

The Wonderful World of Real Dairy Foods



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What is real and what only looks real are two entirely different things in today's marketplace. Most people prefer a genuine product.

Shoppers hurrying through the store will be happy to know they can quickly and easily identify genuine dairy foods by looking for the "REAL" Seal symbol.

The "REAL" Seal is the focal point of a product identification program sponsored by American Dairy Association. It is designed to help the consumer select a genuine dairy food without needing to read fine print. The "REAL" Seal is displayed most often near the name of the food on the front panel or on the surface most visible to the shopper.

All genuine dairy products made in the U.S. are eligible to display the Seal. These include the following:

- | | |
|--------------------------|----------------|
| Milk | Ice Cream |
| Cream | Sherbet |
| Half and Half | Frozen Custard |
| Butter | Ice Milk |
| Sour Cream | Natural Cheese |
| Sweetened Condensed Milk | Process Cheese |
| Evaporated Milk | Cottage Cheese |
| Lowfat Milk | Yogurt |
| Nonfat Dry Milk | Cream Cheese |

The Seal is a symbolic drop of milk enclosing the word "REAL." It's a federally registered trademark.

Once you have purchased true dairy products, you can prepare the dishes in this booklet and be assured they'll have the unsurpassed, natural flavor which they are meant to have.

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This photograph shows the "REAL" Seal trademark on various types of milk and different sizes of cartons. Also shown is the symbol on the different types of cream, namely sour, whipping and half and half, as well as cottage cheese, yogurt, ice cream and butter.

All recipes kitchen-tested by American Dairy Association have used real dairy products exclusively.

For additional copies of "The Wonderful World of Real Dairy Foods," send 35¢ per booklet for postage and handling to:

American Dairy Association
 Dept. RB-RDF
 P.O. Box 721
 Rosemont, Illinois 60018

Pique the Appetite



Milk enriches Golden Corn Chowder and pale green Asparagus Soup. Cheddar cheese and dairy sour cream mix for a fresh vegetable dip.

Real milk and cheese add honest flavor to soups or dips. With them you can excite a lazy appetite, fulfill the desire for a snack or take the sharp edge off hunger.

Asparagus colors it springlike green

ASPARAGUS SOUP

Yield: 10 cups

- 1/4 cup (1/2 stick) butter
- 1 cup shredded carrots
(3 to 4 carrots)
- 1/2 cup thinly sliced leek (1 leek)
- 1/2 cup chopped celery
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3 1/2 cups milk
- 1 can (13 3/4 oz.) chicken broth
- 2 packages (10-oz. each) frozen cut asparagus
- 1 tablespoon fresh lemon juice

Melt butter in a 4-quart Dutch oven. Sauté carrots, leek and celery until tender, about 5 minutes. Stir in flour and seasonings. Cook until smooth, stirring constantly. Remove from heat. Gradually stir in milk and broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add asparagus. Simmer, uncovered, 15 minutes, stirring occasionally, until asparagus is tender. Remove from heat and place one-fourth of mixture in blender container; cover. Purée until smooth. Repeat with remaining soup mixture. Return puréed mixture to Dutch oven. Heat to serving temperature. Stir in lemon juice. Serve immediately.

Combine popular flavors

GOLDEN CORN CHOWDER

Yield: 8 cups

- 2 tablespoons butter
- 1 cup thinly sliced onion
- 1/2 cup chopped celery
- 3 cups diced cooked potatoes (about 1 pound)
- 3 cups milk
- 1 can (16 oz.) cream-style corn
- 1/4 teaspoon pepper
- 2 cups (8 oz.) shredded Cheddar cheese
- Parsley sprigs

Melt butter in a 3-quart saucepan. Sauté onion and celery until tender, about 3 minutes. Stir in potatoes, milk, corn and pepper. Heat to serving temperature. Remove from heat and stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Serve immediately, garnished with parsley.

