

# Food



## MINCEMEAT FLAN

1 cup all purpose flour  
 ¼ tsp. salt  
 2 tsp. sugar  
 ½ cup butter

**FILLING:**  
 2 cups mincemeat  
 2 tsp. flour  
 2 cups apples, peeled and chopped

**METHOD:**  
 Put dough into bottom and up sides of a springform pan. Combine ingredients and spread over crust. Bake at 400° F for 30 to 40 minutes. Serve with whipped cream.

## CHEESE PUFFS

(An excellent make-ahead hors d'oeuvre for entertaining)

1 loaf of unsliced bread  
 ¼ cup soft butter  
 ½ cup shredded sharp cheddar  
 4oz. cream cheese  
 ½ tsp. dry mustard  
 ¼ tsp. cayenne pepper  
 2 egg whites

**METHOD:**  
 Trim crusts from entire loaf of bread. Cut bread into 1" squares and set aside. Combine butter and cheeses in saucepan and stir over moderate heat until well blended. Add mustard and cayenne. Beat egg whites until stiff. Fold into cheese mixture. Dip cubes into mixture (or spread on) coating well. Arrange on baking sheet, not touching. Freeze. Bake on ungreased pan at 400° F for 10 minutes or until lightly browned. Serve hot. Makes 36 pieces.

## PEKING SHRIMP

¼ cup dark corn syrup  
 ¼ cup water  
 2 tsp. soy sauce  
 2 tsp. sherry  
 1 tsp. cornstarch

1 clove garlic, minced  
 2 tsp. olive oil or corn oil  
 ½ cup green pepper strips  
 1 lb. medium shrimp, cleaned  
 1 small tomato, cut in wedges.

**METHOD:**  
 Combine first 7 ingredients. Heat corn or olive oil in skillet. Add shrimp. Cook, stirring occasionally, 3 minutes. Add sauce and remaining ingredients. Boil 1 minute, stirring gently. Serve over rice. Serves 4.



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