

Specialties in Gourmet

By RUTH KING

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SWEET LEILANI PINE CAKE

Here's How For Galley Slave

When you start stocking the galley on your boat, put dehydrated soups on your list. They are lightweight, easy to store, waterproof and ever so versatile.

Hot soups hit the spot for lunch or supper or as a late evening warmer upper. If the sun is too scorching for hot soup, then make cream of leek or green pea soup and chill it. If time is at a premium, make the soup at home and carry it aboard in a vacuum container.

On board, use the cream soups, such as cream of leek and cream of mushroom for making sauces. You'll find recipes right on the aluminum foil envelopes.

With a carton of sour cream, you can mix up a dip with the greatest of ease. The basic proportions are one pint sour cream and one package dehydrated soup mix. Use either spring vegetable, cream of leek or onion. Mix and chill it for two hours.

If you are out just for the day, make the dip at home and

FOR SALADS

Bleu cheese dressing is good on salads or vegetables. Stir 1/2 cup of instant nonfat dry milk into 1/2 cup of water. Add 1 garlic clove, minced, 1/4 cup of crumbled bleu cheese, 2 tablespoons of salad oil, 1 tablespoon of lemon juice and 1/2 teaspoon of salt. Shake well. Chill before serving. Makes about 1 cup.

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Pineapple Cake Luau Favorite

Sweet Lei Lani Pineapple Cake layers in two to make four thin layers; fill with Pineapple Lei Cream, saving some for top. Chill until serving. Makes 10 to 12 servings.

Crushed canned pineapple is the important ingredient to provide texture and moistness to the cake. Bake the batter in two layers then split and fill with rum accented whipped cream and pineapple. To add more glamor to the cake decorate the top with pineapple tidbits and a whimsical paper crown. This pineapple cake will be the star of the menu for a luau under the stars or a patio party.

SWEET LEI LANI PINEAPPLE CAKE

1 (8 1/2-ounce) can crushed pineapple
1-3 cup water
1/2 teaspoon vanilla
3 eggs, separated
1 cup sugar
2 1/2 cups sifted cake flour
2 teaspoons baking powder
1/2 teaspoon soda
1/4 teaspoon salt
1/2 cup shortening

Pineapple Lei Lani Cream
Combine undrained pineapple, water and vanilla. Beat egg whites, adding 1/4 cup sugar gradually until stiff peaks form. Beat remaining 1/2 cup sugar with cornstarch; stir into cooked strawberries; add Bacardi; cook until thick and clear, stirring constantly; add uncooked berries; cool; spoon into pie shell. Chill 3 to 4 hours. Top with swirls of whipped cream.

Rum Pie

Here's a recipe for a zesty dessert that will perk up any summertime meal. It's Strawberry Rum Pie.

1 quart strawberries, divided
1 cup sugar
1 cup water
3 tablespoons cornstarch
1/2 cup Dark Bacardi
9-inch baked pie shell
1 cup heavy cream, whipped
Wash strawberries; hull. Simmer one cup strawberries, sugar and 2 1/2 cup water for 10 minutes. Blend remaining 1-3 cup water with cornstarch; stir into cooked strawberries; add Bacardi; cook until thick and clear, stirring constantly; add uncooked berries; cool; spoon into pie shell. Chill 3 to 4 hours. Top with swirls of whipped cream.

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Cupcakes For Two

Here's a recipe with many merits. It is a cupcake recipe developed especially for single people or for couples living alone. While most cupcake recipes make

18 to 24, this recipe makes only 8 cupcakes. They keep well and freeze well. In addition, the cupcakes are made with corn oil and therefore have all the benefits of liquid corn oil.

PERFECT CUPCAKES

1 cup sifted flour
1 teaspoon baking powder
1/4 teaspoon salt

1 egg
1/2 cup sugar
1/2 teaspoon vanilla
1/4 cup corn oil
1/4 cup milk

Sift flour, baking powder and salt together. Beat egg; gradually add sugar, beating until fluffy. Add vanilla. Combine corn oil and milk in measuring cup; whip with

fork until creamy. Add dry ingredients to egg mixture alternately with oil and milk, beating until smooth after each addition. Pour batter into paper-lined pans. Bake in 350 degree (moderate) oven until cakes test done, 20 to 25 minutes. Frost as desired. Makes about 8.

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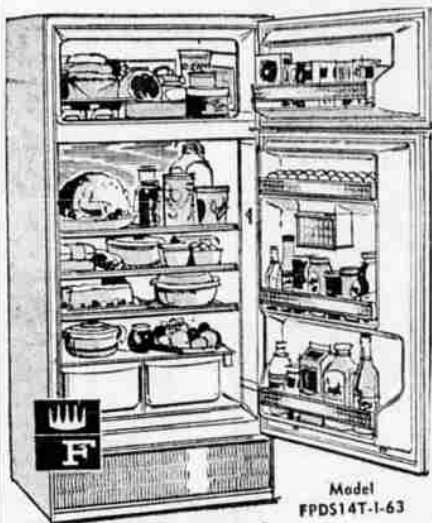
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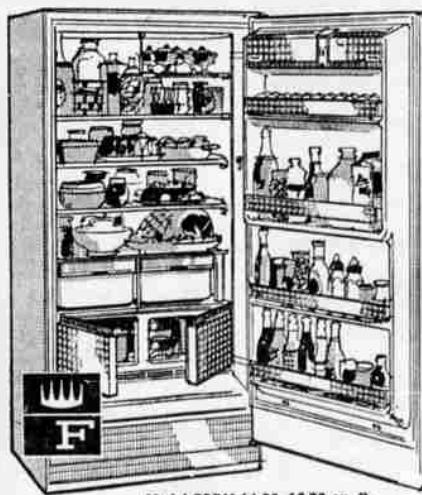
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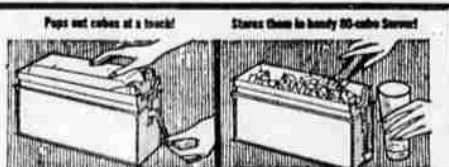
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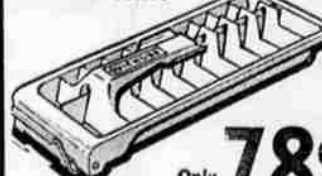
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