Cheese teams with bacon

CHEESE SOUP—MELBA TOAST

Yield: 5 cups

- 3 slices bacon, chopped
- 1/2 cup chopped green onion
- 2 tablespoons flour
- 1 can (10 3/4 oz.) condensed cream of chicken soup
- 1 cup milk
- 2 cups (8 oz.) shredded Cheddar cheese
- 1 1/2 cups (12 oz.) beer
- Melba Toast*

Cook bacon in a 3-quart saucepan until fairly crisp. Add onion and sauté until tender, about 2 minutes. Stir in flour until smooth. Remove from heat; stir in condensed soup and milk. Heat to boiling, stirring constantly. Remove from heat and stir in cheese until melted. If necessary, return to low heat to finish melting cheese. Stir in beer. Heat to serving temperature. Do not boil. Serve immediately, topped with Melba Toast.

***NOTE:** To make Melba Toast, cut 2-inch circles from sandwich bread. Brush both sides with melted butter. Place on baking sheet. Bake in a preheated 400° F. oven for 5 minutes per side.

Easy-do and flavorful, too

CHEESY CREAM DIP

Yield: 1 1/2 cups

- 1 cup (4 oz.) shredded Cheddar cheese
- 1 cup dairy sour cream
- 3 tablespoons chopped pimiento-stuffed green olives
- 1/4 teaspoon salt
- 1/4 teaspoon oregano
- 1/8 teaspoon pepper
- Vegetable dippers

Beat cheese and sour cream in small mixing bowl until well blended. Stir in olives and seasonings. Cover and chill 2 to 3 hours to allow flavors to blend. Serve with assorted fresh vegetables as dippers.

Glorify Greens and Fruits



Yogurt blends with chili sauce and chopped vegetables to dress a green salad. Sour cream and seasonings make green beans saucy, while cottage cheese rides a pineapple boat with melon balls.

Cottage cheese, sour cream and yogurt naturally enhance the best qualities in vegetables and fruits. Sometimes they're used together, as when cottage cheese is mixed with yogurt; at other times they're used separately to supply creaminess or tang to companion foods.

Green beans show off

GREEN BEANS SUPREME

6 servings

- 2 packages (9-oz. each) frozen whole green beans
- 2 tablespoons butter
- 1/2 cup chopped onion
- 1 tablespoon flour
- 3/4 teaspoon salt
- 1/2 teaspoon marjoram
- 1/4 teaspoon pepper
- 1 cup dairy sour cream

Preheat oven to 350° F. Cook beans according to package directions; drain and set aside. Melt butter in a 1-quart saucepan; sauté onion until tender, about 3 minutes. Stir in flour and seasonings. Cook until smooth, stirring constantly. Remove from heat and gently fold in sour cream. Heat thoroughly, stirring occasionally. (Do not boil.) Combine sauce and beans; spoon into a 1-quart casserole. Bake 15 minutes or until hot and bubbly. Serve immediately.

Dramatic presentation

VEGETABLES AU GRATIN

6 servings

- 4 cups fresh broccoli, cut into 1-inch pieces
- 8 ounces carrots, cut into julienne strips, 2 x 1/4 x 1/4 inch
- 1 cup sliced celery
- 1 whole pimiento, cut into thin strips
- 1 can (10 3/4 oz.) condensed cream of mushroom soup
- 3/4 cup dairy sour cream
- 1 tablespoon milk
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup (2 oz.) shredded Cheddar cheese
- 1/2 cup soft bread crumbs
- 1 tablespoon butter, melted

Preheat oven to 350° F. Place broccoli in boiling salted water to cover; simmer, uncovered, 3 minutes. Immediately drain broccoli; set aside. Place carrot strips in boiling salted water to cover; simmer, uncovered, 5 minutes. Immediately drain carrots. Place broccoli, carrots, celery and pimiento in buttered 1½-quart rectangular baking dish. Combine soup, sour cream,

milk and seasonings; pour over vegetables. Bake 20 minutes or until vegetables are tender. Combine cheese, crumbs and butter. Remove casserole from oven and sprinkle crumb mixture over top. Return to oven and continue baking 5 to 7 minutes or until cheese is melted. Serve immediately.

Uses three dairy foods

BLUE CHEESE SALAD DRESSING

Yield: 2 cups

- 1 cup cottage cheese
- 1/2 cup dairy sour cream
- 1/2 cup (2 oz.) crumbled Blue cheese
- 3 tablespoons pickle relish
- 2 tablespoons minced green onion
- 1 hard-cooked egg, chopped
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Few drops hot pepper sauce

Beat cottage cheese in small mixing bowl on high speed of mixer until almost smooth, about 5 minutes. Beat in sour cream and Blue cheese until almost smooth. Stir in remaining ingredients until well blended. Cover and chill 2 to 3 hours to allow flavors to blend. Serve over tossed green salad.

