

Artichokes Veronique

- 6 large artichokes
- 1½ teaspoons salt
- ½ cup butter or margarine
- ¼ cup finely chopped onion
- ½ cup flour
- 1½ teaspoons salt
- ¼ teaspoon black pepper
- 1 teaspoon ment
- ¼ teaspoon dry mustard
- ½ teaspoon ground nutmeg
- 2½ cups milk
- 1 cup heavy cream
- 1 egg, slightly beaten
- 4 oz. process Gruyère cheese, cut in pieces
- 2 cups diced cooked South African rock lobster tail meat (reserve shells)
- ½ cup small grapes

1. Remove about 1 in. from tops of artichokes by cutting straight across with a sharp knife. Cut off stems about 1 in. from base; remove and discard lower outside leaves. With scissors, clip off tips of remaining leaves. Soak the artichokes 20 to 30 min. in salted cold water; remove from water, rinse, and drain.

2. Put the artichokes and 1½ teaspoons salt into a large sauce pot or kettle; add enough boiling water to cover. Bring to boiling; cook, uncovered, 20 to 45 min., or until a leaf can easily be pulled out.

3. While artichokes are cooking, heat butter or margarine in the top of a large double boiler. Add onion and cook over medium heat about 3 min. Stir in a mixture of the flour and next five ingredients. Heat until bubbly. Remove from heat and gradually add the milk and cream, stirring constantly until smooth. Bring to boiling; boil 1 to 2 min., continuing to stir to keep mixture cooking evenly.

4. Mix a small amount of the hot mixture with the egg and stir into the hot white sauce. Cook over boiling water 3 to 5 min., stirring occasionally to blend.

5. Add the cheese and stir until cheese is melted. Stir in lobster meat and grapes; heat thoroughly.

6. Cut off stems from drained artichokes. Spread each artichoke open and pull out center leaves. Using a spoon, remove and discard the "choke" or fuzzy part. Transfer artichokes to a heated platter.

7. Fill the artichokes with the sauce. Garnish platter with lobster shells, lemon wedges, and clusters of grapes.

6 servings

Spiced Tangerines

- 8 tangerines
- 1½ cups water
- ½ cup sugar
- 6 whole cloves
- 1 3-in. cinnamon stick, crushed
- 1 bay leaf, crumbled
- 1 tablespoon grenadine

1. Peel, section, and seed tangerines, reserving the peel from three.

2. Combine the next five ingredients and tangerine peel in a large saucepan. Bring to boiling, stirring until sugar is dissolved. Reduce heat and cook for 10 min.

3. Remove and discard peel. Add tangerine sections and turn to coat with sirup; heat 2 min.

4. Stir in grenadine; cool. Cover and chill at least 2 hrs. Serve tangerine sections as a main-course accompaniment. *About 5 cups fruit*

Valentine Pineapple Hearts provide a rich, elegant dessert for feminine parties.

Valentine Pineapple Hearts

- 1 1-lb. 14-oz. can pineapple slices, drained (reserve sirup) and chilled
- ¼ cup sugar
- 2 teaspoons unflavored gelatin
- ½ teaspoon salt
- 2 eggs, beaten
- 1 cup milk
- 1 cup cream
- 2 3-oz. pkgs. cream cheese, softened
- 2 teaspoons vanilla extract
- ½ teaspoon almond extract

1. Thoroughly blend the sugar, gelatin, and salt in the top of a double boiler. Set aside.

2. Beat eggs, milk, and ½ cup cream together. Blend into sugar mixture.

3. Set over boiling water and cook, stirring constantly, until mixture thickens and coats a silver spoon, about 10 min. Remove from heat and set custard mixture aside.

4. Gradually add the remaining ½ cup cream, ½ cup of the reserved pineapple sirup, and extracts to softened cream cheese, beating until smooth. Blend cheese mixture with custard until smooth.

5. Spoon into 8 heart-shaped individual molds which have been rinsed with cold water and drained. Chill until firm, about 8 hrs.

6. To serve, place dessert molds on pineapple slices. Accompany with *Raspberry Sauce*. (See photo.)

8 servings

Raspberry Sauce

Thoroughly blend ¼ cup of the reserved pineapple sirup and 1 teaspoon cornstarch in a small, heavy saucepan. Stir in contents of 1 10-oz. pkg. frozen red raspberries, thawed and crushed. Bring to boiling and cook over medium heat, stirring constantly, until slightly thickened and clear. Sieve sauce and discard seeds. Chill thoroughly before serving.

About 1 cup sauce



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