

CHECKERBOARD KUCHEN

1 pkg. active dry yeast or 1 cake compressed yeast
 2 tbs. warm, not hot, water
 1/2 c. scalded milk
 2 tbs. shortening
 2 tbs. sugar
 1 tsp. salt
 1 egg
 2 1/2 c. sifted, regular all-purpose flour

1 jar (1 lb.) prunes, drained and pitted
 1 can (about 1 lb.) apricot halves, drained
 3/4 c. sugar
 1 tsp. cinnamon
 1/4 tsp. mace or nutmeg
 2 tbs. soft butter or margarine
 1 egg, slightly beaten
 1/3 c. light cream

Dissolve yeast in water. Mix milk, shortening, 2 tablespoons sugar, and salt. Cool to lukewarm. Add 1 egg and yeast. Beat in flour gradually. Cover; let rise in warm place 45 to 60 minutes or until doubled. Stir down. Spread in greased 13x9x2-inch pan. Place fruits alternately on dough. Mix 3/4 cup sugar, spices, and butter or margarine. Sprinkle all but 2 tablespoons on fruits. Cover; let rise 30 minutes or until doubled. Bake 20 to 25 minutes at 375° F. until golden brown. Mix egg and cream; pour over kuchen; sprinkle with reserved sugar mixture. Bake 15 minutes.

TESTED IN THE AMERICAN HOME KITCHENS

Makes 9 servings

LEMON BISQUE

1 pkg lemon jello
 1 1/4 cup boiling water
 1/3 cup honey
 1/8 t. salt
 3 T. lemon juice
 lemon rind
 1 can evap. milk (cooled in refrig. over night)
 2 1/2 cup vanilla wafers (crumbs)

Combine liquids. When jello is cooled, whip milk and add. Put crumbs in bottom of dish and on top of jello.

Fruit Cobbler

Vg. Mac

4 cups blackberries
 1 c sugar
 4 T flour
 2 T butter
 Biscuit dough made with 2 c flour

Wash berries. Combine sugar and flour; add to berries. Pour into a 2 qt. casserole. Dot with butter. Roll biscuit dough 1/2" thick to fit baking dish to within 1/2" of sides; place over berries. Bake in hot oven (450°) about 15 min. Serve warm or cold with cream or sauce. Serves 6.

Lemon Bisque

va

1 pkg lemon jello - grated lemon rind
 1 1/2 c hot water - 1/3 c honey 1 can milk
 1/4 c lemon juice salt pkg van. wafers (2 1/2 c)
 mix 1, 2, 3, 4, 5, 6; whip milk, add to 1st mix. Pour over 1/2 of crushed wafers. Spread rest of wafers on top

RIBBON-CANDY PUFF

DIET DESSERTS—Molded

Creamy-rich topping frosts this airy-light triple-flavor gelatin "cake"

Makes 8 servings

- | | |
|---------------------------------------------------------------|--------------------------------------------------------|
| 1 envelope low-calorie lime-flavor gelatin (3 to a package) | 2¼ cups hot water |
| 1 envelope low-calorie lemon-flavor gelatin (3 to a package) | 1 package whipped dessert-topping mix |
| 1 envelope low-calorie cherry-flavor gelatin (3 to a package) | 3 squares sweet cooking chocolate (from a 4-ounce bar) |

1. Dissolve each flavor gelatin in $\frac{3}{4}$ cup of the hot water in a separate medium-size bowl; cool at room temperature about 30 minutes.
2. Place bowl of lime-gelatin mixture in a pan partly filled with ice and water; beat until triple in volume and mixture forms soft peaks; spoon into a 10-cup mold; chill. Repeat beating with lemon-gelatin,