Yogurt makes a popular dressing

THOUSAND ISLAND DRESSING

Yield: 1½ cups

- 1/3 cup chili sauce
- 3 tablespoons finely chopped green pepper
- 3 tablespoons finely chopped pimiento-stuffed green olives
- 2 teaspoons grated onion
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 carton (8 oz.) plain yogurt

Combine chili sauce, green pepper, olives, onion and seasonings. Gently fold in yogurt. Cover and chill 2 to 3 hours to allow flavors to blend. Serve over tossed green salad.

PINEAPPLE BOAT SALAD

4 servings

- 1 small fresh pineapple
- 1 1/2 pounds watermelon
- 3 cups cottage cheese
- Grated lemon peel, if desired

Cut pineapple into quarters lengthwise through crown. Core, then remove fruit from shell. Slice fruit into wedges. Scoop watermelon into bite-size balls and remove seeds. Combine cottage cheese with lemon peel. Fill shells with cottage cheese. Top alternately with pineapple wedges and watermelon balls. Garnish with watercress if desired. Serve with Pineapple Fruit Dressing.

Whipped cream makes it fluffy

PINEAPPLE FRUIT DRESSING

Yield: 2 1/2 cups

- 1 egg, slightly beaten
- 1/2 cup sugar
- 2 tablespoons fresh lemon juice
- 1 tablespoon grated lemon peel
- 1 cup whipping cream
- 1/2 cup unsweetened pineapple juice

Combine egg, sugar, lemon juice and peel. Cook over low heat, stirring constantly, just until thickened. Cool. Beat cream in a chilled bowl with chilled beaters until stiff peaks form. Fold whipped cream and pineapple juice into lemon mixture. Cover and chill until ready to serve.

DELI ENTRÉE PLATTER

Arrange crisp salad greens on chilled plate. Layer sliced tomatoes, cucumbers, onion rings and salami on greens. Top with mound of cottage cheese; garnish with sticks of Cheddar cheese and a cherry tomato.

DESSERT SALAD

Fill chilled sherbet dish half full of fresh fruit such as strawberries, seedless green grapes, melon balls. Top with mound of cottage cheese, then a scoop of frozen strawberry yogurt.

SNOWY CHEESE SALAD

6 to 8 servings

- 1 1/4 cups boiling water
- 1 package (3 oz.) lemon flavor gelatin
- 1 teaspoon prepared mustard
- 1/2 teaspoon paprika
- 1/2 teaspoon seasoned salt
- 6 drops yellow food color
- 1/2 cup finely chopped celery
- 1/4 cup finely sliced green onion
- 1/4 cup finely chopped green pepper
- 1 1/4 cups cottage cheese
- 1/2 cup whipping cream, whipped
- 1/4 cup dairy sour cream
- Sliced green onions
- Cherry tomatoes

Pour boiling water over gelatin; stir until dissolved. Stir in mustard, paprika, seasoned salt and food color. Chill until partially set. Fold in celery, onion and green pepper. Combine cottage cheese, whipped cream and sour cream. Fold into gelatin mixture. Turn into 4 1/2-cup mold. Chill until firm. Unmold onto greens; garnish with sliced green onions and cherry tomatoes.

Great way with tomatoes

SALMON STUFFED TOMATOES

6 servings

- 1 can (15 1/2 oz.) salmon, drained, boned, skinned and flaked
- 1/3 cup sliced green onion
- 1/3 cup chopped celery
- 1/4 cup sliced pitted ripe olives
- 6 large tomatoes
- Salt and pepper
- 2/3 cup dairy sour cream
- Salad greens
- Thinly sliced cucumbers

Combine salmon, green onion, celery and olives; chill. Cut top off of each tomato; scoop out center to form cup; chill. Just before serving, sprinkle inside of tomato with salt and pepper. Fold sour cream into salmon mixture; salt and pepper to taste. Spoon into tomato cups. Serve tomatoes on salad greens surrounded by sliced cucumber.

