FRUIT SOUPS...

REFRESHING AS A SUMMER'S BREEZE

RUIT soups—delicately flavored, jewel-colored and chilled to perfection —are getting a warm reception from hostesses both here and abroad for the nostesses both nere and autofat of the glamour they bring to a simple meal. A beguiling first course, they are bound to cause comment—indeed they serve as a conversation piece as well as set the stage for the meal to follow.

In Scandinavian countries, fruit soups have long been popular and are found on the menus of many restaurants. Here, they reflect the interest being shown in old fashioned cookery. Basic, natural foods, simply prepared, appeal to the taste of the Eighties.

Most fruit soups require little or no cooking and must be made ahead of time in order for them to be chilled properly, which makes them fine party fare. With the availability of seasonal fruits, the year-round supply of Florida orange and grapefruit juices, and the few minutes required to make them, fruit soups will also make family dinners exciting.

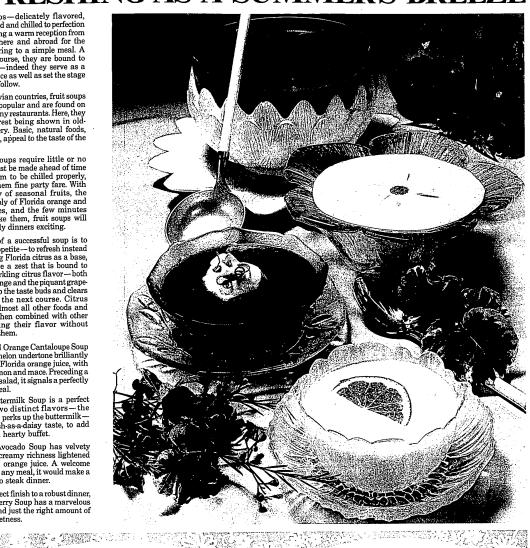
The secret of a successful soup is to stimulate the appetite—to refresh instead of satiate. Using Florida citrus as a base, fruit soups have a zest that is bound to please. The sparkling citrus flavor—both please. The sparkling citrus flavor—both the fragrant orange and the piquant grape-fruit—wakes up the taste buds and clears the palate for the next course. Citrus complements almost all other foods and works magic when combined with other fruits, enhancing their flavor without overwhelming them.

Vividly-hued Orange Cantaloupe Soup carries a muskmelon undertone brilliantly enlivened with Florida orange juice, with a hint of cinnamon and mace. Preceding a shrimp or crab salad, it signals a perfectly orchestrated meal.

Danish Buttermilk Soup is a perfect marriage of two distinct flavors—the grapefruit juice perks up the buttermilk— and has a fresh-as-a-daisy taste, to add distinction to a hearty buffet.

Sunshine Avocado Soup has velvety texture and a creamy richness lightened with succulent orange juice. A welcome introduction to any meal, it would make a fiesta of a patio steak dinner.

For the perfect finish to a robust dinner. Orange Raspberry Soup has a marvelous rosy-red tint and just the right amount of



ORANGE CANTALOUPE SOUP

- 1 large cantaloupe
 2 cups water, divided
 1 can (6 ounces) frozen
 concentrated orange juice, thawed.
 undiluted
- 1/2 teaspoon salt 1/8 teaspoon ground cinnamon Dash mace 2 tablespoons cornstarch

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Cut cantaloupe in half, remove seeds, Using a melon-hull scoop, scoop halls from
one half; set aside, Scrape out pulp: reserve. Ped remaining half; cut into chunks.
Place cantaloupe chunks and pulp in container of electric blender: cover; process
until smooth, (You should have 1 cup purce.) Add 1 cup water, concentrated orange
juice, sub; cinnamon and mace. Cover. Process 5 seconds. In small saucepan combine
cornstarch and remaining 1 cup water; sitr to dissolve cornstarch. Cook over medium
heat until mixture boils and thickens; gently sitr into cantaloupe mixture. Add melon
halls. Chill well before serving, YIELD: 4 servings: about 5 cups.

SUNSHINE AVOCADO SOUP

- 2 cups light cream or half and half 2 ripe avocados 4 cups tater 112 teaspoon salt 112 teaspoon salt 112 can (6 ounces) frozen 118 teaspoon lot pepper sauce concentrated orange juice, Orange slices (optional) 1 1/4 cups water
 1 can (6 ounces) frozen
 concentrated orange juice,
 thawed, undiluted

In container of electric blender combine light cream, water and concentrated orange juice. Process until smooth. Peel and seed avocados. Cut 1 1/2 avocados into chunks. Add to blender with salt and hot pepper sauce. Blend one minute until smooth. Chill. Cut remaining avocado half into slices. Garnish soup with avocado and orange slices. YIELD: 4 servings; about 5 cups.

DANISH BUTTERMILK SOUP

6 tablespoons (1/2 of a 6-ounce can) frozen concentrated grapefruit concentrated grapefruit juice, thawed, undiluted

In large bowl of electric mixer heat egg yolks and sugar until thick and lemon-colored. Gently stir in buttermilk and grapefruit juice concentrate. Chill. YIELD: 4 servings; about 5 cups.

ORANGE-RASPBERRY SOUP

1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted 1/2 cup heavy cream, whipped Grated orange rind

In container of electric blender combine light cream, raspherries and con-centrated orange juice. Cover. Process on high one minute until smooth. Chill. Carnish with whipped cream. Sprinkle with grated orange rind, if desired. YIELD: 4 servings; about 5 cups.