JAN. 66—3



JELLIED AMBROSIA CUPS

DIET DESSERTS—Fruit

Gold and green fruits shine through ginger-sparked gelatin

Makes 8 servings

- | | |
|-----------------------------------------------------------|----------------------------------------------------------|
| 2 envelopes unflavored gelatin | 1 can (about 8 ounces) diet-pack sliced peaches, drained |
| 2 bottles (16 ounces each) low-calorie ginger ale | $\frac{1}{2}$ cup sliced green grapes |
| 2 tablespoons lemon juice | 3 tablespoons flaked coconut (from a 3½-ounce can) |
| 1 can (about 11 ounces) mandarin-orange segments, drained | |

1. Soften gelatin in $\frac{1}{2}$ cup of the ginger ale in a small saucepan. Heat, stirring constantly, just until gelatin dissolves.
2. Stir into remaining ginger ale and lemon juice in a medium-size bowl; chill 50 minutes, or until as thick as unbeaten egg white.
3. Fold in drained mandarin-orange segments, sliced peaches, and grapes; spoon into eight goblets or sherbet dishes. Chill one hour, or until firm. Just before serving, spoon coconut in a cone on top.

Dieter's serving: $\frac{3}{4}$ cup—54 calories.

JAN. 66—1



WALNUT GOLDEN GLOW

- | | |
|----------------------------------------------------|-----------------------------------|
| 1 cup apricot pulp (fresh, canned or cooked dried) | Dash of salt |
| 1 t. lemon juice | $\frac{1}{2}$ cup sugar |
| 2 egg whites | $\frac{1}{2}$ cup chopped walnuts |

Mix apricot pulp and lemon juice. Beat egg whites with salt to soft fluff; gradually beat in sugar, making stiff meringue. Fold in fruit and walnuts.

Spoon into sherbet glasses. Garnish with whipped cream and a few walnut pieces . . . Yields 5-6 servings.

DISTRIBUTED BY TROPHY COMPANIES IN . . .
 MATTHEWS, N.C. HOUSTON, TEXAS PALMETTO, FLA. BUFFALO, N.Y. TIPP CITY, O.

Sherbet Delight
 2 egg whites
 3 T sugar
 1 pt. whipping cream
 1 t. vanilla
 1 c chopped walnuts
 18 coconut macarons (2c)
 1½ pt. cranberry sherbet
 1½ pt. lime sherbet
 or
 1 pt. raspberry sherbet

RIBBON-CANDY PUFF (continued)

then cherry-gelatin mixtures, layering and chilling each in mold, to make three layers. Chill several hours, or until firm.

- To unmold dessert, run a sharp-tip, thin-blade knife around top of gelatin; tip, then tap mold gently to release gelatin from side. Cover mold with a serving plate; turn upside down; gently lift off mold.
- Make whipped topping, following label directions. Frost gelatin all over; garnish with chocolate curls. To make: Shave the 3 squares sweet cooking chocolate into paper-thin strips with a vegetable parer. Chill dessert until serving time. Cut into 8 wedges.

Dieter's serving: 1 wedge—75 calories.



DAPPLE APPLE BAKE

DIET DESSERTS—Fruit

Nondieters will never guess this favorite has such a streamlined calorie count

Bake at 400° for 30 minutes . . . makes 8 servings

4 medium-size apples, pared, quartered, cored, and sliced	½ cup graham-cracker crumbs
No-calorie sweetener	½ cup zwieback crumbs
1 tablespoon lemon juice	1 tablespoon butter or margarine, melted
¼ teaspoon cinnamon	¾ cup hot water

- Place apples in a 6-cup shallow baking dish; sweeten with your favorite no-calorie sweetener, using the equivalent of 8 tablespoons sugar. Sprinkle with lemon juice and cinnamon; toss to mix.
- Toss graham-cracker and zwieback crumbs with melted butter or margarine in a small bowl; sprinkle over apple mixture. Pour in hot water; cover.
- Bake in hot oven (400°) 15 minutes; uncover. Bake 15 minutes longer, or until apples are tender. Serve warm.

Dieter's serving: ½ cup—112 calories.