Hail to Heartiness



Bacon-Onion Pie draws tangy smoothness from cream, and a ground beef casserole rates hurrahs because it's accented with real Cheddar cheese. Rolled sole fillets nestled with broccoli spears go fancy with cream sauce and Swiss cheese.

Creams and cheeses supply satiety value and appetite appeal to the main portion of the meal. They may be added to the mixture to help it blend together smoothly. Or, they may be used in a satin-smooth sauce to serve over the entrée. Either way, the entrée is more tasty and complete with cream or cheese.

Appetizing main dish

BACON-ONION PIE

One 9-inch pie

CRUST:

- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 3 tablespoons butter
- 3 tablespoons lard
- 3 to 4 tablespoons milk

FILLING:

- 3 tablespoons butter
- 3 1/2 cups thinly sliced Spanish onion
- 4 slices bacon, cooked and crumbled
- 1 cup dairy sour cream
- 1 cup light cream OR half and half
- 4 eggs, slightly beaten
- 1 teaspoon salt
- 1 teaspoon basil
- 1/4 teaspoon pepper
- Parsley, if desired
- Bacon curls, if desired

For pastry, combine flour and salt. Cut in butter and lard until mixture resembles coarse crumbs. Sprinkle with milk, a tablespoon at a time, mixing just until flour is moistened. Shape into a ball. Roll out on lightly-floured surface to form a 13-inch diameter circle. Line a 9-inch pie plate with pastry. Turn edges under; flute; set aside. Preheat oven to 450° F. For filling, sauté onion in butter until tender, about 10 minutes. Place onion in bottom of pastry shell. Sprinkle bacon over onion. Combine sour cream, cream, eggs and seasonings. Pour over onion mixture. Bake at 450° F. for 10 minutes. Reduce oven temperature to 350° F. Bake 35 to 40 minutes or until a knife inserted near center comes out clean. Let stand 5 minutes before serving. Garnish with parsley and bacon curls.

Hearty hurrah for this one

OH BOY CASSEROLE

6 servings

- 6 tablespoons butter
- 1/2 cup chopped onion
- 1 pound ground chuck
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups light cream OR half and half
- 1 1/2 cups (6 oz.) shredded Cheddar cheese

- 1/2 teaspoon Worcestershire sauce
- 1 package (10 oz.) frozen mixed vegetables, cooked and drained
- 1 can (4 oz.) sliced mushrooms, drained
- Packaged instant mashed potatoes (enough for 4 servings) OR
- 2 cups regular mashed potatoes

Melt 2 tablespoons butter in a large skillet. Add onion and beef; sauté until beef is brown and crumbly. Drain off drippings; set beef mixture aside. Preheat oven to 375° F. Melt remaining butter in a 2-quart saucepan. Stir in flour and seasonings until smooth. Remove from heat. Gradually stir in cream. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat and stir in 1 cup of the cheese until melted. If necessary, return to low heat to finish melting cheese. Stir in Worcestershire. Stir in mixed vegetables, beef mixture and mushrooms. Spoon into 1 1/2-quart shallow casserole. Bake 20 minutes or until hot and bubbly. Meanwhile, prepare mashed potatoes according to package directions. Pipe potatoes through a fluted pastry tube around edges of casserole (or spoon around). Top with remaining cheese. Broil 3 to 5 minutes about 6 inches from source of heat until cheese just begins to melt.

Soul-satisfying sole

SOLE BROCCOLI BAKE

6 servings

- 2 packages (10-oz. each) frozen broccoli spears
- 2 tablespoons butter
- 2 pounds sole fillets
- 1 cup chicken broth
- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup light cream OR half and half
- 1/2 cup chicken broth
- 1 cup (4 oz.) shredded Swiss cheese
- 1/4 cup toasted sliced almonds

Cook broccoli according to package directions; drain well. Sauté in 2 tablespoons butter until butter is absorbed; set aside. Roll fish fillets jelly-roll fashion; secure with wooden picks. Place fillets in large skillet with cover. Pour 1 cup chicken broth over fillets. Heat to boiling. Reduce heat; simmer, covered, until fish flakes easily with a fork,

about 12 minutes. Remove fish from cooking liquid. Place alternate rows of fish and broccoli in buttered 2-quart rectangular baking dish; set aside. Preheat oven to 400° F. Melt 2 tablespoons butter in 1-quart saucepan; stir in flour and seasonings until smooth. Remove from heat. Gradually stir in cream and ½ cup chicken broth. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat and stir in ¼ cup cheese until melted. Pour sauce over fish and broccoli; sprinkle with almonds. Bake until hot and bubbly, about 10 minutes. Remove from oven and sprinkle with remaining ¼ cup cheese. Return to oven until cheese is just melted, about 3 minutes. Serve immediately.

