

Desserts to Charm the Feminine Taste

Family Weekly Cookbook / MELANIE DE PROFT, Food Editor



This attractive creamy mold accompanied by a cardinal-red fruit sauce is a creation elegant enough to grace a special-occasion table.

Sweetheart Dessert

TO PREPARE: 20 MIN. TO CHILL: ABOUT 4 HRS.

- 2½ cups milk, scalded
- ½ cup farina
- 1 teaspoon salt
- ½ cup cold milk
- 1 tablespoon (1 env.) unflavored gelatin
- 2 eggs
- ½ cup sugar
- 1 cup chilled whipping cream, whipped
- 1 teaspoon almond extract

1. Lightly oil a 1½-qt. mold with salad or cooking oil (not olive oil); set aside to drain.
2. Gradually add farina and salt to the scalded milk, stirring constantly to prevent lumping. Bring to boiling. Continue stirring and cook over medium heat until thick, about 5 min.
3. Meanwhile, sprinkle gelatin evenly over the ½ cup cold milk in a bowl; let stand about 5 min. to soften.
4. Beat the eggs slightly. Add the sugar and beat well. Add about ½ cup of the cooked mixture gradually, beating after each addition. Immediately stir egg mixture into remaining cooked mixture. Cook over low heat 3 min., stirring constantly.

5. Remove from heat; add the softened gelatin and stir until completely dissolved. Cool.
6. Fold whipped cream and almond extract into the cooled farina mixture; blend well. Turn into mold. Chill until firm, at least 4 hrs.
7. Unmold onto a chilled serving plate and serve with Raspberry-Strawberry Sauce.

About 8 servings

Note: For garnish, dip whole blanched almonds into pink frosting and insert in top of mold. (See photo.)

Raspberry-Strawberry Sauce

TO PREPARE AND COOK: 10 MIN.

- 1 1-lb. pkg. frozen raspberries, thawed and drained (reserve sirup)
- 1 teaspoon cornstarch
- ¼ cup strawberry preserve

1. Blend raspberry sirup and cornstarch together in a saucepan. Bring to boiling; continue cooking, stirring constantly, until mixture is clear and slightly thickened.
2. Stir in the drained raspberries and strawberry preserve. Chill thoroughly. About 1¼ cups sauce

Apple Puffs

TO PREPARE AND DEEP FRY: ABOUT 45 MIN.

- 1 cup sifted flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs, well beaten
- ½ cup milk
- 2 teaspoons lemon juice
- 1 teaspoon vanilla extract
- 4 medium-sized firm apples
- ½ cup lemon juice
- 1 cup firmly packed brown sugar
- Flour
- Hydrogenated vegetable shortening, lard, or cooking oil for deep frying
- Confectioners' sugar

1. Sift the first four ingredients together in a bowl.
2. Combine eggs, milk, 2 teaspoons lemon juice, and vanilla extract. Make a well in center of dry ingredients and add liquid mixture. Stir until thoroughly blended. Set aside in refrigerator.
3. Wash, core, and pare apples. Cut crosswise into ¼-in. slices. Dip slices into remaining lemon juice and coat with brown sugar, then lightly with flour; dip slices into batter.
4. Deep fry in fat heated to 365°F about 3 min., or until puffs are golden brown, turning as they rise to surface of fat and several times during cooking. Drain over fat a few seconds before removing to absorbent paper.
5. Sift confectioners' sugar over puffs and serve warm. About 2½ doz.

Orange Soufflé

The refreshing citrus flavor of this delicate soufflé compensates for its tendency to fall slightly as it cools. To serve, spoon while warm into dessert dishes and top with a custard sauce or whipped cream.

TO PREPARE: 25 MIN.

TO BAKE: 35-40 MIN.

- 3 egg yolks
- ¼ cup sugar
- 2 teaspoons grated orange peel
- 3 tablespoons orange juice
- 1 tablespoon lemon juice
- 5 egg whites (about ½ cup)
- ½ teaspoon salt
- ¼ cup slivered toasted almonds

1. Beat egg yolks until thick and lemon colored; add sugar gradually, beating thoroughly after each addition. Beat in the grated orange peel and both juices.
2. Beat egg whites until frothy; add salt and beat until rounded peaks are formed and egg whites do not slide when bowl is partially inverted.
3. Gently fold egg whites into beaten egg-yolk mixture. Fold in almonds, reserving two tablespoons to sprinkle over top. Turn mixture into a 13½x9x2-in. baking dish; sprinkle reserved almonds over surface.
4. Bake at 325°F 35 to 40 min., or until cake tester inserted in center of soufflé comes out clean.
5. Serve soufflé warm with your favorite dessert sauce. About 8 servings

(Continued on page 16)