1 pt. orange sherbet
1 pt. lime sherbet
Beat egg whites until stiff (not
dry); add sugar and beat in.
Beat whipping cream; add vanilla,
walnuts and crushed macarons
(not too fine) and mix. In a
9x13 pan place ½ of cream
mixture, then add sherbets by
teaspoonfuls and cover with
remaining cream mixture.
Freeze.
Jeannette Barnell

APPLE DESSERTS

Comstock

PIE SLICED APPLES

Comstock takes the best cooking apples, peels, cores and slices them for you, then packs them by a special vacuum process to seal in flavor. You can always be sure you have uniform, high quality, crisp, juicy slices, perfect for every apple recipe.

APPLE BETTY

- 1 can Comstock Pie Sliced Apples
- 2 cups soft bread crumbs
- 2 tablespoons butter
- 1/2 teaspoon salt
- 2/3 cup sugar
- 1/2 teaspoon cinnamon
- 1/4 cup orange juice
- 1/4 teaspoon nutmeg
- 2 tablespoons lemon juice
- Grated rind of one orange

Add melted butter to bread crumbs; place half the crumbs in bottom of baking dish. Mix apples with all the seasonings and place half over the crumbs. Repeat layers, bake at 375° F., 30-40 min. Serve warm with cream. 6 to 8 servings.

DUTCH APPLE PIE

- 1 can Comstock Pie Sliced Apples
- Pastry for 1 crust pie
- 3/4 cup sugar
- 1/4 cup cream
- 1/4 teaspoon cinnamon
- 2 tablespoons butter
- 1/4 teaspoon salt
- 2 tablespoons flour

Arrange apples in unbaked pastry shell; melt butter, add sugar, salt and cinnamon. Spread over apples. Add flour mixed with cream and bake in 425° F. oven 15 min. or until crust is brown. Serve with whipped cream.

Strawberry Bavarian

	for 2	for 4	for 6
mix strawberries	1/2 C	1 C	1 1/2 C
with sugar	2 tsp	4 tsp	6 tsp
dissolve strawberry gelatin	3 tsp	1/2 C	1/2 C (1 pack)
in hot water	1/2 C	1 C	1 1/2 C

chill till it begins to thicken, then fold in the strawberries

whip can milk ~~(use cool whip)~~ 1/4 C

& use cool whip in amount that seems reasonable
 Fold into strawberry mix, turn into wet molds
 chill till firm

cool whip wasn't available at that time -
 I don't remember how to whip can milk -
 but know that it is possible

Strawberry Bavarian

	for 2	for 4	for 6
mix strawberries	1/2 C	1 C	1 1/2 C
sugar	2 +	4 +	6 + (1 pack)
dissolve gelatin	3 +	1/2 C	1/2 C
in hot water	1/2 C	1 C	1 1/2 C
chill till it begins to thicken, then fold in strawberries			
whip can milk	1/4 C	1/2 C	3/4 C
fold into strawberry mix, turn into wet molds, chill till firm			

APPLE STRUDEL

2 cups (5 cups) Comstock
 7/8 Sliced Apples
 1/2 cup seedless raisins
 1/2 cup chopped nuts
 2 1/2 cups flour
 1 cup brown sugar
 2 eggs, slightly beaten

1 teaspoon salt
 1/2 teaspoon cinnamon
 Grated rind of 1 lemon
 2 tablespoons shortening
 3 tablespoons melted butter
 1/2 cup warm water

Sift flour and salt together; cut in 2 tbs. shortening and add eggs and water. Knead well, then beat dough against board until it blisters. Stand in warm place under cloth for 20 min. Cover table with white cloth and flour cloth. Put dough on and pull out with hands carefully until thickness of paper. Spread mixture of sliced apples drained, melted butter, raisins, nuts, brown sugar, cinnamon and grated lemon rind. Fold in outer edges and roll about 4" wide. Bake in hot oven 450° F. for 10 min. Reduce heat to 400° F. and bake for 20 mins. Cool. Slice.

