



Eggs, blueberries star

Mark Twain once suggested that you put all your eggs in one basket — and then watch the basket.

If it's a blueberry basket that the eggs are going into, you can be sure it will bear watching. Otherwise, the delicious treats that are made with eggs and blueberries will disappear right before your eyes.

"Who can help loving the land that has taught us 685 ways to dress eggs?" Irish wit Thomas Moore wrote in the 19th century. And who cannot admire the generations of American homemakers who have created a seemingly endless repertoire of blueberry dishes since the early 17th century?

The Pilgrims were introduced to this native berry by the friendly Indians who greeted the Mayflower pioneers. As a matter of fact, dried blueberries helped keep the Pilgrims alive during that first harsh winter.

Try the recipes given here. They make up into eggs-traordinary blueberry treats. Surely one or another will fit into your life style. Maybe all of them.

BLUEBERRY CHIFFON PIE

1 pint fresh blueberries
1/2 c. sugar, divided
1 envelope, unflavored gelatin
1/2 c. milk
4 eggs, separated
1 T. lemon juice
1 T. grated lemon rind
1/4 t. cream of tartar
1 (9-inch) pie shell, baked
Blueberries, optional
Whipped cream, optional

Measure one cup blueberries into blender container. Blend just until mashed, 10-15 seconds. Set aside. In saucepan stir together 1/2 cup sugar and gelatin. Blend in milk and let stand 1 minute. Stir in mashed blueberries, egg yolks, lemon juice and rind. Cook and stir over low heat until bubbly, about 5 minutes. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon, 45-60 minutes. In large mixing bowl beat egg whites and cream of tartar at high speed until foamy. Add remaining 1/2 cup sugar, 1 tablespoonful at a time, beating constantly until sugar is dissolved (rub just a bit of beaten egg whites between thumb and forefinger to feel if sugar is dissolved), and whites are glossy and stand in soft peaks. Fold in chilled blueberry mixture and remaining whole berries. Pile mixture into pie shell. Chill until firm, at least 3 hours. Garnish with whipped cream and additional blueberries, if desired.

BLUEBERRY EGGNOG

1 egg
1/2 c. cold milk
1/4 c. blueberries
1 T. honey

Combine all ingredients in blender and blend until smooth.

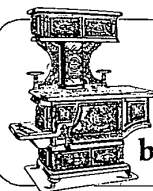
BLUEBERRY YOGURT SOUFFLE

6 to 8 servings

1/2 c. sugar, divided
2 envelopes unflavored gelatin
1/2 c. cold water
6 eggs separated
1 carton (8 oz.) lemon flavored yogurt
1/4 t. cream of tartar
1 c. whipping cream
1 pint fresh blueberries

Butter bottom and sides of 1 1/2-quart souffle dish. Sprinkle lightly with sugar. Make 4-inch band of triple-thickness aluminum foil long enough to go around dish and overlap 2 inches. Lightly butter one side of band and sprinkle with sugar. Wrap around outside of dish with sugared side in. Tie with string or fasten with tape. Collar should extend 2 inches above rim of dish. In saucepan stir together 1/2 cup sugar and gelatin. Blend in water and let stand 1 minute. Cook and stir over low heat until gelatin dissolves, about 3 minutes. Remove from heat and let stand 5 minutes. Blend in egg yolks. Cook and stir over low heat 2-3 minutes longer. Remove from heat. Blend in yogurt. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon, about 25-30 minutes. In large mixing bowl, beat egg whites and cream of tartar at high speed until foamy. Add remaining sugar, 1 tablespoonful at a time, beating constantly until sugar is dissolved and whites are glossy and stand in soft peaks. Whip cream until stiff. Gently but thoroughly fold yolk mixture and whipped cream into egg whites. Fold in blueberries, reserving few for garnish. Carefully pour into prepared dish. Arrange reserved berries over top. Chill until set, several hours or overnight. Carefully remove foil band before serving.

NOTE: Dry-pack frozen blueberries can be used when fresh blueberries are not available in all recipes given here.



The Warming Oven by Emily Watson

Somehow, writing this first column for our new food section turned into a sentimental journey through old columns and recipe files. Looking over your own collection of recipes can become a nostalgic business.

Friends, relatives, places, events come back with a haunting clarity. It is like the total recall that some melodies evoke of old times and old loves.

For cooking is an expression of love. Whether it is the bride's first concave birthday cake for her new husband, or a great-grandmother's last batch of currant tarts for her family, the intangible ingredient is love.

And when grown men become misty-eyed recalling their mother's or grandmother's cooking, it's not the taste alone. The memories are flavored by the warmth, caring and pride that went into the preparation.

But to get away from being maudlin, there probably are a good many loving parents who couldn't cook a memorable meal if they tried. They will be remembered for their wit, their understanding, their fine minds.

