

FOOD FORUM *

Dorothy Johnson

ALL ABOUT APRICOTS

(Editor's note: Food Forum readers are requested to not hold Dorothy Johnson responsible for the delayed printing of these marvelous recipes for apricots--in the confusion resulting from the recent relocating of the VOICE office, Mrs. Johnson's file was misplaced. The editor is the culprit, and even though it's late in the season for apricots, the recipes are worth filling--so here 'tis)

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THE APRICOT, golden member of the peach family is a delight to the eye and a treat to the appetite all by itself or in salads, desserts, or main dishes.

This oval-stoned fruit of golden-yellow color grows on a small tree belonging to the peach family. The tree is a native of Asia where it still grows wild. The Chinese cultivated apricots 2,000 years ago.

It is believed the first apricots in our country were brought to California by Spanish Missionaries in the 1770's. There, the fruit is still very much at home both in private gardens and commercial orchards. Most commercial apricot shipments--fresh, canned, or dry--are from the Pacific Coast.

FRESH APRICOTS

Apricot-Cheese Salad

1 lb. creamed cottage cheese, 2 tsp. grated orange rind, 2 tbsp. chopped maraschino cherries, salad greens, 6 fresh apricots, halved and pitted; whole maraschino cherries, mint springs (optional).

Blend cheese, orange rind, chopped cherries. Arrange salad greens on 4 salad plates and put 3 apricot halves in center of each. Put cheese mixture around fruit and garnish with whole cherries and mint sprigs. Makes 4 servings.

Fresh Apricot Ripple Ice Cream

1-1/2 c. pureed or mashed fresh apricots, 1 tbsp. fresh lemon juice, 3/4 c. sugar, 1 qt. vanilla ice cream, 1/2 c. heavy cream, 1/4 tsp. almond extract.

Mix apricot pulp with lemon juice and sugar. Chill for 30 minutes. Soften ice cream slightly. Whip cream and add flavoring. Mix apricot pulp, ice cream, and cream quickly, but not thoroughly. Freeze until firm. Makes 6 to 8 servings.

Apricot Crumb Pie

2 tbsp. quick-cooking Tapioca, 3/4 c. granulated sugar, 1/8 tsp. salt, 1/3 c. packed brown sugar, 2 lbs. fresh apricots, halved and pitted; juice 1/2 lemon. Pastry for 1 crust 9-in. pie unbaked, 1/4 c. all purpose flour, 1/2 tsp. ground cinnamon, 3 tbsp. butter or margarine.

Mix tapioca, granulated sugar, and salt. Combine with apricots and lemon juice. Pack into 9-in. pie pan lined with pastry. Mix brown sugar, flour, and cinnamon; cut in butter to form crumbs. Sprinkle over apricots. Bake in preheated hot oven (425 F.) for 15 minutes; reduce heat to moderate (375 F.) and bake for 30 to 35 minutes longer, or until apricots are tender.

EASY APRICOT DESSERT

Serve drained canned apricots with plenty of whipped cream that has been sweetened to taste and flavored with vanilla. Delicious.

APRICOTS WITH KIRSCH

Just before serving, put chilled canned apricot halves together with small scoops of vanilla ice cream. Place in individual serving dishes. Sprinkle lightly with Kirsch or with red currant jelly that has been melted with a little hot water then chilled.

***** HELPFUL HINTS

A cracked egg can be boiled by first wrapping it in aluminum foil.

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FIRST AID COURSE ENROLLMENT OPEN

IT IS NOT too late to enroll for the First Aid Course now being conducted at Marble Manor, 811 'I' Street under the joint sponsorship of the Golden Key Club and VISTA workers of Operation Independence.

The six-week course is taught by qualified Red Cross instructors, free of charge, and classes are held from 9:30 a.m. to 11:30 a.m.

Every family should have one member, at least, who is prepared to care for emergencies.

ANDERSON SPEAKS AT KIT CARSON COUNCIL

Kit Carson Neighborhood Council Chairman Mrs. Leona Calhoun announced that James Anderson, trade unionist, political, and civil rights activist will address Council members at the group's regular monthly discussion meeting tonight, Thursday, Sept. 21 at the Kit Carson Elementary School. The public is cordially invited to attend the meeting which begins at 7:30 p.m.

Persons desiring information regarding the Council and/or its activities, are requested to call Kit Carson Neighborhood Council Service Worker Mrs. Addie Reid Blake at 382-5914.

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