

Specialties in Gourmet

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HERALD AND NEWS, Klamath Falls, Ore. Thursday, January 26, 1961 PAGE 3-B



YOUNG AND THEIR ELDERS will love this "Sweetheart" dessert on Valentine's Day. Plan a party, it's so easy to prepare for it with pretty pink raspberry ice cream from your grocer. Let the youngsters help too... starts them early on the highway to gracious entertaining.

Pink Ice Cream For Valentine Party

A Valentine Party! And what a pretty refreshment table centered with a lovely pink meringue shell heart filled with vanilla ice cream and topped with a fresh flavored raspberry sauce.

Ice cream, one of America's favorite foods is popular served plain or dressed up with a fancy topping to suit any occasion. Nourishing, too, with the same high quality protein, minerals and vitamins that are found in milk. For example, 1-3 pint of ice cream is about equal to 1/2 cup of whole milk in calcium, protein and the B-vitamins, and equal to more than one cup of milk in Vitamin A. With a contribution like this it pays, nutrition wise, to always have a ready supply of ice cream handy in your freezer.

and white satin-ribbon for each guest. They will add to your table decorations during the party and can be presented to each guest as they leave.

RASPBERRY-ICE CREAM VALENTINE

Meringue Shell

4 egg whites
1/2 teaspoon cream of tartar
1/4 teaspoon salt
1/2 teaspoon vanilla
1 cup sugar
Red food coloring

Sauce

1 package (1 pound) frozen red raspberries in sugar syrup, defrosted
4 teaspoons cornstarch

Filling

1 quart vanilla ice cream
Make meringue shell. Beat egg whites, cream of tartar, salt and vanilla until mixture holds soft

peaks. Gradually beat in sugar, one tablespoonful at a time, and continue beating until very stiff and glossy. Add food coloring as needed to tint the desired shade of pink. Draw an eight or nine inch heart on heavy brown paper. Place on baking sheet. Spread mixture onto heart mounding meringue up around outer edge of heart. Bake in very slow oven, 275 degrees, until dry and lightly browned. Turn off heat and allow shell to cool in oven. Cool thoroughly before filling with ice cream. Make sauce. Reserve one cup drained berries to fold into thickened sauce. Mix juice and cornstarch until free of lumps, add remaining 3/4 of berries. Cook, stirring constantly, until clear and thickened. Fold in remaining berries. Chill. Drizzle over ice cream in meringue shell. Makes six to eight servings.



START THE DAY for your youngsters with a real laugh. The easiest way is to start breakfast with a laugh. One way is the "Banana Funny Face" shown here. Fill two dishes with favorite cereal, cut a curved, peeled banana in half lengthwise, place one half on each cereal in the position of a smiling mouth. From the second banana, cut crosswise slices for eyes. Use each tip of banana for a comical nose. Try it!

Treat Grapefruit Right For A Table Treat

Not too many years ago grapefruit was a novelty on the breakfast menu. Today, most housewives shop for grapefruit each week. Watch for the SnoBoy Indian River Grapefruit. Each bag will contain a certificate, which will permit the purchaser to buy a set of four grapefruit spoons... famous Wm. Rogers Silverplate for \$1. They really work... little teeth on the tip of the spoon cut cleanly and lift out the segments easily.

No one seems to know why a grapefruit is called a grapefruit. It neither tastes like a grape, nor looks like a grape. It grows on trees instead of vines.

Unlike the grape, which has but a few basic purposes on the family menu, the grapefruit is something like manna from heaven for the housewife.

There are so many ways to prepare grapefruit as a special dish and so many ways to use grapefruit as a secondary element in other dishes that it would take weeks before you ran out of recipe ideas.

1. Still the most popular way to enjoy this fruit is all by its lonesome, served chilled and "on the half shell." A very inexpensive but handy tool is the grapefruit spoon, available this winter through a coupon in the SnoBoy Indian River grapefruit package. Four of these little spoons, with series of notches at the tips, can be obtained for one dollar plus the coupon.

2. Second most popular way to eat grapefruit is in a salad combination. Grapefruit goes well with a surprising number of fruits and vegetables. For instance, avocados, apples, bananas, strawberries, grapes, green peppers, cucumbers, green onions, and lettuce.

3. Then there is the meal opener which calls for grapefruit sections with shrimp or oysters in a grapefruit shell. Or a garnish of grapefruit sections around a serving of chicken salad.

4. For the more adventurous, try broiled grapefruit: Cut in half, separate sections. Then sprinkle with honey and coconut, or with sugar, butter and cinnamon. Broil for 5 to 10 minutes until browned, and serve hot.

5. From among the many grapefruit dessert ideas comes this tasty dish dreamed up by an adventurous cook on the West Coast: Just drizzle 2 tablespoons of maple syrup over grapefruit halves,

and spoon crushed pineapple on top. Garnish center with maraschino cherry and give your dessert a glamorous name!

Freezer Tips for Grapefruit

If you have a freezer, grapefruit need not be a seasonal fruit. Buy only varieties that freeze well, such as the delectable Indian River grapefruit.

To prepare for freezing, peel the grapefruit, cutting away all white of skin. Lift out each section, pack with or without sugar, depending on how your family likes it. (If sugar is used, figure one pound of grapefruit to five pounds of fruit.) For better keeping quality, dissolve the sugar in juice from the grapefruit without heating.

Finally, pour syrup over the grapefruit sections in a freezer pack and squirrel it away for an out-of-season taste treat of the best grapefruit available during the year.



Pretty As A Picture Pie

PINEAPPLE-CHERRY PIE NEW GLAMOUR DESSERT

Americans are famous for their pies. Most men agree there's nothing better than pie! It is a welcome ending to any dinner from the popular hamburger to an elegant crown roast.

