

FOOD FORUM

DOROTHY JOHNSON

Summer's Cool Food

This is the season for cool refreshing food and beverages. Chilling soups, delectable chif-fon-pies, molded salads, luscious red tomatoes, corn on the cob, watermelon, homemade ice cream, barbecue, lemonade, and all the good ole' summer time foods. Enjoy cool, summer food.

CHERRY COLD MOLD

1 package (8 oz.) cream cheese, softened; 1/4 cup mayonnaise; 1 package (3 oz. each) Jello Cherry and Strawberry Gelatins; 1 cup boiling water; 1 can (1 lb. 1 oz.) pitted dark sweet cherries; 1 can (13 1/2 oz.) pineapple tidbits; 1 bottle (7 oz.) cola beverage; 1 cup chopped nuts.

Blend cheese and mayonnaise until smooth. Dissolve Jell-O Gelatins in boiling water. Stir into cheese mixture, blending well. Drain cherries and pineapple, measuring 1 1/2 cups syrup. Then add syrup and cola beverage to gelatin. Chill until thick. Fold in cherries, pineapple and nuts. Pour into a 1 1/2 quart mold. Chill until firm. Unmold. Makes about 6 1/2 cups or 12 servings.

NEW BAKED ALASKA

2 packages (3 oz. each) Jell-O Gelatin, any flavor; 2 cups boiling water; 1/2 cup gingerale; 1 pint vanilla ice cream, slightly softened; 3 egg whites; 6 tablespoons sugar.

Dissolve 1 package Jell-O gelatin in 1 cup boiling water; stir in gingerale. Pour into 8 x 4 x 3 inch loaf pan; chill until firm. Dissolve remaining package Jello gelatin in 1 cup boiling water. Spoon in ice cream, stirring until blended. Chill until thickened. Cut firm gelatin into 1/2 inch cubes. Fold into creamy thickened. Spoon into a 8 x 4 x 3 inch loaf pan or 1 quart mold or bowl. Chill until firm. Unmold on an oven-proof platter; chill until platter is cold. Beat egg whites until foamy throughout. Add sugar, 2 tablespoons at a time, beating thoroughly after each addition; then beat until stiff, shiny peaks form. Completely cover loaf with meringue, carefully sealing around base. Bake in hot oven (500 degrees) F. until golden brown about 2 minutes. Chill until serving time.

HAWAIIAN CHICKEN SALAD

2 cups cubed cooked chicken; 1 cup fresh pineapple chunks; orange sections; 1 cup seedless grapes, halved; 1/2 cup slivered almonds, toasted; mayonnaise, salt and pepper. Leaf lettuce.

Combine chicken, pineapple, grapes, nuts and enough mayonnaise to moisten. Toss lightly. Season to taste. Serve on lettuce, garnish with orange sections.

NECTARINE AND CHERRY FLAMBE

3 fresh freestone Nectarines; 1/4 cup sugar; 1 1/2 tablespoons cornstarch; 1/4 teaspoon salt; 1 teaspoon grated lemon rind; 1 can (12 oz.) Cherry cola; 4 drops red food color; 1 table-fresh lemon juice; 1 cup pitted fresh Bing or Lambert Cherries; 1 to 2 tablespoons chartreuse or brandy.

Slice Nectarines to yield 1 1/2 to 2 cups. Combine sugar, cornstarch, salt and lemon rind in saucepan; stir in cherry cola and heat, stirring over medium heat, until mixture comes to boil, thickens and clears.

Stir in food color; lemon juice and add nectarines and cherries. Heat thorough. Set warmed chartreuse or brandy aflame. Pour over hot fruit sauce. Stir and serve over scoops of vanilla ice cream.

CHILLED VICHYSOISE

Vichyssoise is a soup classic. The late famous chef, Louis Diot, head of the kitchen at the Ritz-Carlton worked out the formula for Vichyssoise from a childhood memory of his mother's leek and potato soup.

His hometown in France was near Vichy, the famous watering spa. Therefore, he called Vichyssoise, correctly, the soup is pronounced "Veeshee-swaze" not "veeshy-swab."

You may substitute for your own convenience chicken bouillon cubes instead of chicken stock and sweet onions instead of leeks.

REDDY KILOWATT'S Helpful Hints For The Homemaker APPLES

Choose your favorite apple—a fragrant Winesap, a juicy Stayman, a tart Northern Spy. . . each variety has its own appeal.

There are many good all-purpose apples, plus others especially suited for preparing in certain ways. Apples that "go to pieces" when cooked are usually best for applesauce; those that keep their shape are best for baking whole.

Red Delicious - fragrant, sweet, and an excellent choice for eating out of hand. Combines well with other raw foods, as in cabbage apple salad. Use your blender to shred the cabbage.

Cabbage-Apple

2 cups shredded cabbage
2 cups diced apples
2 Tablespoons slivered almonds, toasted
1/3 cup salad dressing
1 tablespoon lemon juice
1 teaspoon sugar
1/2 teaspoon salt
Combine ingredients and mix well.

Jonathan, one of many popular varieties that can liven up your general cooking, gives this cobbler a flavor boost.

Salad Apple Cobbler

1 RECIPE TAPIOCA APPLES
1/3 cup milk
1 cup biscuit mix
2 tablespoons butter or margarine, melted
1/4 cup sugar
1 teaspoon cinnamon

Pour tapioca apples into a 9-inch square pan. Stir milk into biscuit mix. Roll dough to 6 by 10 inch rectangle. Spread dough with fat and sprinkle with sugar and cinnamon. Roll as for jellyroll, start from short side. Cut dough into 12 slices 1/2-inch thick. Arrange on tapioca apples. Bake at 425 degrees about 20 minutes or until biscuits are browned. NOTE: Use one 20-ounce can of apple pie filling instead of tapioca apples, if desired.

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Humane Society

If you LOSE your pet, go at once to the Animal Shelter and fill out a "lost" card. Go every two days and look at the pound animals. Your pet may look SPECIAL to you, but he may also look like several dozen others at the shelter. SO GO AND LOOK and advertise immediately on radio and in newspapers and call your Humane Society, 735-6662.

The Clark County Humane Society reminds you. . . "take time to be kind". Never tease an animal. Remember, what is fun. . . must be fun for all.

The leash law is your pet's protection. 78% of all cruelties to dogs and cats happen when the animal is off their own property. KNOW where your pet is at all times by obeying the leash law. And support your Clark County Humane Society.

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