Creamy cod takes the cake

CODFISH CAKES/ CREAMY DILL SAUCE

4 servings

CODFISH CAKES: (Yield: 8)

- 1 cup desalted,* salt codfish,
cooked and flaked
- 3 medium-sized boiling potatoes,
cooked and mashed
- 3 medium-sized parsnips,
cooked and mashed
- 1 egg
- 1 teaspoon grated onion
- 1 teaspoon dry mustard
- 1 teaspoon Worcestershire sauce
- Flour
- Butter

DILL SAUCE: (Yield: approx. 2 cups)

- 1/4 cup (1/2 stick) butter
- 1/4 cup sliced green onion
- 1/4 cup all-purpose flour
- 1 1/2 teaspoons dill weed
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups light cream OR half and half

For codfish cakes, combine fish, potatoes and parsnips. Beat in egg, onion and seasonings until mixture is fluffy. Shape mixture into 3-inch diameter cakes. Dip in flour. Melt a small amount of butter in a large skillet over medium heat. Sauté codfish cakes until golden on both sides, adding more butter as needed. Keep warm. Meanwhile, to prepare sauce, melt butter in a 1-quart saucepan. Sauté onion until tender, about 3 minutes. Stir in flour and seasonings until smooth. Remove from heat. Gradually stir in cream. Heat to boiling, stirring constantly. Boil and stir 1 minute. Spoon sauce over each serving.

*To desalt cod, soak in cold water in refrigerator 48 hours, changing water frequently. Use glass, enamel or stainless steel utensil.

Economical way with pasta

CHICKEN LIVER CASSEROLE

4 to 6 servings

- 1/4 cup (1/2 stick) butter
- 8 ounces chicken livers
- 8 ounces ground chuck
- 1 cup chopped onion
- 1/2 cup chopped fresh parsley
- 1/3 cup chopped celery
- 1/3 cup chopped green pepper
- 2 1/2 cups tomato purée
- 1/2 cup dry red wine
- 1 teaspoon sugar
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 8 ounces spaghetti
- 1/3 cup grated Parmesan cheese
- 3 tablespoons butter
- 1 cup (4 oz.) shredded Provolone cheese

Melt ¼ cup butter in a large skillet. Sauté chicken livers, meat and vegetables until meat is browned and vegetables are tender, about 10 minutes. Drain off excess fat. Stir in tomato purée, wine, sugar and seasonings. Simmer, uncovered, 20 minutes, stirring occasionally. Preheat oven to 325° F. Meanwhile, cook spaghetti according to package directions; drain. Combine hot spaghetti, Parmesan cheese and 3 tablespoons butter; toss until butter is melted and mixture is well combined. Place spaghetti mixture in buttered 1½-quart rectangular baking dish. Spoon sauce mixture over spaghetti. Bake, covered with aluminum foil, 20 to 25 minutes. Remove from oven and uncover; sprinkle with Provolone cheese. Return to oven just until cheese is melted, about 5 minutes. Serve immediately.

Proportions are important

CREAMY SCRAMBLED EGGS

6 servings

- 6 eggs
- 6 tablespoons milk OR half and half
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons butter

Beat eggs just until yolks and whites are blended. Stir in milk or half and half, salt and pepper. Melt butter in skillet over low heat; add egg mixture. Turn portions of egg mixture with spatula as it begins to thicken. Neither stir nor overcook. Serve immediately.

Dessert & Beverage Delights



Chocolate wafers scallop the crust for Grasshopper Pie. Tender Almond Logs complement a Coffee Ice Cream Cup. Ice cream forms a shell for scoops of orange sherbet.

Desserts and beverages that use genuine dairy products like ice cream, butter, whipping cream or eggnog offer a dazzling array of finales to the menu. Your choice is wide: cookies, pies, beverages or soufflés, as included here.