A delicious pie that even a novice can make with confidence is this Pineapple-Cherry Pie. The rich easy-to-prepare filling is a combination of cream cheese, brown sugar, sour dairy cream, and cinnamon. The fruit topping is a novelty, too, featuring glazed pineapple chunks and dark Bing cherries.

The Pineapple-Cherry Pie will be a delightful climax to a special occasion dinner.

For the rest of the dinner begin with a Shrimp Bisque. Follow with a Crown Roast of Lamb, sweet potatoes, and a molded beef salad.

cheese
1/2 cup commercial sour cream
1-3 cup brown sugar (packed)
1 teaspoon cinnamon

Glaze

1 1/2 cups pineapple chunks, drained
1 cup pitted black Bing cherries
1/4 cup Guava or other tart red jelly
2 teaspoons pineapple syrup

Roll pastry thin and fit loosely into 9-inch glass pie dish. Leave 1/2 inch overhang of pastry. Fold this under and press to rim of dish with tip of teaspoon to make a pretty pattern. Prick all over (475 degrees) about eight minutes. Cool. Soften cream cheese and beat in sour cream, brown sugar, and cinnamon. Spread in bottom and sides of pie shell. Arrange pattern of pineapple and cherries on filling. (See Photo). Heat jelly and pineapple syrup over low heat just until jelly is melted. Tint a deeper pink if needed with a few drops red coloring. Cool slightly and spoon over fruit to glaze. Chill until set.

to pamper your cat

KIDNEY MEAT CATS

kidney 'n meat • liver 'n meat
chicken • meaty mix • chopped fish

5 Dr. Ross' CAT FOODS



TAMALE-CHEESE PIE is a toothsome Mexican-type dish featuring cheese for added flavor and nourishment. Good on a frosty day for luncheon.

Cheese Ranks High In Tasty Main Dish

Are you looking for a special main dish to take to a potluck dinner, serve for a buffet party or just something yummy for the family? You can stop your searching because here it is—Tamale-Cheese Pie. A touch of Mexico is found in this entree that is packed full of taste tempting flavors. Prepared ahead—even a whole day in advance—will eliminate any last minute rush. About an hour before dinner just pop it in the oven and "presto," there is a bubbly hot, cheese main dish.

You will be pleased too, knowing that high quality nutrients also go along with Tamale-Cheese Pie. Milk and cheese rank high as nourishing foods and there is a generous supply of both these dairy foods added to the other fine ingredients. Besides being our main source of calcium, milk contributes fine quality protein, vitamins—especially riboflavin and vitamin A—and many other nutrients.

The meaty tomato sauce with a chili flavor adds its share of important nutrients, too.

Take Tamale-Cheese Pie to the next potluck affair and watch requests for the recipe pour in.

TAMALE-CHEESE PIE

Filling

1/2 cup chopped onion
1 clove garlic, finely minced
1 tablespoon butter
1/2 pound ground beef
1 cup sliced mushrooms
1 1/2-pound can tomatoes
1 12-ounce can whole kernel corn, drained
1 8-ounce can tomato sauce
1/4 cup chopped green pepper
1 tablespoon chili powder
1 1/2 teaspoons salt
1 cup sliced pitted black olives
1 cup shredded sharp Cheddar cheese (1/4 pound)

CRUST

3/4 cup cornmeal
3 cups milk
1 tablespoon butter
1 teaspoon salt
2 eggs, beaten
1 cup shredded sharp Cheddar cheese (1/4 pound)

To make filling: saute onion and garlic in butter. Add beef and mushrooms; cook and stir until beef loses its red color. Add

tomatoes, corn, tomato sauce, green pepper, chili powder and salt. Cover and simmer about 45 minutes. Add olives and simmer another 15 minutes. To make crust: mix together cornmeal and 1 cup of the cold milk. Combine remaining 2 cups milk, butter and salt and heat to boiling. Gradually add cornmeal mixture, stirring constantly; cook until thickened. Cover and cook over very low heat about 15 minutes. Stir in eggs and 1 cup cheese; continue stirring until cheese is melted. Line bottom of buttered shallow 2-quart casserole with cornmeal mixture, reserving 1 1/2 cups of mixture for top of pie. Pour meat filling over cornmeal mixture. Drop spoonful of remaining cornmeal mixture onto top of meat filling. Sprinkle remaining 1 cup shredded cheese over all. Bake in moderate oven, 350 degrees, until browned and bubbly around edges, 50 to 60 minutes. Makes 6 to 8 servings.



RIGHT FROM FLORIDA'S warm Indian River country are the fresh SnoBoy grapefruit at food markets this week. This is the place nature blessed for perfect grapefruit that are picked for exact flavor balance, a just-right blend of sweetness and tang, and shipped to consumers. Warren Mason, in charge of fruit and vegetable department at Big Y Market, looks at thin-skinned juicy specimen of grapefruit.

QUICK as a WINK

3-MINUTE OATS

QUICK OATS

PEACEFUL BY ALL MEANS

CHERRY CHOCOLATE ICE CREAM

Meadow Gold

Meadow Gold presents a parade of ripe cherries and luscious chunks of tasty chocolate in rich Meadow Gold Ice Cream. It's a salute to good eating, so delicious your family will battle for more.

At Your Grocer's or From Your Medo-Land Route Man!

PEACHY WAFFLES

Make Sunday supper a waffle feast. Serve crisp waffles with broiled canned cling peaches and sausage or bacon. Plenty of hot coffee completes the meal.

To make filling: saute onion and garlic in butter. Add beef and mushrooms; cook and stir until beef loses its red color. Add

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