

Variations:

Pour hot sweetened sauce over 2 medium bananas, thinly sliced in a serving dish. Set aside to cool. Serve cold.

Rhubarb Cream

2 c. diced rhubarb
1 c. sugar

1½ T. flour
1 egg yolk

Pinch of salt

Mix diced rhubarb, flour and sugar and let stand one hour, then cook until thick. Add salt, pour over beaten egg yolks and return to double boiler to cook a few minutes. Chill. Put in sherbert glasses and garnish with meringue ducks.

Meringue Ducks

1 egg white

¼ t. vanilla

1½ T. fruit sugar

Beat egg white until stiff. Add sugar gradually, then vanilla. Put mounds of meringue on a pan of boiling water. Put in oven at 300 degrees F. to brown. Serve at once on dessert.

Baked Pears

Wash pears, cut in half or cook whole (cored). Place in a baking dish, sprinkle with white or brown sugar, as fruit requires. Cover the bottom of the pan with boiling water and bake until tender, basting with syrup in pan.

Variations:

Stuff centres with seeded dates, raisins or chopped nuts with some marmalade or shredded cocoa.

Meringued Pears

6 pears
6 T. sugar
Grated lemon rind

Candied ginger
2 egg-whites
¼ c. fruit sugar

Wash, pare and core the pears. Place in a baking dish. Fill centres with 1 T. sugar and a little grated lemon rind or candied ginger. Cover bottom of pan with boiling water and bake until tender. Cover them with a meringue made with the stiffly beaten egg-whites and sugar. Brown quickly.

Baked Quinces

8 quinces, wiped quartered,
cored and pared

¾ c. sugar
1½ c. water

Place quinces in baking dish, sprinkle with sugar, add water, cover and cook until soft in a slow oven 1½ hours. Serve with cream.

Fruit Cup

1 c. diced pineapple
1 well-ripened banana
2 oranges

½ c. strawberries
1 T. lemon juice
Sugar

Peel and dice the pineapple, banana and oranges. Wash and hull the strawberries. Mix all together with the lemon juice and sugar and chill. One tablespoon whipped cream may be added to each glass just before serving.

When fruits are not too sweet, they may be served at the beginning of a meal as a cocktail or appetizer.

Some suggested combinations are: Oranges, apples and bananas; canned cherries, apples and pears; pineapple, cherries and strawberries; canned peaches, pears and red raspberries; grapefruit, orange, pineapple, and strawberries; peaches, pears, diced watermelon and raspberries.