



Byrd's Kitchen

by Vivian Byrd

Imaginative orange recipes help shake off the shivers

There is a commercial on television these days that makes me hunger for oranges, which is, of course, what it is supposed to do. A very effective piece of film.

You have probably seen it. The commercial consists entirely of people breaking off and biting into orange segments — all done in slow motion so as to emphasize the juiciness of the orange, which makes it look like just the thing to shake a morning thirst, or better yet, a sitting-in-the-sun-getting-a-tan thirst.

For all of us who won't be going to sunny anywhere for tans this winter, it might help to prepare dishes that make us think of warmer climates — for instance, orange-flavored anything.

Any one of the following could shake off those psychological and real shivers. Let's pretend we're down south and enjoy these goodies.

SOUR CREAM ORANGE SLICES

- 4 oranges
- 1 cup commercial sour cream

- 2 sugar
- ¼ tsp. cinnamon

Wash and peel oranges; slice about ¼ inch thick and cut slices into thirds. Combine remaining ingredients. Serve orange slices, chilled, with sour cream dip.

ORANGE COOLER

- 2 10-ounce packages frozen strawberries (almost thawed)
- 1 cup orange juice
- ¼ cup lemon juice
- sugar to taste

Combine ingredients in blender. Place 2 cubes of ice in each 8-ounce glass. Pour in ½ cup of fruit mixture. Fill remainder with carbonated ginger ale or lime drink.

Variant: Add 1 ounce of gin or vodka to each serving, and a dash of grenadine.

ORANGE BISCUITS

- 3 cups all-purpose flour
- 3 tsp. baking powder
- ½ tsp. soda
- 1 tsp. salt

- 4 tsp. butter
- 1 ½ cups buttermilk
- 1 tsp. grated orange peel
- orange marmalade

Sift together the dry ingredients; work in the butter and then add the buttermilk to make soft dough. Stir in orange peel. Roll out thin and cut in rounds. Place two together and on the top biscuit, place a small spoonful of orange marmalade. Bake in 375-degree oven for 15 minutes, or until light brown.

BROILED FLOUNDER with ORANGE ALMOND SAUCE

- 3 lbs. of fillet of flounder
- ¼ cup melted butter
- ¼ tsp. salt
- ¼ tsp. pepper

Place fish, skin side down, on preheated greased broiler pan. Season with salt and pepper. Brush generously with butter. Broil 2 inches under heat for 12 minutes, or until tender. Turn skin side up and broil just until skin becomes crisp. Serve with Orange Almond Sauce.

ORANGE ALMOND SAUCE

- 2 tbsp. butter
- 2 tsp. blanched almonds
- 1 ½ tsp. brown sugar
- 2 tsp. cornstarch

- 1 cup orange juice
- 1 ½ tbsp. grated orange rind
- ¼ tsp. powdered cloves
- ¼ tsp. seasoned salt

Melt butter in skillet. Saute almonds until golden brown. Remove almonds. In the same skillet, combine sugar, cornstarch, and orange juice. Cook over medium heat, stirring constantly until clear and thickened. Add rind, cloves, seasoned salt and almonds.

ORANGES ALASKA

- 8 navel oranges
- 3 egg whites
- 6 tbsp. sugar
- orange segments, chopped
- ¼ cup crushed pineapple
- 1 pint vanilla ice cream

Cut slices off navel ends of well-shaped oranges. Scoop out pulp, chop and chill. Place shells in the freezer for at least 8 hours. They will then remain cold during preparation. Beat the egg whites until stiff; gradually add the sugar, continuing to beat until all sugar is absorbed and the meringue stands in peaks. Place a layer of chilled orange segments and crushed pineapple in the bottom of the shell. Top with a layer of the ice cream. Repeat if there is room. Seal with a large scoop of meringue. Place under broiler until lightly browned. Serve at once, on a bed of lemon leaves if available. Serves 8.

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A winter winner

One of the most popular and satisfying winter warm-ups is a steaming bowl of homemade soup. This one is designed to be made with leftovers from a baked ham dinner.

HEARTY HAM AND SWEET POTATO SOUP

- 1 pound cooked smoked ham
- ¾ cup sliced celery
- ¾ cup 1-inch pieces green onions
- 2 tbsp. lard or drippings
- 1 pkg. (.87 ounce) pork gravy mix
- 3 ½ cups water
- 1 tsp. prepared mustard
- ½ tsp. marjoram
- 2 large sweet potatoes, quartered and sliced ½ inch thick
- 1 cup flour
- ½ cup water

Cut ham into strips ½-by-½-by-1½ inches. Cook celery and onion in lard or drippings in Dutch oven; sprinkle gravy mix over vegetables. Stir in water, mustard, vinegar and marjoram. Bring to a boil, reduce heat and cook slowly, covered, 25 minutes. Combine flour with ½ cup water, add to cooking liquid and cook, stirring until thickened. Reduce heat and cook slowly 3 to 5 minutes. 5 to 6 servings.

Steak Jardin will serve 6

Just a pound of lean round steak can serve six when combined in Savory Steak Jardin. The meat is thinly sliced and served over rice.

Cook the rice by your favorite method while the meat and vegetables are simmering.

SAVORY STEAK JARDIN

- 1 lb. lean boneless round steak
- 1 cup chopped onions
- 2 tsp. butter or margarine
- 2 cans (11 oz. each) condensed Cheddar cheese soup
- ½ tsp. garlic powder

- ¼ tsp. pepper
- 2 cups sliced carrots
- 2 cups sliced celery
- 3 cups cooked rice

Freeze meat 1 hour to make slicing easier; slice into thin strips. In saucepan, brown meat and cook onions in butter until tender. Stir in soup and seasonings. Add carrots. Cover, cook over low heat 20 minutes. Stir in celery, cook 10 minutes more or until done. Serve over rice. Garnish with parsley, if desired. Makes 6 servings.

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