

# FOOD FORUM \*

Dorothy Johnson

## The Touch Of Sour Cream

Our American commercial sour cream is delicate, subtle, and as white as snow. It is completely different from the kind that sets and soups itself, which can be good one day and horrid the next.

Here is a bevy of slick tricks for using commercial sour cream to glorify everything from soup to nuts.

**Pebble Beach Party Dip** -- Mix 1 pint sour cream, 1 envelope or can dry onion mix, 4 tablespoons chili sauce and 3 drops hot pepper sauce. Serve in a bowl that has been rubbed with a clove of garlic. Dust with paprika.

**Caviar Dip** -- Add a small jar of red or black caviar to 1 cup sour cream--serve with hot toast fingers or packaged Melba toast.

**Soups Soupreme** -- Not only borsch, but vegetable, tomato and pea soup are enhanced with a dollop of sour cream.

**Sour Cream and Walnut Sauce** -- Blend sour cream with prepared horseradish, chopped walnuts and salt and pepper to taste. Serve this sauce with fish, or roast beef.

**Non-Classical Sauce Raifort** -- Mix 2 cups sour cream, 1/2 cup plump raisins, 1/2 teaspoon salt, 1 tablespoon horseradish, 2 teaspoons lemon juice. Serve with baked ham.

**Blue Cheese Sauce** -- Combine 1 cup sour cream with 1/2 cup blue cheese and serve over broccoli.

**Tomatoes Florentine** -- Broil tomato halves. Pile high with sour cream scattered with cooked peas. Serve on bed of hot, cooked, seasoned spinach.

**Mashed Potatoes Hungarian** -- You know about serving sour cream with baked potatoes, but next time, use it instead of milk when preparing mashed potatoes. Add salt, pepper, a few chives and 1 teaspoon paprika.

**Waikiki Tongue Salad** -- Hollow out 1/2 of a fresh pineapple. Cut removed flesh in wedges. Fill the base with julienne strips of tongue. Add sour cream into which 1 (12 oz.) pkg. drained mixed melon balls has been stirred, together with the pineapple wedges. Garnish with a large sprig of mint.

**Zucchini Smitane** -- Coarsely grate or chop 8 medium sized zucchini squash. Add 1/4 cup water, bring to a boil and simmer slowly, covered, for 8 minutes. Drain thoroughly and add 2 tablespoons butter or margarine, salt and pepper to taste, and 1/4 cup sour cream. Re-heat and serve.

**Lemon Cream Dressing** -- Mix 2 cups sour cream and 1 (6 oz.) can frozen lemon concentrate, adding just a speck of salt. Serve as a dressing for fruit salad.

**Brown Angel** -- Frost an angel cake with 2 cups thick sour cream. Sprinkle with 1-1/2 cups brown sugar and chill well before slicing.

**Raisin Filling** -- Mix sour cream with chopped raisins and nuts and use for an unusual filling between layers of a chocolate cake.

**Apple - Cream - Topped Gingerbread** -- Freeze together 1/2 cup sour cream and 1-1/2 cups canned applesauce. Serve on squares of hot gingerbread.

**Minted Cream** -- Mix together 1 cup sour cream and 1/2 cup melted mint jelly. Serve over sliced oranges, or peaches when in season.

**Creamy Fruit Spread** -- Mix sour cream with strawberry preserves, orange marmalade, or blackberry jam. Use as a spread for bread.

**Pennsylvania Dutch Sandwiches** -- Blend 1/4 cup sour cream with 1 cup cottage cheese. Salt and pepper. Spread on toast, crisscross with bacon. Broil until bacon is crisp.

## REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS



When the Home Economist for the Dr Pepper Company visited our department last week, she left this idea for a party dip. Instead of using crackers or chips to serve it, she used fruit slices. This is a great idea for a teenagers' snack as they are notorious for poor eating habits.

### Crunchy Ginger Nut Dip

- 8 ounces cream cheese, softened
- 1/4 cup Dr Pepper
- 1 Tbsp. fresh orange rind, grated
- 1 Tbsp. crystallized ginger, finely chopped
- 2 Tbsp. salted peanuts, coarsely chopped

Cream the cheese and Dr Pepper in blender or mixer until light and fluffy; fold in remaining ingredients; chill. Serve with grapes, bananas, apples, pineapple or strawberries. Makes 1-1/2 cups.

When serving this dip with apple slices, keep them from turning brown in the air by dipping them in cold salt water, using 1 Tbsp. salt per quart of water. Drain the slices and use or refrigerate.

If you are interested in more recipes using Dr Pepper to give a delicious and unusual flavor, you may contact the local Southwest Beverage Company or our department.

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## AMBASSADOR RESIGNS

WASHINGTON - (NPI) -- Franklin H. Williams, U.S. ambassador to Ghana, has resigned his position, effective June 1, to direct the Columbia University Center for Urban and Minority Affairs.

Williams said he would continue to be fully committed to the achievement of "full and total involvement" of every American group, including the black American, "at every level of Africa's political, economic, and social structure."

He is credited with re-establishing friendly relations between Ghana and the United States after the African state's President Kwame Nkrumah was overthrown.

Williams said he was "very excited" about his new post, in which he will handle a \$10-million endowment from the Ford Foundation.

The endowment, he said, "is a small sum of money, considering the dimensions of the urban minority problems in the United States. However, I am hopeful that it will enable Columbia University to bring its tremendous resources to bear on some of these basic problems."

Williams' resignation was reportedly accepted "with regret" by President Johnson.

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## FASHIONS

By Mattie Smith Collin (NPI)

In line with shamrocks, 1968 linen costumes include Kelly green, daffodil, avocado, lime and turquoise...Pink, cardinal red, larkspur blue, nasturtium, lemon and orange are also dominant in the spring showings.

The linen dresses, suits, coats, jumpersuits definitely are Spring-appearing...the linen separates have unusual color combines...Lavender, orange and yellow!

Elegant evening skirts of linen were shown in some of the spring and summer collections.

\* \* \*

Down San Antonio (Texas) way, "buttons and belts" replaced, buttons and bows in the luxury line of evening gowns and sophisticated daytime wear...Buttons were used by a number of designers as accents.

Prominent in the fashion collections for spring were "capes" worn with suits, and some reaching to below the hips. Short capes are smart in the new plaids, worn with matching plaid skirts and white shorts, with wide solid colored belts that define the low waistline.

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Hemlines...Coco Chanel, Balmain and Molyneux continue to cover the kneecaps!

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