Easy crust, flavorful filling

GRASSHOPPER PIE

One 9-inch pie

CRUST:

- 24 chocolate wafer cookies
- 1/4 cup (1/2 stick) butter, melted
- 2 tablespoons sugar

FILLING:

- 1/3 cup milk
- 1 envelope unflavored gelatin
- 4 egg yolks, beaten
- 1/4 cup sugar
- 1/4 cup white crème de cacao
- 1/4 cup green crème de menthe
- 1 cup whipping cream, whipped
- Sweetened whipped cream, if desired
- Chocolate curls, if desired

For crust, reserve 11 to 12 perfect wafers; trim 1/4 inch from bottom of each wafer. Save wafers and trimmings. Crush remaining wafers and trimmings. Combine crumbs, butter and sugar. Press crumb mixture onto bottom of a 9-inch pie plate. Stand trimmed wafers (rounded edge on top) upright around edge of pie plate. Chill crust while preparing filling. For filling, sprinkle gelatin over milk to soften. Combine egg yolks and sugar in a small saucepan; stir in gelatin mixture. Cook over low heat, stirring constantly, until gelatin is dissolved. Remove from heat; stir in crème de cacao and crème de menthe. Chill until mixture mounds when dropped from a spoon. Fold in whipped cream. Pour into chilled crust. Chill until firm, several hours or overnight. Garnish with whipped cream and chocolate curls before serving.

Special soufflé goes saucy

ORANGE EGGNOG SOUFFLÉ/ CRANBERRY SAUCE

8 servings

SOUFFLÉ:

- 1/2 cup cold water
- 2 envelopes unflavored gelatin
- 5 eggs, separated
- 1/2 cup water
- 1/4 cup frozen orange juice concentrate, thawed
- 1/4 teaspoon salt
- 2 cups dairy eggnog
- 1 tablespoon grated orange peel
- 1 tablespoon rum extract
- 1/4 teaspoon cream of tartar
- 1/2 cup sugar
- 2 cups whipping cream

CRANBERRY SAUCE: (Yield: 3 cups)

- 2 cups sugar
- 1/2 cup water
- 6 tablespoons cranberry juice cocktail
- 2 cups fresh cranberries
- 2 tablespoons water
- 1 tablespoon cornstarch
- 4 to 5 drops Angostura bitters

For soufflé, sprinkle gelatin over 1/2 cup water to soften. Combine egg yolks, 1/2 cup water, orange juice concentrate and salt in a small saucepan. Stir in gelatin mixture. Cook over low heat until gelatin is dissolved. Remove from heat; stir in eggnog, orange peel and extract. Chill, stirring occasionally, until mixture mounds when dropped from a spoon. Beat egg whites with cream of tartar until frothy; gradually beat in 1/2 cup sugar until soft peaks form. Fold into gelatin mixture. Whip cream until soft peaks form. Fold into gelatin mixture. Pour into a 1-quart soufflé dish with a collar.* Chill until firm, several hours or overnight. For cranberry sauce, combine sugar, water and cranberry juice in 2-quart saucepan. Heat until sugar is dissolved, stirring occasionally. Add cranberries; cook about 5 minutes or until skins begin to pop. Combine water and cornstarch; stir into cranberry mixture. Heat to boiling, stirring frequently. Boil and stir 2 minutes. Stir in bitters; cool. Cover and chill. To serve, carefully remove collar from soufflé. Spoon a small amount of sauce over top of soufflé. Pass remaining sauce.

***NOTE:** To make collar for soufflé dish, tear off a piece of aluminum foil 4 inches longer than the circumference of the dish. Fold it into thirds lengthwise. Place around top of dish and tape it together so that it fits snugly.

Glorify a cracker

BUTTERSCOTCH GRAHAMS

Yield: 30

- 30 graham cracker squares
- 1/2 cup (1 stick) butter
- 1/2 cup firmly packed light brown sugar
- 1/2 cup chopped pecans

Preheat oven to 350° F. Break graham crackers in half and place close together on baking sheet. Combine butter and brown sugar in a 1-quart saucepan; stir over low heat until butter and sugar are melted. Stir in nuts. Drop mixture on crackers; spread mixture slightly. Bake in oven 8 minutes. Let cool 5 minutes, then remove from pan to wire rack to cool completely.