And some day their grandchildren will reminisce (misty-eyed, of course) about a Stouffer's souffle.

Peppers add relish to meat

BAZAAR TIME is coming, and I am always fascinated by those little jars of homemade jams, jellies, pickles and relishes the women concoct for their pantry booth.

Over the years, reputations have been built on these specialties. For one woman, it was watermelon rind pickles that were her claim to fame. Another's mustard sauce for meat was eagerly awaited from one year to the next.

Last weekend, our hostess opened a jar of her first batch of pepper jelly. It turned out to be the perfect complement to the meat course.

Peppers are now in good supply and will be until the frost "gets" the locally grown supply. The pepper jelly would be a great seller at a preholiday bazaar. Norma makes two kinds — one with commercial thickening and one without. The thickened one is much sweeter, but both are delicious. She said some people mix the red and green sweet peppers but she makes separate batches — all red, or all green.

PEPPER JELLY (SWEET)

2 c. ground sweet peppers
4 c. granulated sugar
1 c. vinegar
1 c. liquid from peppers with water added to make one cup.
1/4 c. lemon juice
1 bottle Certo.

Grind peppers and drain off liquid, which should be saved. Put peppers, sugar, vinegar and pepper liquid plus water in saucepan and heat to boiling point. Stir constantly. Remove from heat and let stand for 15 minutes. Reheat to boiling point; add lemon juice and Certo; boil for two minutes.

Remove from heat; skim; stir for five minutes. Fill sterilized jars and seal.

PEPPER RELISH (TART)

12 red or green sweet peppers
1 1/2 lb. sugar
1 pt. vinegar

Chop or put peppers through food chopper. Sprinkle one tablespoon of salt over chopped peppers and let stand for three or four hours. Pour off liquid; add sugar and vinegar. Cook until thick. Pour into sterilized jars and seal.

Ever see a maiden's blush

The apple harvest is on with its weekend trips to orchards and cider mills — truly one of Michigan's finest seasons.

A good apple pie can be heavenly. A poor apple pie can be as appetizing as cardboard and library paste.

Grandmother Watson's family was proud of her apple pies. It was said they were the first to go at church suppers. Maybe it had something to do with the apples.

In memory, I can place every tree in grandmother's orchard. First of the season were the Red Astrakhans and the Yellow Harvest apples. Then came the Yellow Transparents that bore every other year and made the best apple sauce because they cooked to an almost fluffy consistency.

Up on the hill was the Maiden's Blush — marvelous for apple pies. And there were the Tolman Sweets for apple dumplings and baked apples. Later on the Northern Spies, Russets, Greenings, Pippins and Baldwins were packed away for winter munching and cooking. Remember the Kings with their fat stems and almost yellow pulp? I haven't seen one in years.

When the orchard was planted, about 1875, those now popular and perfect Delicious were completely ignored. And no one missed them. Maybe they hadn't been developed at that time.

Modern houses aren't built for the preservation of barrels of crisp apples — modern basements are too well heated. And whatever became of the Russets, the Pippins and the Tolman Sweets? Has anyone seen a Maiden's Blush lately?

APPLE DUMPLINGS

2 c. sifted pastry flour
1/4 t. salt
4 t. baking powder
1 T. sugar
1/4 c. shortening
1/4 c. milk
6 medium apples
Brown sugar and cinnamon

Mix and sift flour, salt, baking powder and sugar. Cut in shortening. Add milk to make a soft biscuit dough. Roll to one quarter inch thickness. Cut dough into six squares. Place cored and pared apples in center of each. Fill the cavity of each apple with a mixture of

brown sugar and cinnamon. Draw dough up around apples. Moisten to seal top then pierce dough with fork. Place in a greased baking dish and bake in 375-degree oven until apples are tender, about 40 minutes. Serve warm with cream and sugar or with custard sauce.

BLUEBERRY SPONGE CUSTARD

1 c. fresh blueberries
3/4 c. sugar
3 T. flour
3 eggs, separated
1 t. milk
3 T. lemon juice
2 T. butter, melted
1/4 t. salt
1/4 t. cream of tartar

BLUEBERRY OMELET

2 eggs
2 T. water
1/4 t. salt
1/2 to 1 T. butter
1/2 c. fresh blueberries or blueberry sauce (see below)
dash pepper

Mix eggs, water, salt and pepper with fork. Heat butter in 8-inch omelet pan or fry pan over medium-high heat until just hot enough to sizzle a drop of water. Pour in egg mixture. Mixture should set at edges at once. With pancake turner turned over, carefully push cooked portions at edges toward center so uncooked portions flow to bottom. Tilt pan as necessary so uncooked eggs can flow. Slide pan rapidly back and forth over heat to keep mixture in motion and sliding freely.

While top is still moist and creamy-looking, fill with warm blueberries. With pancake turner fold in half or roll, turning out on to plate with a quick flip of the wrist.