

FOOD FORUM

DOROTHY JOHNSON

SUMMER DESSERTS

Bavarian creams, are desserts that were used many years ago, and are beginning to be a household dessert. You can make them in many flavors, mold, and decorate them to suit ones menu. They are a good make ahead dessert. They are cool, rich and very refreshing.

VANILLA BAVARIAN CREAM

- 4 egg yolks
- 1/2 cup sugar
- 1 cup scalded milk
- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 1 to 2 tsp. vanilla
- 1 cup heavy cream, whipped

Beat egg yolks in heavy saucepan or top of double boiler. Beat in sugar. Add milk gradually, stirring constantly. Place over simmering water or very low heat. Cook, stirring constantly, until custard coats back of spoon. Soften gelatin in water. Stir into custard. Strain into large bowl; stir in vanilla. Cool, stirring occasionally, until custard begins to thicken. Fold in whipped cream. Turn into lightly oiled 4 cup mold. Chill several hours or overnight. Just before serving, run blade of small knife around edge of cream. Dip mold in hot water for a few seconds. Dry mold with a towel, place serving dish over mold, and invert mold.

CREME-DE-MENTHE BAVARIAN: Prepare Vanilla Bavarian Cream, adding 3 to 4 table-spoons Creme' de Menthe to custard before folding in whipped cream.

COFFEE BAVARIAN: Prepare Vanilla Bavarian Cream substituting a mixture of half milk and half strong coffee, instead of the milk called for.

PEACH BAVARIAN

- 2 pkgs (10-oz. each) frozen peaches
- 1/2 cup sugar
- 2 tbsps. lemon juice
- 2 envelopes unflavored gelatin
- 1 cup heavy cream, whipped

Thaw peaches according to package directions. Drain, reserving juice. Press peaches through sieve or food mill. Combine peach puree, sugar and lemon juice in a large bowl. Soften gelatin in 1/2 cup reserved peach juice. Stir over hot water until gelatin is dissolved. Stir into peach mixture. Fold in whipped cream as soon as mixture begins to set. Turn mixture into a lightly oiled 4 cup mold. Chill. Unmold. Garnish with additional peach slices.

ORANGE BAVARIAN

- 4 egg yolks
- 1/2 cup sugar
- 1-1/4 cups orange juice
- 1 envelope unflavored gelatin
- 1 tsp. orange liquer (optional)
- 1 cup heavy cream, whipped

Beat egg yolks in heavy saucepan or top of double boiler. Beat in sugar gradually. Add 1 cup orange juice. Place over simmering water or very low heat. Cook, stirring constantly, until mixture coats back of metal spoon. Soften gelatin in remaining 1/4 cup orange juice. Stir into egg mixture. Add liquer as soon as mixture begins to set; fold in whipped cream. Pour into mold. Chill several hours, Unmold. Garnish with range slices.

STRAWBERRY BAVARIAN

- 2 pints strawberries
- 1 cup sugar
- 2 tbsps. lemon juice
- Red food coloring
- 2 envelopes unflavored gelatin
- 1/2 cup cold water
- 1 cup heavy cream, whipped

Wash, dry and hull strawberries. Press

Lamar McDaniel Seeks School Board Seat



Lamar McDaniels, 33, has filed for the Clark County Board of Trustees, District "C".

He is a graduate of Horace Mann High School, in Little Rock Arkansas. He attended Philander Smith College in Little Rock, for two and one-half years, and has been a part-time student at UNLV, Las Vegas, Nevada where he majored in accounting and business administration. He is currently attending Community College in Las Vegas, taking advanced courses in business administration.

The father of five children, Mr. McDaniels is interested in solving some of the problems that have occurred in our schools in the past. He believes that lack of communication between parents, teachers, school trustees, and students is the major cause of these problems. "There is a remedy to all of these things and we must work together and find it," said McDaniels.

Activity in community affairs includes membership in the NAACP, where he held the Vice-Presidency for two years and is now a board member; Chariman of the Board of Operation Independence, served on the nominating and membership committee for Economic Opportunity Board, member of the Nevada Voters League, trustee and past choir member of Zion Methodist Church, past Scoutmaster for Boy Scouts of America, and assistant coach for Little League Baseball Team. He is presently employed by the City of Las Vegas Fire Department.

through sieve or food mill. Combine strawberry puree, sugar, lemon juice and a few drops of food coloring in large bowl. Mix well. Soften gelatin in water. Stir over hot water until dissolved. Stir into strawberry mixture. Fold in whipped cream as soon as mixture begins to set. Turn mixture into lightly oiled 4 cup mold. Chill several hours. Unmold. Garnish with whole strawberries.

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between school board members and the people in my community."

Of top priority to me, Mrs. Moten said, "along with teaching basic skills to our children, is the creation of a humane environment in our schools. Many studies have shown that schools can be humane and free without in any way sacrificing intellectual development. Unless we build humanity, respect, trust, fair play and dignity into our classrooms, we won't have them in our society."

The candidate is recipient of several awards for educational excellence, the one she is the proudest of is her 1970 Nevada Teacher-Mother of the Year distinction and the fact that as a member of the Arkansas AM&N Alumni Association, she has worked for the past nine years in raising scholarships so that needy children can go to college. She and her husband Frede, have lived in Clark County for 13 years and have one child a son Frede Charles.

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