CINNAMON APPLE PINWHEELS

(Makes 8 rolls)

3 cups packaged biscuit mix
 1/4 cup sugar
 1 cup milk
 2 tablespoons butter or margarine

1/4 cup sugar
 1 teaspoon cinnamon
 1 can Comstock Pie Sliced Apples

Mix biscuit mix with sugar; add milk all at once, mixing until dough cleans bowl. Knead on a lightly floured board 'til smooth. Roll out on lightly floured board to a 10 x 12" rectangle. Spread dough with butter or margarine. Sprinkle with sugar and cinnamon. Drain slices well and spread slices over the dough. Roll as for a jelly roll on the 12" side and with sharp knife cut the 12" roll into 8 1/2" slices. Place slices on well greased shallow pan and bake at 425° F. 20-25 min. Serve hot or cold.

APPLE UPSIDE DOWN CAKE

(Makes 9-12 servings)

3 tablespoons butter or margarine
 1 can Comstock Pie Sliced Apples
 1/2 cup sugar
 1 jar cinnamon red hot candies
 1 package spice cake mix

1 cup heavy cream
 2 tablespoons confectioner's sugar
 1 teaspoon vanilla

Melt butter or margarine in small saucepan. Pour into 10" pan and tilt pan to coat bottom. Mix apples with sugar and cinnamon candies. Spoon mixture evenly over bottom of pan and prepare spice cake according to directions on package. When cake is mixed, spoon it evenly over apple slices and bake at 350° F. for 30-35 min. or until cake when touched springs back. While cake is hot, loosen edges and unmold on platter.

Make frosting with whipped cream, confectioner's sugar and vanilla.

Candy -

1 small can Kaleb's potato (Shoestring)
 1 pkg. Nestle's big Butterscotch
 1/2 Table Spoon - peanut butter
 1 Cup - pecans
 melt - nestle's Butterscotch
 in double boiler -
 mix potatoes - pecans - place
 on wax paper -

Juanita Hunter 13144

Sun-Maid Raisin Pie

- 1 cup Sun-Maid Seedless Raisins
- 2 1/4 cups milk
- 3/4 cup brown sugar
- 4 tablespoons cornstarch
- 2 eggs
- 1 tablespoon butter
- 1 teaspoon vanilla extract
- Baked pastry shell (8-inch)
- 4 tablespoons granulated sugar

Rinse and drain raisins. Scald 2 cups milk in top of double boiler. Mix sugar with cornstarch, moisten with 1/4 cup milk, add egg yolks and blend thoroughly. Pour into hot milk and cook, stirring constantly until thick and smooth. Add raisins and butter and beat well; remove from heat, add flavoring and stir to blend. Pour into baked pastry shell. Spread with meringue made of egg whites plus 4 tablespoons sugar and bake about 30 minutes in a slow oven (300 degrees F.). Serves 4 to 6.

Raisin Apple Pie

- 3 cooking apples
- 1 cup water
- 1 cup Sun-Maid Seedless Raisins
- 1/2 cup granulated sugar
- 1/2 teaspoon flour
- 1/4 teaspoon cinnamon
- Pastry for 8-inch crust and strip-top
- 1 tablespoon butter

Pare, core and slice apples. Add water and boil 5 minutes; cool. Rinse raisins and drain. Blend sugar with flour, spice and raisins. Mix with apples and pour into pastry-lined pie pan; dot with butter and cover with strips of pastry. Bake 25 to 30 minutes in a hot oven (450 degrees F.). Serves 4 to 6.

Sun-Maid Custard Bread Pudding

- 1 cup Sun-Maid Puffed Raisins
 - 3 slices bread cut 1/2-inch thick
 - 4 eggs
 - 2 1/2 cups milk
 - 3 tablespoons granulated sugar
 - 1 teaspoon vanilla extract
 - 1/4 teaspoon nutmeg
 - 1/4 teaspoon cinnamon
- Rinse and drain raisins. Cut bread into cubes or strips and place in buttered baking dish. Beat 2 whole eggs and 2 egg yolks (save 2 whites for meringue), add milk, sugar, flavoring, spices and raisins; blend well and pour over the bread. Place baking dish in pan of warm water and bake in a moderate oven (350 degrees F.) until custard is set, about 1 1/2 hours. Spread with meringue for last 15 minutes' baking.

