

Vivian Byrd glamorizes green beans

Green beans endure as one of the most, if not the most, popular vegetable. Thanks to modern growing techniques and transportation systems, they are available fresh in supermarkets year 'round. During different periods of the year, they come from Mexico, California, Florida, the Carolinas, New Jersey, and of course, during the summer harvest months, from our own state.

The recipes below suggest the unlimited possibilities for preparation. The three-bean casserole shown here is served hot rather than cold, as is the more traditional one that is generally available at deli counters or in the canned goods section.

CHAO-SU-CHI-TOU
Chao-su-chi-tou, stir-fried string beans and water chestnuts, is a Chinese vegetable, lightly sweetened and crunchy with water chestnuts, cooked briefly in peanut oil and chicken stock. Green beans vinaigrette is a cold salad version which can add special flavor to cool summer meals. A simple version can be served alone. Or, served in the center of a tomato aspic ring, it becomes a colorful addition to a meal.

The dried green beans are served hot and slightly spiced with onion and dill, then tossed with rice hard-cooked egg. All of these are interesting versions to add to your green bean repertoire.

THREE BEAN CASSEROLE
Can read kidney beans

1 pkg. frozen lima beans
1 pkg. frozen cut green beans or 1 lb. fresh beans
2 tsp. minced onion
1 tsp. prepared mustard
1/2 tsp. salt (or less)
1/4 tsp. pepper
1 tsp. dried or fresh parsley
1 can tomato soup
1/2 cup butter
1/4 cup bread crumbs

Cook fresh and frozen beans. Combine the seasonings and the soup and add to the beans. Put in 1 1/2 quart casserole and top with butter and bread crumbs. Bake 20 minutes at 375 degrees. Serves 6.

VINAIGRETTE DRESSING
3 tbsp. sweet pickle relish
2 tbsp. snipped parsley
1/4 cup salad oil
1/2 tsp. sugar
1 tsp. salt
1/4 cup vinegar

Blend ingredients. Makes about one cup. Toss with beans and onions.

TOMATO ASPIC
2 pkg. lemon gelatin
2 cups tomato juice cocktail
1 1/4 cups cream of tomato soup, undiluted
2 tbsp. lemon juice

3 minutes. Add the salt, sugar and water chestnuts then stir once or twice to mix before adding the stock. Cover and cook over moderate heat for 2 or 3 minutes, or until the beans are tender but crisp. Add the cornstarch mixture and stir until the vegetables are coated with a clear glaze. Serve at once.

Dissolve the gelatin in the boiling tomato juice cocktail. When slightly cooled, add tomato soup and lemon juice. Pour into individual molds or a large ring mold that has been rinsed with ice water. Chill until firm. Unmold and fill center of mold with Green Beans Vinaigrette. Drain excess dressing from the beans before filling the tomato aspic ring.

HAMBURGERS NEVER

... tasted so good



With each pound of hamburger, mix in 2 to 4 tbsp. Cook-in' Sauce (for added zest use Woody's Mexican Style) and 1 beaten egg. Make into thin patties and press together with a filling of chopped onions.

Try it at your next cook-out!!!

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These are more of Yvonne Gill's recipes from Hilary Keating Callaghan's column, "A Question of Taste."

WILD BLACKBERRY JELLY
4 quarts blackberries
1 cup water
1/2 cup sugar to each cup of juice

Wash blackberries and place in 15-quart preserving kettle. Add water and simmer gently for approximately 30 minutes over low heat to extract the juices. Strain through a jelly bag or cloth to drip for about 4 hours. Measure juice and allow 1/2 cup of sugar per cup of juice. Warm the sugar in a 200-degree oven.

Heat the juice in the preserving kettle, add sugar and stir until dissolved. Raise the heat and rapidly stir until sugar thermometer reaches 210 degrees. This takes approximately 20 minutes. Remove from heat and clean scum from the surface. Pour once into hot sterilized jars. After sitting for a moment a thin skin will form on top of the jelly. Lift this off with a spoon at the same time, removing any air bubbles which may have formed around the edges. (Mold can form in these pockets of air). Carefully wipe the edges of the jars. Seal with paraffin wax. Yield: Approximately 6 pints.

