

FOOD FORUM

Dorothy Johnson

Homemade Ice Cream

Remember when you waited for the dasher from the ice cream that was made at home. Homemade ice cream was a summertime enjoyment. Fresh fruits add a delicate and rich taste to the basic goodness of plain ice cream. The most important part in making ice cream is the use of good ingredients. Forget about the calories. Use four parts ice to one part salt in packing the freezer. When the ice cream is finished. Pour off the icy brine and carefully clean the top of the container before removing the lid and dasher. Pack the ice cream down, cover it with foil or waxed paper cork the dasher hole in the lid and replace it and then repack the tub with ice and salt. Let the ice cream ripen, or mellow, for two to three hours before serving.

VANILLA CUSTARD ICE CREAM

2 cups sugar
1/4 cup corn starch
1/4 tsp. salt
1 qt. milk
4 eggs, beaten
2 tbsp. vanilla
1 qt. half and half

Mix sugar, cornstarch and salt in top of double boiler. Gradually stir in milk and cook over boiling water, stirring often, until thick. Stir small amount of hot mixture into eggs, then return to hot mixture. Cook and stir over boiling water 4 to 5 minutes. Cool, stir in vanilla and half and half. Chill in refrigerator. Pour into freezer can and freeze. Makes 3-1/2 quarts.

FRENCH VANILLA ICE CREAM

1 cup sugar
1/2 tsp. salt
2 cups milk
6 egg yolks, beaten
2 tbsp. vanilla
2 cups heavy cream

Mix sugar, salt, milk and egg yolks in a saucepan. Cook and stir over medium heat until mixture comes to a boil. Remove from heat immediately place pan in cold water. Cool and stir in vanilla and cream. Chill thoroughly. Freeze in churn freezer. Makes about 2 quarts.

FRUITED BEER ICE CREAM

1 cup sugar
Salt
2 tbsp. flour
2 eggs, beaten
1-1/2 cups half and half
1/4 cup beer
1 cup peeled, chopped ripe mango
3/4 cup peeled, chopped ripe papaya
1/4 cup peeled, chopped pineapple
1/3 cup sugar
Juice of 1 lime
1/4 tsp. almond extract
2 cups heavy cream
2 tsp. vanilla

Mix sugar, dash salt, flour, eggs and half in top of double boiler. Cook stirring constantly, until mixture coats back of spoon. Remove from heat, cool and add beer sprinkled with dash of salt. Chill, combine fruits, sugar, lime juice and almond extract and chill. When ready to churn, pour heavy cream and vanilla into custard mixture, mix well and freeze. Makes 2 quarts.

FRESH PEACH ICE CREAM

1 cup sugar
1/2 tsp. salt
2 cups milk
6 egg yolks, beaten
2 tbsp. vanilla
2 cups heavy cream



UNLV SCHOLARSHIP FUND--Donations totalling \$3,500 from numerous local businesses for the third annual High School Career Day were recently officially contributed to a University of Nevada, Las Vegas Scholarship fund. From left, Career Day co-chairman Ivan Anenberg and UNLV law enforcement major Gloria Lane, a 1973-74 scholarship recipient, look on as university acting president Dr. Donald Baeppler accepts a check from Career Day chairman Bob Sally.

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1-1/2 cups chopped, peeled peaches

Mix sugar, salt, milk and egg yolks in a saucepan. Cook and stir over medium heat until mixture comes to a boil. Remove from heat and place pan in cold water. Cool and stir in vanilla and cream. Sweeten peaches with sugar to taste. Stir into custard mixture and chill thoroughly in refrigerator. Freeze in churn freezer until very stiff. Let ripen. Makes about 2 quarts.

VA FACTS

Q--Do VA pensioners over 72 years of age have to file annual income questionnaires anymore?

A--No, they do not have to file. A recent law excludes pensioners 72 years old and older who draw benefits during two consecutive years from filing annual income questionnaires. However, they still must report changes in income.

Q--What should I do if my VA benefit check does not arrive on time?

A--Two things. (a) Wait long enough to be sure the mails have cleared. (b) Write to the VA regional office which has your claim file, including your name if you're a veteran, or the deceased veteran's name if it is a death claim, and your claim number. Never write the Treasury Department, as this will only prolong the delay in receiving your check.

Q--A relative, a veteran of World War I, needs domiciliary care. Is this care available at VA facilities?

A--Yes, VA has 16 of these facilities. Suggest you advise your relative of this. Any VA office will help him file an application for this benefit.

UNLV SCHOLARSHIP

A total of \$3,500 was donated recently by numerous Las Vegas businesses for the third-annual High School Career Day and Scholarship Fund at the University of Nevada, Las Vegas.

Participating companies in the event ranged from hotels to food stores and many other local services. More than 80 businesses made contributions to the fund.

Career Day activities this year focused on special breakfasts for senior students from all Clark County High Schools and Southern Nevada Vocational-Technical Center, recently at the Sahara Hotel.

"Many public entities were involved this year," said Bob Sally, chairman of the event, "The purpose of Career Day is to provide an incentive for students with a business career in mind, as well as to provide scholarships for several qualified students with interests in all fields, not necessarily majoring in business at UNLV."

Scholarship recipients at UNLV for the coming year will be selected in the fall.

ATTENTION SENIOR CITIZENS

The Economic Opportunity Board Foster Grandparent Program now has openings for low-income seniors, 60-years' or older, who would like to be a friend to 2 children in Zion Methodist Church Day Nursery.

Foster Grandparents receive \$32, plus \$5 transportation for 20 hours' of time each week. A meal is also furnished each workday.

This money will NOT affect your Public Housing rent, Welfare, OAA, etc., if you are now receiving it.

ACT NOW!!!

To apply, or for more information, call: 648-3280, extension 63

AN EQUAL OPPORTUNITY EMPLOYER.

USE YOUR ELECTRIC CLOTHES DRYER WISELY...AND SAVE

Follow these hints when you use your electric clothes dryer, and you'll save on clothing bills... electric bills, too.

DRY SIMILAR ITEMS together, heavier items at one time and lighter fabrics in another load. This prevents underdrying or overdrying.

FLAT ITEMS, SUCH AS SHEETS, can be "pressed" by folding them smoothly and placing them on the warm top of the dryer.

DON'T OVERLOAD THE DRYER. This can cause clothing to wrinkle. Damp-dry items to be pressed. This saves time and money.

AVOID OVERDRYING. Excessive drying may cause shrinkage and wrinkling, and needlessly consume electricity... it will wear out your clothes more quickly, too.

CLEAN THE LINT FILTER AFTER EACH DRYING OPERATION. Your dryer will operate more efficiently... reducing costs.



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