Raisin Crusty Pudding

- 1 1/2 cups Sun-Maid Puffed Raisins
 - 6 cups toasted bread cubes
 - 3 cups chopped cooking apples
 - 1 cup coarsely chopped walnut meats
 - 1 cup granulated sugar
 - 1/4 teaspoon salt
 - 1/2 cup butter
 - 1 tablespoon cornstarch
 - 1 teaspoon cinnamon
 - 1 3/4 to 2 cups boiling water
 - 2 teaspoons vanilla extract
- Rinse and drain raisins. Arrange a layer of bread cubes in the bottom of a buttered baking dish or casserole (1 1/2-quart size). Add a layer of raisins, a layer of apples, and a sprinkling of nuts; another layer of bread cubes, alternating until dish is full, using bread for top layer. Cream sugar, salt, butter, cornstarch, and spice together, add boiling water (amount will depend on variety of apples used), bring to a boil and boil briskly 4 minutes. Remove from fire, add flavoring, and pour mixture over pudding. Cover and bake in a moderate oven (375 degrees F.) one to 1 1/4 hours, or until apples are tender. Serve with plain or whipped cream. Serves 6 to 8.

Raisin Parfait

- 1 cup evaporated milk
 - 1/2 teaspoon plain gelatin
 - 1 tablespoon cold water
 - 1 cup Sun-Maid Seedless Raisins
 - 1/2 cup table sirup
 - 2 egg whites
 - 1 teaspoon vanilla extract
 - 1/8 teaspoon maple flavoring
- Scald milk in double boiler. Soften gelatin in cold water and dissolve in hot milk; chill and beat until stiff. Pour boiling water over raisins, let stand 5 minutes, drain and cool. Boil sirup until it spins a thread when dropped from a spoon; pour over stiffly beaten egg whites and beat until cold. Add flavorings and raisins and combine with whipped milk. Pour into refrigerator tray, place in freezing unit and freeze. Serves 4 to 6.

Chocolate Raisin Ice Cream

- 1 cup Sun-Maid Seedless Raisins
 - 1 square bitter chocolate
 - 1/3 cup granulated sugar
 - 1 tablespoon cornstarch
 - 1/8 teaspoon salt
 - 1/8 teaspoon cinnamon
 - 1 cup milk
 - 1 teaspoon vanilla extract
 - 1/2 pint whipping cream
- Pour boiling water over raisins, let stand 5 minutes, drain and cool. Cut chocolate into small pieces and mix with sugar, cornstarch, salt and spice; moisten with 1/4 cup cold milk and stir into remaining milk which has been heated over hot water; continue stirring until chocolate is melted and custard is thick. Add flavoring and cool. Beat cream until stiff and combine with chocolate mixture and raisins. Pour into refrigerator tray, place in freezing unit and freeze; or use mold and pack in ice and salt. Serves 6.

Raisin Almond Bisque

- 1 cup Sun-Maid Seedless Raisins
 - 1 cup milk
 - 2 tablespoons quick-cooking tapioca
 - 2 eggs
 - 1/2 cup brown sugar
 - 1/2 cup finely chopped roasted almonds
 - 1 teaspoon vanilla extract
 - 1/4 teaspoon almond extract
 - 1 cup whipping cream
- Pour boiling water over raisins, let stand 5 minutes, drain and cool. Combine milk and tapioca and cook in top of double boiler until tapioca is clear, about 15 minutes. Strain, but do not rub tapioca through sieve. Beat eggs very thick and light, then beat in the sugar. Add milk strained from tapioca, nuts, flavorings and raisins and blend lightly. Fold in the cream whipped thick but not stiff. Pour into refrigerator tray, place in freezing unit and freeze. Stir once after standing 1/2 hour. Serves 4 to 6.