Tender, double-glazed morsels

ALMOND LOG COOKIES

Yield: approx. 3 dozen

COOKIES:

- 3/4 cup (1 1/2 sticks) butter
- 3/4 cup sugar
- 1 egg
- 1 teaspoon almond extract
- 1 3/4 cups all-purpose flour
- 1 cup finely chopped blanched almonds

CHOCOLATE GLAZE:

- 1/3 cup semi-sweet chocolate pieces
- 2 teaspoons butter
- 2 to 3 tablespoons milk

WHITE GLAZE:

- 1/2 cup sifted confectioners' sugar
- 1 tablespoon milk

Preheat oven to 325° F. For cookies, cream butter and sugar until light and fluffy. Beat in egg and extract. Combine flour and nuts. Gradually beat into creamed mixture. Roll 2 teaspoons of dough on lightly-floured surface to form 3-inch logs. Place about 2-inches apart on unbuttered cookie sheets. Bake 12 to 15 minutes. Cool slightly before removing to wire rack to cool completely. Meanwhile, for chocolate glaze, melt chocolate and butter in a small saucepan, stirring constantly, until melted and smooth. Remove from heat; stir in milk, a tablespoon at a time, until thin enough to drizzle over cookies. For white glaze, combine sugar and milk until smooth. Drizzle over chocolate glaze. Let glazes dry completely before storing cookies in covered containers.

Buttery, chocolate pan cookie

CHOCOLATE NUT BARS

Yield: 32

- 1 cup (2 sticks) butter
- 1 cup firmly packed brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/4 teaspoon salt
- 1 cup (6-oz. package) semi-sweet chocolate pieces
- 3/4 cup chopped nuts

Preheat oven to 350° F. Cream butter. Gradually add sugar; beat until light and fluffy. Beat in egg and vanilla. Combine flour and salt. Gradually add to creamed mixture. Spread dough evenly in a buttered 13 x 9-inch baking pan. Bake 20 to 25 minutes. While hot, sprinkle chocolate pieces over top; return to oven for 2 to 3 minutes. Spread chocolate evenly over top; sprinkle with nuts. Cool pan on wire rack. Cut into bars.

Simple goodness

CHOCOLATE AND VANILLA SPRITZ COOKIES

Yield: about 7 dozen

- 1 cup (2 sticks) butter
- 1/2 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 1/3 cups all-purpose flour
- 1/2 square (1/2 oz.) semi-sweet chocolate, melted and cooled

Preheat oven to 350° F. Cream butter; gradually add sugar and beat until light and fluffy. Beat in egg and vanilla. Gradually blend in flour. Divide dough in half. For chocolate spritz, add melted chocolate to one half of the dough; mix well. Leave remaining half of dough for vanilla spritz cookies. Fill cookie press. Using star attachment, form circles or "S"s on cookie sheet or use other press designs. Decorate with sugar crystals, other candies or nuts, or leave plain. Bake 8 to 10 minutes. Cool completely on wire racks.

Tidbits in favorite flavors

CHOCOLATE CHERRY BALLS

Yield: about 6 dozen

- 1 cup butter
- 1/2 cup sugar
- 2 teaspoons vanilla extract
- 1 3/4 cups all-purpose flour
- 1/4 cup cocoa
- 1 teaspoon instant coffee powder
- 1/2 teaspoon salt
- 3/4 cup finely chopped nuts
- 1/2 cup chopped maraschino cherries, drained
- Confectioners' sugar, if desired;
- Chopped maraschino cherries, if desired

Cream butter; gradually add sugar and beat until light and fluffy. Beat in vanilla. Combine flour, cocoa, coffee powder and salt. Gradually add to creamed mixture; mix well. Stir in nuts and cherries. Chill dough. Preheat oven to 325° F. Shape dough into 1-inch balls; place on cookie sheet. Bake 16 to 18 minutes or until set. Cool. Sprinkle with confectioners' sugar and garnish with chopped maraschino cherries.

