

# Cool it — Serve a dairy foods buffet



## SUMMER PORCH PICNIC

- Cheese Wine Spread*
- Pita Bread Sandwiches*
- Salad Nicoise/Mustard Dressing*
- Lime Delight*
- Spoonable Fruit Dessert Drink*
- Chilled Milk*

### CHEESE WINE SPREAD

Yield: approx. 2 cups

- 1 Gouda cheese (7 or 8 oz.)
- 1 package (3 oz.) cream cheese, softened
- 1/4 cup port wine
- 1/4 cup chopped pecans
- 3 tablespoons minced green onion
- 1 tablespoon milk
- 1/4 teaspoon celery salt
- Sliced fresh fruit of the season
- Assorted crackers

Cut about one-third from flat portion of Gouda cheese; remove wax from this portion of cheese only, set aside. Carefully scoop cheese from larger portion, leaving a 1/4-inch thick shell. Leave wax intact. This will be the serving "bowl" for the cheese mixture. Shred the Gouda cheese; cover with waxed paper and let come to room temperature. Beat Gouda and cream cheeses in small mixing bowl until well blended. Gradually mix in wine, a tablespoon at a time, until well blended. Mix in nuts, onion, milk and celery salt. Chill, covered, several hours to allow flavors to blend. Let stand at room temperature about 30 minutes before serving. To serve, spoon cheese mixture into cheese "bowl." Serve with fresh fruit and assorted crackers.

Note: Wrap "bowl" carefully in plastic wrap and refrigerate until serving.

### PITA BREAD SANDWICHES

Yield: 6

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| <b>DRESSING:</b> (Yield: 1 1/2 cups) | <b>SANDWICHES:</b>                 |
| 1 cup cottage cheese                 | 3 sesame pita breads               |
| 1/3 cup chili sauce                  | Leaf lettuce                       |
| 3 tablespoons sweet pickle relish    | 6 slices (6 oz.) Cheddar cheese,   |
| 2 hard-cooked eggs, chopped          | each cut into 4 small triangles    |
| 1 tablespoon minced green onion      | 12 small tomato slices             |
| 1/2 teaspoon salt                    | 6 large thin turkey breast slices, |
| Dash pepper                          | rolled                             |
|                                      | Alfalfa sprouts                    |

For dressing, beat cottage cheese in small mixing bowl on high speed of mixer until almost smooth, about 5 minutes. Stir in remaining ingredients. Chill, covered, 2 to 3 hours to allow flavors to blend. For sandwiches, preheat oven to 350° F. Bake breads on unbuttered baking sheet 8 to 10 minutes, or until crisp. Remove from oven and cut vertically in half. Gently press each half open. Fill bottom of each with a rounded tablespoon of dressing. Fill with lettuce, 4 small cheese triangles and 2 tomato slices. Cut each roll of turkey breast into 2 small rolls. Place both pieces in sandwich. Sprinkle with alfalfa sprouts. Serve immediately with dressing spooned over each sandwich.

Why not turn to your refrigerator rather than the range for your summer meals? You can save energy and keep your home as well as your temper cool with a cool supper served on the porch because most of the preparation is hours behind you.

Start things off with a Cheese Wine Spread made with Gouda and cream cheeses. It's offered as a first course with fresh fruit and crackers, nice to serve while family and guests wait for everyone to gather. Chill to blend flavors, but let it warm to room temperature for serving and easy dipping or spreading.

There's a choice of entrées in this casual supper: Pita Bread Sandwiches or Salad Nicoise, either of which has enough

substance to give a fully satisfied feeling. It takes only a few minutes to heat Pita Bread to make it crisp and fully flavored.

Lime Delight is a cool, green, molded dessert accented with chocolate and fresh strawberries. You need a little heat to dissolve the gelatin (the day before) and then again to melt chocolate for brushing the ladyfingers, but neither will heat the kitchen. It's light and fluffy with beaten egg whites and whipped cream.

For those who prefer a liquid dessert, serve a delightful combination of raspberry sherbet, icy cold milk and vanilla ice cream. After blending until frothy, sprinkle with sliced peaches and blueberries for a spoonable, sip-able toast to June Dairy Month.