Raisin Ice Box Cake

- 3/4 cup Sun-Maid Seedless Raisins
 - 1 1/2 cups unstrained orange juice
 - 1 teaspoon grated fresh orange rind
 - 2 tablespoons butter
 - 1/4 teaspoon salt
 - 3/4 cup granulated sugar
 - 4 teaspoons plain gelatin
 - 2 tablespoons cold water
 - 1 cup whipping cream
 - Sponge cake
 - Chocolate butter-sugar frosting
- Pour boiling water over raisins and let stand 5 minutes; drain. Combine with orange juice and rind, butter, salt and sugar; bring to a boil and cook until sugar and butter are melted. Remove from heat and add gelatin that has been moistened in cold water. Chill until congealed. Whip cream and fold into raisin mixture. Line a mold or pan (about 9x5x2 1/2 inches) with very thin slices of sponge cake. Pour in half the raisin-cream mixture and cover with very thin slices of sponge cake; add remainder of raisin-cream mixture and cover with cake. Chill until very firm. Unmold and cover top and sides with frosting. Serves 6 to 8.

Raisin Caramello Pie

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|-----------------------------------|---------------------------------------------|
| 1½ cups Sun-Maid Seedless Raisins | ¼ teaspoon salt |
| ¾ cup granulated sugar | 3 eggs |
| 1½ cup water | 1 cup chopped walnut meats |
| 1½ cups heavy cream | Baked pastry shell (9-inch) |
| 3 tablespoons cornstarch | 6 tablespoons granulated sugar for meringue |
| 2 tablespoons cold milk | |

Rinse and drain raisins. Combine ¾ cup sugar with water in a large saucepan and cook until a golden brown in color. Add cream and cook until sugar is dissolved, stirring continuously; remove from heat. Moisten cornstarch in milk, add salt and beaten egg yolks and blend well; add slowly to hot cream, stirring briskly. Add raisins and nuts, return to heat and cook and stir until thick. Pour into baked pastry shell and cover with meringue made from egg whites and 6 tablespoons sugar. Bake in a slow oven (300 degrees F.) about 30 minutes. Cool before serving.

Serves 6.

Quick Mince Pie

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|----------------------------------|-------------------------------|
| 4 cups Sun-Maid Seedless Raisins | ½ teaspoon allspice |
| ½ cup white corn sirup | ¼ teaspoon mace |
| ¾ cup water | ½ teaspoon salt |
| 3 tablespoons vinegar | 2 drops maple flavoring |
| 1 tablespoon butter | 1 cup unsweetened apple sauce |
| 1 teaspoon cinnamon | Pastry for 4 8-inch crusts |
| ½ teaspoon cloves | |

Rinse raisins in hot water; drain, and chop 3 cups. Combine corn sirup, water, vinegar, butter, spices, salt and flavoring in a saucepan and bring to a boil. Add chopped raisins and simmer 5 minutes; add whole raisins, remove from heat and blend with apple sauce. Pour into 2 8-inch pastry-lined pie pans and cover with top crusts. Bake 25 to 30 minutes in a hot oven (450 degrees F.).

Raisin-Pineapple Ice Cream

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|-------------------------------------|-------------------------------|
| 2 tablespoons quick-cooking tapioca | 1 cup whipping cream |
| 1½ cups milk | 1 cup crushed pineapple |
| 2 tablespoons granulated sugar | ½ teaspoon grated orange rind |
| ⅛ teaspoon salt | 2 teaspoons vanilla extract |
| 1 cup Sun-Maid Seedless Raisins | |

Cook tapioca in milk over hot water about 10 minutes; strain over the sugar and salt but do not rub the tapioca through the sieve. Pour boiling water over raisins, let stand 5 minutes, drain and cool. Whip cream stiff. When milk is cold, combine with raisins, pineapple, orange rind, flavoring and whipped cream; blend thoroughly. Pour into refrigerator tray, place in freezing unit and freeze. Unmold and slice. This can also be molded in an ice and salt pack. Serves 8.

