

# FOOD FORUM \*

Dorothy Johnson

## HARBINGER OF SPRING

Strawberries--on the market scene--an emphatic signal that spring has sprung in full force. And to elaborate on them is no fuss at all. Two of the most elegant dishes given here are the least complicated. In one, strawberries are sugared, brandied, and served in Champagne. In the other, berries are served with European-style home-soured cream, a delicate complement to any fruit. Whole berries are glazed in a crackling coat of crystallized sugar for a showy and novel dessert or confection.

True blue American is a pie filling combining strawberries and rhubarb, a double play partnership to hail spring time.

An imaginative cook with a creative mind can dream up dozens of ways to glamorize strawberries.

### STRAWBERRIES IN CRYSTAL

2 pts. strawberries, 2 c. sugar, 1 c. boiling water, 1/8 tsp. cream of tartar.

Wash strawberries and dry thoroughly on paper towels. Combine sugar, water, and cream of tartar in a saucepan. Bring to a boil and boil without stirring until syrup registers 300 deg. on a candy thermometer, or until it barely begins to color. Remove from heat and place in another pan of hot water. Dip strawberries into syrup one at a time, spear'ng on skewers or using slotted spoon to handle.

Place coated berries on wire rack over waxed paper to catch drips. Work rapidly. If syrup becomes too thick, return to heat to thin slightly. Berries should be served within an hour and a half after they are glazed, and the recipe works best on a dry, cool day. Serve as dessert with ice cream or cake, or as a confection.

### STRAWBERRIES IN CHAMPAGNE

2 pts. strawberries, 1/3 c. sugar, 1/4 c. brandy, pink champagne, mint sprigs.

Wash strawberries, drain well and place in a shallow bowl. Sprinkle with sugar and brandy. Cover and chill several hours. Spoon berries into champagne glasses. Fill with champagne and garnish with mint.

### FRAISES AU CREME FRAICHE

1 tsp. buttermilk, 1 c. heavy cream, 1 pt. strawberries.

Mix buttermilk into cream and heat to lukewarm. Pour into a bowl, cover with waxed paper and let stand at room temperature 8 hours or until thickened. Stir the cream, cover tightly and refrigerate. Just before serving, wash and hull strawberries. Pile in dessert dishes and top with the cream.

### STRAWBERRY RHUBARB PIE

1-1/2 c. sugar, 3 tbsp. cornstarch, 1/4 tsp. salt, 1 pt. strawberries, pastry for 2-crust pie, 3 tbsp. butter.

Combine sugar, cornstarch and salt; mix well. Cut rhubarb into 1/2 inch slices and wash and hull and slice strawberries. Add rhubarb and strawberries to sugar mixture and toss lightly to mix. Let stand while preparing pastry.

Roll out half the pastry and fit into 9-inch pie pan. Fill pie shell with fruit mixture. Dot with butter. Roll out remaining pastry and fit over pie. Seal and flute edges. Cut slits in top to allow steam to escape. Bake at 400 deg. for 45 minutes or until syrup boils with heavy bubbles that do not burst. Serve warm with ice cream or whipped cream.

### MERINGUE RING WITH STRAWBERRIES

6 egg whites, 1 c. sugar, 1 tsp. vinegar, 1 tsp. vanilla, 1/8 tsp. cream of tartar, 1/8 tsp. salt, 1 pt. strawberries, whipped cream or custard sauce.

Beat egg whites until frothy. Gradually add sugar, beating well after each addition. Add vinegar, vanilla, cream of tartar and salt and continue to beat until stiff (about 5 min.) Spoon into an 8-1/2 inch ring mold oiled only on the bottom. Pile the meringue carefully into mold

## REDDY KILOWATT'S HELPS GIRL SCOUTS



Girl Scouts in Troop 63 with leader Rosie Smith, Troop 75 with Darlene Martin as leader and Troop 83 led by Kathleen Kincherlow have just completed our series of cooking classes to assist them in earning the Girl Scout Cook Badge.

Requirements in earning a Cook Badge include the preparation of a breakfast fruit and a fruit dessert. Today's recipe could be served as either and is so simple that Scouts and Mothers alike will want to include it in menus. In addition, grapefruit is an excellent source of vitamin C which our Scout cooking students know we need every day.

### BROILED GRAPEFRUIT

Cut large, well-shaped grapefruit in half. Loosen the pulp from the peel with a sharp-toothed, curved grapefruit knife. Remove any seeds and cut out the fibrous center core.

Sprinkle 1 Tablespoon brown sugar over each half.

Turn oven to Broil. Have rack positioned so that top of grapefruit will be about 4 inches from element. Leave door open or ajar and watch as sugar melts and edges of grapefruit quickly turn a delicate brown. Serve at once.

(Other fruits which may be broiled include raw apple rings, peaches, pears and bananas split lengthwise in half and canned pineapple slices, peach, pear and apricot halves.)

In electric oven broiling, cooking is done by direct radiant heat from the top unit. The oven heat control is set at the highest temperature position and the oven door is left at the first-stop or "broil position" so the thermostat will not cycle the heat off and on, leaving the element red hot for the wonderful browning we need and want for cooking by the broil method. The degree of doneness is controlled by the distance from the top of the food to the electric element. This means, for example, that meats to be cooked rare should be placed closer to the unit so surface browns before center is overdone.

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to avoid air bubbles. Place mold in a pan of warm water and bake at 300 deg. 45 minutes. Immediately turn out onto large plate. Fill cooled meringue ring with strawberries and serve with whipped cream.

### STRAWBERRIES WITH DEVONSHIRE SAUCE

1 pt. strawberries, 1 (3 oz.) pkg. cream cheese, 1/4 c. cream, 1 tbsp. sugar, 1/4 tsp. grated lemon rind, 1 tsp. lemon juice. Wash, hull and halve berries; chill. Blend together cheese, cream, sugar, lemon rind, and lemon juice until smooth and creamy. Spoon over berries.

### DOUBLE STRAWBERRY ANGEL FOOD CAKE

1 (10-1/2 oz.) pkg. strawberry angel food cake mix, 1/2 c. strawberries, 2-1/2 c. confectioner's sugar, pinch salt, 1/2 tsp. lemon juice.

Prepare cake mix, following package directions. Allow cake to cool before glazing. For glaze: Wash and hull berries; puree through food mill or blender. Add sugar and salt, mixing well. Stir in lemon juice until glaze is consistency to pour thinly over cake.

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