APRICOT PRESERVES
4 lbs. apricots
3 lbs. sugar
1/2 cup water

Preheat oven to 200 degrees and warm the sugar in a pan for 20 to 30 minutes. Stone the apricots (a wooden meat skewer works well for this). Place half of the apricot stones in cheesecloth and place in 15 quart kettle. Crack the remaining stones open and remove the white kernels. Blanch the kernels in boiling water for 5 minutes, cool and slip off the outside skin. Hold them aside until later. Place apricot halves in the kettle with the stones, add water and leave over low to medium heat for 30 minutes until fruit is soft and pulpy. Add warmed sugar and stir together until it dissolves. Raise heat and boil rapidly to 200 degrees. Stir occasionally to prevent scorching after 200 degrees. Remove from

heat and clean off the scum and foam. Stir in the blanched kernels and pour into hot sterilized jars. Seal while hot with paraffin wax. Yield: 4-5 pints.

STRAWBERRY PRESERVES
5 lbs. strawberries
4 lbs. sugar
1 1/2 pints water
Peel from 2 oranges

Dissolve sugar in water over a medium heat in a 15-quart heavy pot. When liquid is clear, raise the heat and boil the syrup without stirring until it registers 220 degrees on a sugar thermometer. Peel the outside skin from two oranges and cut into very fine strips. Blanch the strips by immersing in boiling water for 5 minutes, drain and cook under running cold water, then hold until later. When syrup reaches 220 degrees immerse all the washed, hulled whole berries. Turn off the heat and let berries sit for 30 minutes. Turn heat to high and bring to a fast boil. Turn off the heat and let foam subside. Repeat the full boil once more and skim off the foam and scum. Carefully stir in orange strips then leave preserves in the pot in a cool place overnight. The next day bring them to a full boil, then drain berries into a colander and hold. Return syrup to preserving kettle and boil rapidly to 220 degrees. Turn off heat and add berries to the syrup. Let sit for 30 minutes before pouring into hot sterilized jars in order to prevent the whole fruit from floating to the top. Seal while hot with paraffin wax. Yield: 4-5 pints.

RASPBERRY JAM
5 lbs. raspberries
3 lbs. sugar

Preheat oven to 200 degrees and warm the sugar in a pan. Place raspberries in a 15-quart kettle over a low to medium heat to draw out the juices. Leave for approximately 20 minutes, stirring twice to prevent sticking. Add the warmed sugar and stir together to dissolve, for about 5 minutes. Raise heat and boil rapidly until thermometer reaches 210 degrees. This should take about 20 minutes. Stir jam two or three times after it reaches 190 degrees to prevent scorching. Remove from heat and pour at once into hot sterilized jars. Seal while hot with paraffin wax. Yield: 5-6 pints.

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4 Easy Recipes The Original Piña Colada
(The real cream of Piña Coladas)

Piña Colada Cake
1 (18½-ounce) package yellow cake mix
1 (3½-ounce) package instant vanilla pudding and pie filling mix
1/2 cup plus 1 to 2 tablespoons Coco Lopez® Piña Colada Mix
1/2 cup light Puerto Rican rum
1/2 cup vegetable oil
4 eggs
1 cup sifted confectioners' sugar

Preheat oven to 350°. In large mixer bowl, combine cake mix, pudding mix, 1/2 cup piña colada mix, rum, oil and eggs. Beat at medium speed 2 minutes. Pour into well greased and floured 10-inch bundt or tube pan. Bake 50 to 55 minutes. Cool slightly. Remove from pan. In small bowl, gradually add remaining piña colada mix to sugar; mix until smooth. Drizzle over warm cake.

Choco Cha-Cha Shake
1 cup milk
1 banana, sliced
1 teaspoon chocolate-flavored syrup
1/4 cup Coco Lopez® Cream of Coconut

In blender container, combine ingredients; blend until smooth. Garnish as desired. Serve immediately.

Island Refresher
Makes 1 serving
1/4 cup Coco Lopez® Cream of Coconut
1/4 cup unsweetened pineapple juice or milk
2 scoops vanilla ice cream

In blender container, combine ingredients. Blend until smooth. Garnish as desired. Serve immediately. TIP: For a thicker shake, reduce pineapple juice.

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