

Island-inspired banana treat

Continued from page 2 of Kingston, Jamaica, when I was there some years ago.)

INGREDIENTS
 6 ripe bananas
 1 cup brown sugar
 2 teaspoons lime or lemon juice
 1/2 cup raisins
 1/4 cup rum

METHOD
 Sprinkle some of the brown sugar in bottom of a shallow baking pan, split the fruit lengthwise, lay in bottom of pan cut side down, place raisins on fruit and all over bottom of pan, sprinkle the rest of the sugar over fruit, add lemon-lime juice to rum, pour over everything. Bake in a slow oven (240 F) for about one hour. Watch that the brown sugar does not burn, and just judge the time for baking. Serve by pouring the liquid over the fruit. While cooking, if

juice evaporates, simply add a little more water. May be served with fowl, meats or as a dessert.

For the buffet table, CHEESE BALL

INGREDIENTS
 1 pound blue cheese
 1 pound cream cheese
 1/4 teasp. Worcestershire sauce
 1/4 teasp. Tabasco sauce
 1 cup chopped nuts (fine) your choice

METHOD
 Cream the cheeses. Blend seasonings into mix. Add one third of nuts, then shape into a ball (maybe two) and roll in the remaining nuts to cover. Wrap the ball in clear plastic wrap and chill till set. Arrange crackers or fancy breads around the cheese balls on a large plate or fancy tray.

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Some festive fare for your holiday parties

Holiday entertaining means good friends, good food and good times. If you are looking for gourmet menu suggestions that are deliciously different yet economical and easy to prepare, here are some ideas.

Beef is popular with guests as well as with hostesses. Its versatility lends itself to a variety of seasoning combinations and cooking methods, and everyone loves the taste!

Make-ahead dishes such as Beef Burgundy and Beef Rouladen eliminate last minute fuss but still have that special gourmet touch. These dishes fit in well with the casual buffet service so popular at this time of year. If exotic tastes are more to your liking, Tahitian Beef Kabobs make popular entertaining fare.

Renewing old acquaintances at cocktail parties or open house gatherings are part of the holiday festivities. These are the times for interesting and easy to prepare appetizers and hors-d'oeuvres.

Tasty beef meatballs are always sure to please. Add a special twist with a flavorful sweet and sour or Teriyaki sauce.

Beef cuts such as round or blade can be cubed and marinated overnight for economical appetizer-size kabobs. Serve on toothpicks



and garnish with pickled onions, olives, red and green peppers or mushrooms to add variety and color. These appetizers taste good, look great and keep the grocery bill within a budget.

Delicious beef appetizer recipes for your holiday entertaining are enclosed. Corned Beef Pinwheels are extremely easy to prepare. They offer another important advantage - they can be made ahead and frozen. If Dijon mustard is difficult to find in your area, you can substitute prepared mustard, perhaps a hot or horseradish mustard if you enjoy a zippy flavor. The pinwheels can be served either hot or cold.

Cocktail Turnovers take a little more time to prepare, but the end result is well worth the extra effort.

Cream cheese pastry is suggested but if you wish to keep calories and costs down, a rich biscuit dough or plain pastry may be substituted. Here is a tip if you are in a hurry. Cut 3 inch squares out of pastry rather than circles, and the appetizers will then have a triangular shape. These also freeze well and can be easily reheated before serving.

Great gourmet ideas for entertaining with beef are easy, economical and taste so good!

Another busy year is coming quickly to a close. In this final release before the Christmas season we would like to take the opportunity to thank you for your response to our releases.

Throughout the year we
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