Tart-sweet and creamy

APRICOT-PINEAPPLE PUNCH

Yield: 3 quarts

- 2 cups apricot nectar, chilled
- 1 cup unsweetened pineapple juice, chilled
- 1 tablespoon fresh lemon juice
- 3 pints vanilla ice cream, softened
- 4 cups cold milk

Gradually add fruit juices to ice cream; stir until blended. Stir in milk. Chill. Serve with fruit- and mint-filled milk cubes.*

***NOTE:** To make fruit- and mint-filled milk cubes, pour a small amount of milk into bottom of ice cube tray. Place an apricot half or a pineapple chunk and a sprig of mint in milk; freeze until firm. Pour in milk to fill ice cube tray. Freeze several hours or overnight. This keeps punch cold and does not dilute the flavor with water.

Coordinated color creation

TRI-TONE SPOONER

6 servings

- 1 cup sliced fresh strawberries
- 1/2 cup cold milk
- 1 pint strawberry ice cream, softened
- 1 can (16 oz.) sliced peaches, drained
- 1/2 cup cold milk
- 1 pint lemon sherbet, softened
- 1 pint pistachio ice cream, softened
- 1/2 cup cold milk
- Mint sprigs, if desired

Place strawberries and 1/2 cup milk in blender container; cover. Purée until smooth. Add strawberry ice cream and blend until well combined. Pour mixture into a bowl and freeze. Place peaches and 1/2 cup milk in blender container; cover. Purée until smooth. Add lemon sherbet and blend until well combined. Pour mixture into a second bowl and freeze. Place pistachio ice cream and 1/2 cup milk in blender container; cover. Blend until well combined. Pour into a third bowl and freeze. Freeze mixtures until spoonable, about 2 hours. To serve, layer about 1/3 cup of each mixture in tall chilled glasses. Serve immediately, garnished with mint.

Sherbet in a shell

SHERBET AND FRUIT IN ICE CREAM SHELL

12 to 14 servings

CRUST:

- 1 1/4 cups graham cracker crumbs
- 1/4 cup (1/2 stick) butter, melted

ICE CREAM SHELL:

- 3 pints vanilla ice cream
- 1 quart orange sherbet

SAUCE:

- 1/2 cup apricot preserves
- 3 cups combined sliced sweetened nectarines and strawberries

Preheat oven to 375° F. For crust, combine graham cracker crumbs and butter; press onto bottom of 9-inch springform pan. Bake 8 to 10 minutes. Cool; freeze. For ice cream shell, pack a layer of vanilla ice cream over crust in bottom of pan. Build up sides, working with ice cream spade,

about 1 inch thick and 2 inches high. Freeze until firm. Spread thin layer of orange sherbet over bottom of vanilla shell. Scoop remaining sherbet into balls; place inside vanilla shell. Freeze until firm. For sauce, melt apricot preserves in small, heavy saucepan over low heat. Cool slightly; combine with fruit. Chill. To serve, let vanilla ice cream shell stand at room temperature 5 minutes. Run thin spatula around rim of shell. Remove outside rim of springform pan. Pour half of sauce in center of shell; pass remaining sauce.

Double coffee treat

COFFEE ICE CREAM CUP

Yield: approx. 3 1/4 cups

- 1 1/2 quarts coffee ice cream, softened
- 1/3 cup coffee liqueur
- Coffee ice cream

Place half of ice cream and liqueur in blender container; cover. Blend until smooth. Add remaining ice cream and blend until smooth. Pour into mugs; top each serving with a scoop of coffee ice cream. Serve immediately.

Fancy a favorite shake?

CHOCOLATE MILK SHAKE

Yield: 5 cups

- 3 cups cold milk
- 1 pint vanilla ice cream, softened
- 6 tablespoons chocolate syrup
- Whipped cream

Place half the milk, half the ice cream and chocolate syrup in a blender container; cover. Blend until well combined. Add remaining milk and ice cream; blend until smooth. Place a dollop of whipped cream on bottom of tall chilled glasses. Pour in milk shake; serve immediately.

Apple pie flavor

FROSTY APPLE DRINK

Yield: approx. 5 cups

- 1 pint vanilla ice cream, softened
- 1 quart apple juice, chilled
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1 pint vanilla ice cream, softened
- Cinnamon and nutmeg

Place 1 pint vanilla ice cream, half the apple juice, and spices in blender container; cover. Blend until well combined. Add remaining apple juice and blend until smooth. Serve immediately in tall chilled glasses topped with a scoop of vanilla ice cream and a dusting of cinnamon and nutmeg.



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