Culinary Outlook

Fresh fruit makes summery dressing

By Alleen Claire NEA Food Editor

Give a new twist to salads with homemade, fruit vinegar dressings. They are easy to do. Just squeeze or press the juice from a favorite fruit, such as strawberries, and mix with ordinary vinegars and oil. Many restaurant chefs use fruit vinegars to heighten the flavor of fish, poultry and ham dishes, as well as a melange of salads.

CHICKEN BREASTS WITH FRUIT

chicken bresst halves, skinned, boned and cooked pints fresh strawberries, washed and stemmed, divided cup red wine vinegar cup white vinegar cup salad oil

tesspoons ground ginger Dash sait Lettuce leaves cup fresh fruit, in season (blueberries, grapes, peaches,

teaspoons sugar

plume, klwi) Bake or poach chicken breasts. In bowl, crush 1 pint of the strawberries with a fork or potato masher. Stir in berry vinegar with the oil, sugar, tested recipe makes 6 servings.



STRAWBERRY VINAIGRETTE dresses up mixed fruit and chicken salad.

cups.) Discard solids.

vinegars; cover and refrigerate over- ginger and salt. Refrigerate remain-

night. Strain, pressing firmly on the ing vinegar in a covered container. solids to extract as much liquid as Prepare mixed fruit. Take half of the arrange them on lettuce-lined plates

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possible. (There should be about 144 remaining pint of strawberries and Whisk together 14 cup of the straw- with chicken and fruits. This kitchenToday's comfort foods -Apples and peaches: peel and

A warm, aromatic Fruit Crisp fresh from the oven evokes comforting memories of Mother's or Grandmother's cooking. If you delighted in such treats as a child but never learned the recipe from your Mother, be sure to clip and file this scrumptiously versatile Fruit Crisp. It's a recipe from a book every bride

The Fruit Crisp requires five cups of your favorite fresh fruit. Use different fruits as they come into season and you'll have a variety of desserts

should have.

to carry your family through the year. This simple but versatile recipe is just one of 300 from the "Imperial Guide to Great Cooking." An ideal gift for a bride or someone setting up a home, this value-packed cook book provides all the basic shopping and cooking information needed by new cooks. Experienced cooks also will enjoy the new flavor adaptations and time-saving ideas found in the

broad range of recipes. To prepare fruits for this recipe...

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slice before measuring.

 Blueberries: wash and pick over. -Rhubarb: c 'into small pieces;

toss with * cup sugar. -Strawberry-Rhubarb: substitute half the rhubarb with hulled and sliced strawberries; toss with * cup

-Sour cherries: wash and pit; toss with * cup sugar.

Fruit Crisp 5 cups prepared fruit I cup packed brown sugar 14 cup quick cooking rolled oats I cup all purpose flour 1 tsp cinnamon 12 isp numeg 1/2 cup Imperial margarine

Arrange prepared fruit (as outlined above) in a 7 x 11-inch baking dish. Combine sugar, oats, flour and seasonings with margarine until crumbly. Spread mixture over fruit. Bake at 350°F for 40 to 50 minutes. Serve with ice cream or whipped cream, if desired. Makes 4 to 6 servings.

and the date on which it was printed in the corner. That way, if anything should happen to it, I know where to write or call for the recipe. - BOBBI

Preserve summer's bounty the easy into a 7-by-10 inch binder. After that, Cleveland, OH 44101-5863. Be sure to I write the name of the newspaper include the title.

Hash makes quick work of leftovers

By Alleen Claire NEA Food Editor

We may think of hash as a dish born on the American frontier. Yet, hash - traditionally a combination of chopped potatoes, onions and leftovers - has counterparts around the world. French cooks add chopped meat, seafood or poultry and the British treasure their shepherd's pie made with mashed potatoes and chopped meat. Some early American versions have become regional favorites, including Vermont's "red flannel" hash made with cooked beets and corned beef. People in the Northwest add local fish, and seafoods and in the Midwesterners often combine ham and

beel with their hash. Let your imagination go as you combine ingredients for a tempting hash dish. Making a hash only takes about half an hour. Curried vegetable hash with spices and raisins, for example, provides a hint of India. Another version features pork and apples.

CURRIED VEGETABLE HASH

package (6 ounces) denyarated, nash brown potatoes

cups very hot water teaspoons salt, divided isblespoons butter or margarine

medium onlon, chopped rib celery, sliced lesspoons curry powder teaspoon ground ginger tablespoons all-purpose flour cups milk

large carrot, shredded cup faising Tossted, slivered almonds or peanuts, optional In a large bowl, stir together pota- 1

toes, water and I teaspoon salt. Let stand 15 minutes, drain thoroughly. In 11/2 a large skillet, melt butter. Add onlon, . celery, curry powder, remaining 44 teaspoon salt and ginger. Cook 5 to 7 minutes until vegetables are tender. Add flour, cook 1 minute, stirring constantly. Gradually stir in milk; cook, stirring occasionally until thickened. Stir in potatoes. Cover, simmer 10 minutes until heated through. Stir in shredded carrot and raisins. Sprinkle with almonds or peanuts, if desired. This kitchen-tested recipe makes 4 to 6 servings.

PORK 'N' GRAVY HASH

tablespoons butter or margarine large onion, chopped large apple, cored and

chopped small red pepper, chopped rib celery, chopped teaspoon dried loaf thyme,

crumbled tesapoon sait teaspoon pepper cups frozen "Southern-style"

hash brown potatoes cups cooked pork, cut into julienne strips cup gravy, homemade or

> tablespoons fresh lamon juice Chopped fresh paraley

In a large skillet, melt butter. Add onion, apple, red pepper, celery, thyme, salt and pepper. Cook 5 to 7 minutes until vegetables are tender. Stir in potatoes. Cover. Cook 15 to 20 minutes until potatoes are tender, stirring occasionally. Stir in pork, gravy and lemon juice; heat through. Sprinkle with chopped parsley, if desired. This kitchen-tested recipe

makes 4 servings. O INT, NEWSPAPER ENTERPRISE ASSN.

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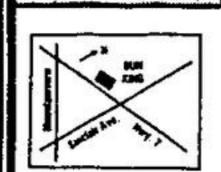
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