Raisin Caramel Ice Cream

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|------------------------|-----------------------------|
| 1 cup Sun-Maid Raisins | 3 eggs |
| ¾ cup granulated sugar | 3 cups milk |
| ½ cup water | 2 teaspoons vanilla extract |
| ¼ teaspoon salt | ¾ cup chopped walnut meats |
| 2 cups heavy cream | |

Rinse raisins in hot water, drain, and slice. Combine sugar, water, and salt, and cook until a medium dark brown in color but do not burn. Add one cup cream and cook and stir until sugar is dissolved; remove from fire and beat slowly into beaten eggs. Add remaining cream, milk, flavoring, raisins, and nuts, and blend. Pour into ice cream freezer and freeze. Makes about 2 quarts.

Raisin Rice Pudding

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|---------------------------------|----------------------------|
| 1 cup Sun-Maid Seedless Raisins | ½ teaspoon nutmeg |
| 3 eggs | 1 teaspoon vanilla extract |
| 5 tablespoons granulated sugar | 2 cups cooked rice |
| ¼ teaspoon salt | 3 cups milk |

Rinse raisins in hot water; drain. Beat eggs slightly, add sugar, salt, spice, flavoring, rice, raisins and milk; mix thoroughly. Pour into a baking dish, place baking dish in a pan of cold water and bake in a slow oven (250 to 300 degrees F.) until custard is set; that is, a knife will come out clean when inserted in center (about one hour). Serves 6.

Sun-Maid Steamed Pudding

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|---------------------------------|----------------------------|----------------------------------------|
| ½ cup Sun-Maid Puffed Raisins | 1 teaspoon cinnamon | ¼ cup apple cider or other fruit juice |
| 1 cup Sun-Maid Seedless Raisins | 1 teaspoon mace | 1 cup sifted white flour |
| ½ cup cut citron | ¼ teaspoon cloves | ¼ teaspoon soda |
| ½ cup sliced candied cherries | 1 teaspoon vanilla extract | ½ teaspoon salt |
| 2½ cup fat | ½ teaspoon lemon extract | 1 cup whole wheat flour |
| ¾ cup granulated sugar | 2 eggs | ¾ cup coarsely chopped walnut meats |

Rinse raisins, drain and dry on a towel. Rinse citron and cherries and dry on a towel before cutting. Cream fat, sugar, spices and flavoring together. Add beaten eggs and mix. Add cider and white flour sifted with soda and salt and mix. Add whole wheat flour and beat. Add fruits and nuts and stir until well blended. Pour into a mold or other container of approximately 1¾-quart capacity. Cover and steam about 3¾ hours. Test with sterilized straw or cake tester before removing from steamer, as cooking time will depend somewhat on depth of pudding in mold.

Serves 10 to 12.

54 EASY-MADE SUN-MAID

Raisin Recipes

FOR **BETTER HEALTH
BETTER MEALS**



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SUN-MAID RAISIN GROWERS ASSOCIATION, FRESNO, CALIFORNIA

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BAVARIAN WHIP PIE

DIET DESSERTS—Pie

Pineapple crumb crust holds a luscious light-as-a-cloud orange filling

Bake shell at 350° for 10 minutes . . . makes 1 nine-inch pie

- ½ cup zwieback crumbs
- 1 tablespoon brown sugar
- ½ teaspoon cinnamon
- 2 tablespoons butter or margarine, melted

- 2 envelopes low-calorie orange-flavor gelatin (3 to a package)
- 1 cup hot water
- 2 cans (about 9 ounces each) diet-pack pineapple tidbits
- ½ cup evaporated milk

1. Mix zwieback crumbs with brown sugar and cinnamon in a small bowl; blend in melted butter or margarine; press evenly over bottom and side of a 9-inch pie plate.
2. Bake in moderate oven (350°) 10 minutes, or until lightly browned. Cool completely on a wire rack.
3. Dissolve both envelopes of gelatin in hot water in a large bowl. Drain syrup from pineapple into a 1-cup measure; add water, if needed,

JAN. 66—4



BUTTERMILK PIE

- 3 eggs
- 2 tbsps. flour
- 1½ cups sugar
- ½ cup melted butter
- 1 cup fresh buttermilk

Mix flour with sugar. Beat eggs well and add melted butter and buttermilk. Combine and mix. Pour into pie pan lined with unbaked pastry. Bake in moderate oven until custard is set and top is browned.

