

# To peel or not to peel kiwi fruit?

## POLLY'S POINTERS



POLLY FISHER

DEAR POLLY — Must kiwis be peeled before you eat them? — A.V.  
 DEAR A.V. — There's nothing harmful about the skin, so you certainly can eat it if you wish. However, I can't imagine anyone relishing that brown fuzzy skin — rather like eating a brown paper bag. It's a simple matter to strip off the skin with a knife or vegetable peeler, revealing the juicy, bright emerald, sweet-flavored flesh

hiding under the ugly-duckling exterior. Besides, peeling helps remove any pesticide residues that might be present. I recommend it. — POLLY  
**RECIPE OF THE WEEK:** Top your next yellow cake or sponge cake with this delicately flavored, fluffy maple frosting. It's sweet and delicious, but contains none of the fat that make butter creams so devastating to a healthy diet.

In the top of a double boiler, combine 2 egg whites, ¼ cup maple syrup, ¼ cup sugar, ¼ teaspoon cream of tartar and ¼ teaspoon salt. Cook over simmering water, beating constantly with an electric mixer until the mixture stands in peaks. Add 1 teaspoon vanilla and continue beating until the frosting is thick enough to spread. Use to frost any yellow cake, sponge cake, banana cake or spice cake.  
 This recipe is just one from my newsletter "Cooking with Honey and Maple Syrup," which features recipes

for everything from cranberry coleslaw sweetened with honey to rich maple ice cream. Send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

Polly will send you a Polly Dollar (\$1) if she uses your favorite Pointer, Peeve or Problem in her column. Write POLLY'S POINTERS in care of this newspaper.  
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