
 1 pkg. frozen baby lima beans  
 1/2 cup sliced water chestnuts  
 1/4 cup butter or margarine  
 2 tablespoons wine vinegar  
 2 teaspoons dill seed  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper  
 1/4 teaspoon Accent

- Cook lima beans according to directions on package. Drain and combine with water chestnuts.
- Heat thoroughly in a small saucepan or skillet the butter, vinegar, dill seed, salt, pepper, and Accent. Pour over the vegetables; toss lightly to coat. About 4 servings

A \$10 PRIZE-WINNING RECIPE from a FAMILY WEEKLY reader Mary Alice List, Carbondale, Ill.



### Torte-Pie Temptation

CONVENIENCE FOOD RECIPE  
 TO PREPARE: 20 MIN. TO BAKE: 35 MIN.  
 20 round scalloped crackers, finely crushed (about 1 cup)  
 3/4 cup (about 3 oz.) chopped pecans  
 4 egg whites  
 1 cup sugar  
 1 teaspoon vanilla extract

- Thoroughly grease a 9-in. pie pan.
- Beat egg whites until frothy. Add

sugar gradually, beating well after each addition. Continue beating until stiff peaks are formed and egg whites do not slide when bowl is partially inverted. Blend in the vanilla extract. Gently fold in the cracker crumbs and pecans. Turn mixture into prepared pie pan and spread evenly.

- Bake at 325°F about 35 min., or until lightly browned. Serve with whipped cream. About 6 servings

### Pan o' Rolls

CONVENIENCE FOOD RECIPE  
 TO PREPARE: 12 MIN. TO BAKE: 15-20 MIN.  
 1/4 cup butter or margarine  
 1 clove garlic (thin, papery outer skin removed), crushed in a garlic press or minced  
 2 tablespoons finely cut parsley  
 2 8-oz. containers ready-to-bake biscuits  
 1/2 cup shredded Parmesan cheese

- Put butter and garlic into a small skillet. Heat until butter is melted. Mix in the parsley. Remove from heat.
- Open biscuit containers according to directions on package. Separate biscuits; dip each biscuit in the garlic butter.
- Overlap 15 of the biscuits around the outer-edge of a 9-in. round layer-cake pan; form inner circle by overlapping remaining biscuits. Drizzle any remaining butter over top of biscuits and sprinkle evenly with Parmesan cheese.
- Bake at 425°F 15 to 20 min., until golden brown. Serve hot. 20 rolls

### Glazed-Peach Pie

TO PREPARE: 1 HR. 15 MIN.  
 6 medium-size (about 1 1/2 lbs.) firm, ripe peaches  
 1 tablespoon lemon juice  
 1/4 cup sugar  
 Pastry for 1-crust 8-in. pie (your favorite recipe or a prepared mix)  
 Water  
 1/2 cup sugar  
 3 tablespoons cornstarch  
 2 tablespoons butter or margarine  
 1/4 teaspoon salt  
 1/4 teaspoon almond extract

- Rinse peaches. Plunge into boiling water; then into cold water. Gently slip off skins. Cut peaches into halves; remove pits. If necessary, quickly blot peaches with absorbent paper. Slice enough peaches to yield 2 1/2 cups. Sprinkle lemon juice over peach slices and mix lightly.
- Meanwhile, prepare pastry. Bake and set aside to cool.
- When peaches have stood for 1 hr., drain, reserving sirup in a 1-cup measuring cup for liquids. Add enough water to sirup to make 1 cup liquid.
- Sift together into a saucepan 1/2 cup sugar and the cornstarch. Add reserved peach sirup gradually, blending well after each addition. Stirring gently and constantly, bring cornstarch mixture rapidly to boiling; cook about 3 min., or until thick and clear.
- Remove from heat; blend in the butter, salt, and almond extract. Add the peach slices and mix gently. Turn into pastry shell; cool. If desired, serve with whipped cream or ice cream. One 8-in. pie

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### EXCITING NEW CHEESEBURGER RECIPE

Hamburger patty, cheese slice and half a bun all broiled together! No wasted juices! No messy broiler! Delicious!

### CARNATION BUNBURGERS

(Makes 6 servings)

1/2 cup (small can) undiluted CARNATION EVAPORATED MILK	1 1/2 teaspoons salt
1 egg	1/4 teaspoon pepper
1 1/2 pounds ground beef	1 teaspoon dry mustard
1/2 cup fine cracker crumbs	1/2 cup finely chopped green pepper

- Blend all ingredients together until well-mixed. Form meat mixture into 12 thin patties (about 1/4 cup each). Place each patty on hamburger bun half, covering completely. Place Bunburgers on broiler pan.



- Broil 5-7 inches from heat for 5 to 7 minutes (or to your family's taste). Top each Bunburger with a cheese slice. Broil until cheese bubbles (1 to 2 minutes). Serve with potato chips and relishes.



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