Mince Whip Pie

- 1 package Whip 'n Chill
- Vanilla Dessert Mix
- ½ cup cold milk
- ½ cup cold water
- ½ cup cold sour cream
- 1 cup moist mincemeat
- 1 unbaked 9-inch crumb crust
- 1 envelope Dream Whip Whipped Topping Mix

Combine dessert mix and milk. Blend thoroughly. Whip at highest speed of electric mixer 1 minute—mixture will be very thick. Blend in water and sour cream. Whip at high speed about 2 minutes. If necessary, chill until mixture will mound—about 10 minutes. Fold in mincemeat. Spoon into crust. Chill 2 hours or more. Top with prepared Dream Whip.

va Buttermilk Pie

- 3- Eggs
- 1- Stick Cho.
- 2- Cups Sugar
- ¼- C. flour
- 1- C. Buttermilk

cream shortening + sugar. add Eggs, then flour, then buttermilk.
Pour into unbaked pie shell & bake

(15M @ 400°)
10M @ 350°
20M @ 300°

duplicate

BAVARIAN WHIP PIE (continued)

- to make 1 cup; stir into dissolved gelatin. (Set pineapple tidbits aside for Step 5.)
- Place bowl in a pan partly filled with ice and water; let stand, stirring often, 15 minutes, or until as thick as unbeaten egg white. Beat in evaporated milk, then with bowl still over ice and water, beat with an electric beater until mixture triples in volume and forms soft peaks.
 - Spread pineapple tidbits in the bottom of cooled crumb crust to make an even layer; top with whipped gelatin mixture. Chill several hours, or until firm enough to cut. Slice into 8 wedges.

Dieter's serving: 1 wedge—124 calories.



Fruit Cream Pie

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- 1 Baked 9 inch pie shell
- 1 can Sweetened condensed milk
- 1/4 cup lemon juice
- 1 cup fruit

Blend milk and lemon juice. Stir until thickened. Fold in fruit. Pour into baked pie shell.
Whip 1/2 cup cream; sweeten with 2 tablespoons confectioners sugar.

Tomato Soup Cake

- 2 eggs
 - 1 1/2 cup sugar
 - 1/2 cup lard
 - 1 can tomato soup
 - 1 tsp soda put in soup
 - 2 1/2 cups flour
 - 2 tsp baking powder
 - 1 cup raisins
 - 1 cup nuts
 - 1/2 tsp cloves
 - 1/2 tsp cinamon
 - 1/2 tsp allspice
 - 1/2 tsp nutmeg
 - pinch salt
- Cream shortening & sugar; add flour sifted with spices & salt, and soup alternately. Flour raisins & nuts & add to mixture. Bake in slow oven 1 hour

Fruit Torte

Jo Berner

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- 2 Cups plus 4 T. Flour
- 2 Cups Sugar
- 2 tsp soda
- 1/2 T. salt

Sift flour, soda, sugar & salt. Add to 2 well-beaten eggs. Add 1 can (303 size) fruit cocktail including juice. Stir together, pour into greased pan 12x18 in. Spread top with 1 C. sifted light brown sugar and 1 C. finely chopped nuts. (pecans)

Bake at 350 Degrees for 45 min.

(Freezable)

wine tart

pastry for pie

$\frac{1}{4}$ c sugar

$\frac{1}{4}$ c flour

1 c dry
white
wine

1 + cinnamon

$\frac{1}{4}$ c butter

Roll pastry to 13" square. Put on baking sheet. Pinch up edges to form $\frac{1}{2}$ " rim. Prick liberally. Blend sugar & flour. Sprinkle over pastry. Pour in wine to fill pastry. Sprinkle with cinnamon, dust with butter. Bake