

FOOD FORUM

Dorothy Johnson

Feature Fresh Fruits

California has had a good year for fruit. The best way to eat any fresh ripe fruit is out of hand. As with any perishable commodity, fully ripened fruit will keep longer if stored in the refrigerator. Fresh fruit is the ideal snack for hungry children. Apricots, cantaloupe, nectarines, peaches and papayas, for instance, are all good sources of Vitamin A. And cantaloupe, mangoes and papayas are high in Vitamin C, while strawberries, besides being a delightful taste treat, are a good source of iron and Vitamin C. When it comes to the best ways to use fruit while it's in plentiful supply, the possibilities are limitless. A platter of fresh fruit and cheese or fresh fruit salad are about the best way to utilize summer's bounty. Here are some suggestions for using fresh fruits in main dish salads, soups and desserts.

FRESH PEACHES WITH SESAME DRESSING

- 1/2 cup sugar
- 1/3 cup vinegar
- 2 tbsp. chopped onion
- 2 tsp. dry mustard
- 1/2 tsp. salt
- 1/4 cup sesame seed
- 1 cup oil
- Fresh peaches, peeled and halved
- Salad greens

In a blender, blend together, sugar, vinegar, onion, mustard, salt and sesame seeds. Add oil gradually, while continuing to blend. Arrange peaches on salad greens and spoon some of the dressing over all.

MEXICAN PLUM PIES

- 1-1/2 to 2 cups sugar
- 2 lbs. fresh plums, halved and pitted
- Butter or margarine softened
- 8 flour tortillas
- 4 tsp. sugar
- 1 tsp. cinnamon
- Grated semisweet chocolate, sour cream

Sprinkle 1-1/2 cups sugar over plums in a saucepan and let stand until sugar dissolves and juices form. Bring to a boil and simmer until plums are tender, about 10 minutes. Meanwhile butter both sides of tortillas, lightly and arrange on a cooky sheet. Combine 4 tsp. sugar and the cinnamon and sprinkle over tortillas. Bake at 350 (degrees) for 15 minutes. Cool on rack. To serve, sprinkle some of the chocolate on each tortilla. Spoon plums and sauce over and top with sour cream. Makes 8 servings.

CHEESY FRUIT SALAD

- 2 cups cottage cheese, large curd
- 1/3 cup coarsely chopped watercress
- 1 tbsp. chopped parsley
- 2 tsp. grated lemon peel
- Pinch white pepper
- 1/4 tsp. salt
- 1 lb. fresh plums, halved and pitted
- 2 cups strawberries
- 1 bunch seedless grapes
- Small lettuce leaves.

Spoon cottage cheese in bowl. Add watercress, parsley, lemon peel and salt and pepper. Gently blend together with fork. Mound cottage cheese mixture in center of serving platter. Surround with plums, grapes and strawberries. Garnish with lettuce leaves.

SUNNY FRUIT MELANGE

- 1/4 cup honey
- 1/4 cup fresh orange juice
- 2 tbsp. grated orange peel
- 2 tbsp. lime juice
- 1 tbsp. fresh mint
- 1-1/2 tsp. minced ginger root or
- 1/2 tsp. ground ginger
- 1/2 tsp. salt

- 1/2 cup oil
- 2 oranges
- 1 cantaloupe
- 4 large bananas
- 1 pt. strawberries
- Crisp salad greens

Combine honey, orange juice, peel, lime juice, mint, ginger and salt in a jar with a tight-fitting lid. Shake well. Add oil and blend well. Cut oranges in half. Remove pulp and scallop edges with a sharp knife. Cut cantaloupe and remove seeds. Scoop into balls with mellow cutter. Wash, hull and slice strawberries. Cut bananas diagonally into thick chunks. Arrange fruit on crisp salad greens. Place orange cup on each salad filled with dressing.

PEACH AND APPLE SAUCE MOLDED SALAD

- 1-1/2 cups lemon-lime carbonated beverage
- 1 pkg. peach flavored gelatin
- 1 cup sweetened applesauce
- 1 cup chopped fresh peaches
- 1/2 pint whipping cream
- 1 tbsp. sugar
- 1/8 tsp. mace
- Drop or two of vanilla
- Peach slices

Heat carbonated beverage add gelatin mixture Stir until dissolve. Stir in applesauce. Chill until gelatin mixture mounds slightly when dropped from spoon. Whip cream with sugar. Fold in fresh peaches, whipped cream and flavorings into gelatin mixture. Pour into 1-1/2 to 2 qt. mold. Return to refrigerator and chill until firm. Unmold onto lettuce or watercress. Garnish with peach slices. Serve with your favorite dressing.

Breakfast Anytime

2 Eggs (any style)

Choice Of
Ham
Bacon
Sausage
and Toast

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