

Fruit: Color it Wonderful

What's red, blue, green, yellow and orange — and good all over? Fruit, of course. Glorious, wonderful, colorful fruit is, perhaps, the sweetest of all nature's gifts.

Nutritionists teach that fruit belongs in everyone's diet. While all fruits supply dietary fiber, citrus fruits and strawberries contribute vitamin C, oranges and bananas are good sources of potassium, peaches and apricots are high in vitamin A and pineapples provide thiamine.

Fruit is good enough to be enjoyed as nature grew it, fresh from tree, bush or plant. Fruits combine well with one another, too, in beauty and flavor and new ways to use summer fruits seem to be endless.

One of the recipes, Strawberry Peach No-Cook Jam, makes it possible to store away the summertime goodness of fresh fruit for enjoyment all year round.

No-cook jam, developed only in recent years, is fresher tasting and more colorful than traditional jams. The corn syrup contributes both to the natural, unmasked fruity flavor and to the glossy appearance. In the Strawberry Tart, corn syrup provides an attractive, easy glaze, and in Peach Raspberry Sherbet, it aids in the prevention of large ice crystals forming, thereby reducing grittiness or graininess. Enjoy the fruits of summer in these new colorful ways.

Raspberry Peach Sherbet

- 1 envelope unflavored gelatin
- 1/2 cup milk
- 2 cups sliced peaches
- 1 cup raspberries
- 1 cup light corn syrup

In small saucepan sprinkle gelatin over milk. Stir over low heat until dissolved. Place in blender container. Add peaches, raspberries and corn syrup; cover. Blend on high speed 30 seconds. Pour into 9 x 9 x 2-inch pan. Cover; freeze overnight. Soften slightly at room temperature, about 15 minutes. Spoon into large mixer bowl. With mixer at low speed, beat until smooth, but not melted. Pour into 4-cup mold or freezer container. Cover; freeze about 4 hours or until firm. Unmold or soften at room temperature for easier scooping. Makes about 4 cups.

Peach Strawberry No-Cook Jam

- 1 pound (about) fully ripe peaches
- 1 pint fully ripe strawberries
- 1/4 cup lemon juice
- 1/2 cup light corn syrup
- 4 1/2 cups sugar
- 3/4 cup water
- 1 package (1-3/4 oz) powdered fruit pectin

Rinse, peel and pit peaches. Finely chop peaches using fine blade of food grinder. Measure 1 cup. Rinse and stem strawberries; fully crush, one layer at a time, to let juice flow freely. Measure 1 cup. Turn into 4-quart bowl. Add lemon juice; stir well. Add corn syrup; stir well. Add sugar, stirring thoroughly to dissolve. Let stand 10 minutes. In small saucepan mix water and fruit pectin. Stirring constantly, bring to boil over medium heat and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. Ladle into 1/2 or 1-pint freezer containers leaving 1/2-inch headspace (no paraffin needed). Cover with tight lids. Let stand at room temperature until set. (It may take up to 24 hours.) Jam to be eaten within a week or two may be stored in refrigerator. Store remainder in freezer and transfer to refrigerator as needed. Makes 7 (1/2-pint) containers.

Note: With MCP jam and jelly pectin (2 oz) use 2 pounds peaches and 1 pint strawberries, and directions in the package for no-cook jam.

Strawberry Banana Cooler

- 1 cup strawberries, hulled
- 1 banana, peeled, sliced
- 1 pint vanilla ice cream
- 1 cup milk
- 1/2 cup light corn syrup

In blender container place strawberries, banana, ice cream, milk and corn syrup; cover. Blend on high speed 30 seconds or until well blended. Makes about 4 cups.

Blueberry Banana Cooler: Follow recipe for Strawberry Banana Cooler. Omit strawberries. Use 1 cup blueberries.



Strawberry Tart

- 3/4 cup unsifted flour
- 1/4 cup corn starch
- 1/4 cup sugar
- 1/3 cup corn oil margarine
- 1 egg yolk, lightly beaten
- 1 pint (about) strawberries, hulled
- 1/4 cup light corn syrup
- 1 teaspoon lemon juice

Line large cookie sheet with waxed paper. In medium bowl stir together flour, corn starch and sugar. With pastry blender or 2 knives cut in margarine until coarse crumbs form. With fork, stir in egg yolk. Press dough firmly into ball with hands (mixture is crumbly) until it will hold together. On cookie sheet flatten dough slightly and roll out until slightly larger than a 12 x 6-inch rectangle. Trim to 12 x 6-inch rectangle. (Reserve excess dough.) Cut into 1 (10 x 4-inch) rectangle. Using pastry left after cutting out rectangle, cut 4 (10 x 1/2-inch) strips and 4 (3 x 1/2-inch) strips. Place 1 long strip on each long edge of the rectangle. Top each with one of the remaining long strips. Place 1 short strip on each short edge of the rectangle. Top each with one of the remaining short strips. If desired, cut small shapes from reserved excess dough and place along top strips. Pierce bottom of rectangle with fork. Bake in 400° F oven 8 to 10 minutes or until lightly browned. Remove and cool 5 minutes on wire rack. Remove from cookie sheet. Cool slightly. Remove waxed paper. Cool completely. Arrange strawberries, stem side down, in tart shell. In small saucepan stir together corn syrup and lemon juice. Stirring constantly, cook over low heat 1 minute. (Do not cook longer.) Brush on strawberries. Refrigerate. Brush on strawberries up to 3 hours before serving. If desired, garnish with whipped cream. Makes 4 to 6 servings.

Strawberry-Tea Drink

- 1 cup strawberries
- 1 cup orange juice
- 1/2 cup light corn syrup
- 2 tablespoons instant tea
- 4 ice cubes

Place strawberries, orange juice, corn syrup, tea and ice cubes in blender container; cover. Blend on high speed 15 seconds or until well blended. Serve over ice in tall glasses. Makes about 3 (1-cup) servings.

Fruit Compote

- 3/4 cup light corn syrup
- 1/2 cup orange juice
- 2 tablespoons very thin lemon rind strips
- 1/4 cup lemon juice
- 8 cups assorted fresh fruit, such as blueberries, strawberries, honeydew and cantaloupe melon chunks, peach and plum slices

In large bowl stir together corn syrup, orange juice, lemon rind and juice until well blended. Add fruit; toss to coat well. Cover; refrigerate several hours or until chilled. Makes about 8 cups. (For Fruit Compote in photograph, recipe is doubled.)

Lime Mousse

- 1 envelope unflavored gelatin
- 1/2 cup lime juice
- 1/4 cup cold water
- 2 drops green food color (optional)
- 3 eggs, separated
- 1/4 cup sugar
- 3/4 cup light corn syrup
- 1 teaspoon grated lime rind
- 1 cup heavy cream, whipped

In 2-quart saucepan sprinkle gelatin over water. Stir in egg yolks, corn syrup, lime rind and juice. Stirring constantly, cook over low heat until gelatin is completely dissolved, about 5 minutes. Stir in food color. Turn into large bowl. Refrigerate, stirring occasionally, about 1 hour or until mixture mounds slightly when dropped from a spoon. In small bowl with mixer at high speed beat egg whites until soft peaks form. Gradually beat in sugar until stiff peaks form. Fold into lime mixture. Fold in whipped cream. Turn into 2-quart serving dish. Refrigerate 4 hours or until firm. If desired, garnish with additional whipped cream and lime slices. Makes 8 servings.

Watch local supermarkets for Karo corn syrup offer for free pound of fresh fruit.