### SALAD NICOISE/MUSTARD DRESSING

6 to 8 servings

- MUSTARD DRESSING:** (Yield: approx. 2 1/4 cups)
- 2 cups dairy sour cream
  - 3 tablespoons chopped fresh parsley
  - 2 tablespoons minced green onion
  - 4 teaspoons Dijon-style prepared mustard
  - 2 teaspoons white wine vinegar
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/4 teaspoon garlic powder

- SALAD:**
- 1 small head Romaine lettuce, chilled and torn into bite-sized pieces
  - 1 can (13 oz.) tuna in water, drained and flaked
  - 1 package (9 oz.) frozen whole green beans, cooked and drained
  - 8 ounces tiny new potatoes, cooked, chilled and cut into thick slices
  - 2 small zucchini, thinly sliced
  - 1 cup cherry tomatoes, halved
  - 1 small sweet red onion, sliced, separated into rings
  - 2 hard-cooked eggs, cut into wedges

For dressing, combine all ingredients. Chill, covered, 2 to 3 hours to allow flavors to blend. For salad, place lettuce in bottom of a large, shallow salad bowl. Place tuna in center. Arrange vegetables and eggs around tuna. Cover with plastic wrap and chill 1 to 2 hours. To serve, spoon half of salad dressing over top of salad. Pass remaining dressing.

### LIME DELIGHT

8 to 10 servings

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|-------------------------------|---|
| 9 ladyfingers, split          | 1/3 cup water   |
| 1 envelope unflavored gelatin | 1/4 teaspoon green food color                             |
| 1/2 cup sugar                 | 1/4 teaspoon cream of tartar                              |
| 1/8 teaspoon salt             | 1/3 cup sugar   |
| 3 eggs, separated             | 1 cup whipping cream                                      |
| 1/3 cup water                 | 2 squares (2 oz.) semi-sweet chocolate, melted and cooled |
| 2 teaspoons grated lemon peel | Fresh whole strawberries                                  |
| 1/3 cup fresh lime juice      |   |
| 1/4 cup fresh lemon juice     |   |

Butter and lightly sprinkle with sugar an 8-cup fluted mold. Place a split ladyfinger in each fluted area of mold. Chill while preparing filling. Mix gelatin with 1/2 cup sugar and salt in small saucepan. Beat egg yolks with 1/3 cup water; add to gelatin mixture. Stir over low heat until gelatin is completely dissolved; 5 to 6 minutes. Remove from heat. Add lemon peel, lime juice, lemon juice, 1/3 cup water and food color. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. Beat egg whites with cream of tartar until soft peak form; gradually add 1/3 cup sugar and beat until stiff but not dry. Fold into gelatin mixture. Whip cream until stiff. Gently fold into gelatin mixture. Spoon into prepared mold. Chill several hours or overnight until firm. To serve, dip mold into warm water. Unmold onto serving plate. Brush bottom of each ladyfinger with melted chocolate. Chill about 30 minutes to set chocolate. Dip strawberries in remaining melted chocolate. Chill until serving time. Garnish dessert with strawberries. Serve immediately.

### SPOONABLE FRUIT DESSERT DRINK

6 servings

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|-------------------------------------|---------------------------------|
| 2 pints raspberry sherbet, softened | 1 1/2 cups sliced fresh peaches |
| 3 cups cold milk                    | 6 tablespoons fresh blueberries |
| 1/2 teaspoon coconut extract        |                                 |
| 6 large scoops vanilla ice cream    |                                 |

Place half of the sherbet and milk in blender container; cover. Blend until smooth. Add remaining sherbet, milk and coconut extract. Blend until smooth and frothy. Place 1 scoop of vanilla ice cream in each 6 large chilled glasses. Sprinkle each with 1/4 cup sliced peaches and 1 tablespoon blueberries. Pour in sherbet-milk mixture to fill glass. Serve immediately.

### Keep Your Cool

1. Plan summer meals that use a minimum of cooking, or do the cooking in the morning and let the refrigerator chill them until mealtime.
2. Molded salads and desserts are best when they're allowed to chill overnight.
3. Chill salad and dessert plates as well as glasses so that cold foods may be served truly cold.
4. When fruit or vegetable dippers are part of the menu, place them, after chilling, on a piece of chilled marble or cold platter or tray to carry out the "cool" theme.