



pilot light
Greg
Melnikov

Here's a Waldorf for your salad file

Each time my wife asks me for the recipe for Waldorf salad, I go bananas. "Didn't you save it?" I recently asked, recalling that the last time I helped make the salad I wrote it down. "You must have it somewhere," Anita insisted.

I did — in my head. Since quite often when we have company she likes to serve the colorful salad, I decided it was time the recipe went into a column so I can fish it out of my files when needed.

However, I did a little research and learned: Various recipes call for differing proportions of celery and nuts to apples.

You can pare the apples or serve them with their skins.

Apples can be cut in slender strips or sliced.

Celery can be coarsely chopped or shaved.

You can use walnuts, toasted almonds or pecans.

You can coat the salad with mayonnaise, a simple dressing or something special.

Anita dictated most of the directions, but I got in two licks:

Apples dipped in lemon water to prevent discoloration while refrigerating and whipped cream dressing instead of plain mayonnaise.

Next time, I won't have any trouble finding the recipe.

WALDORF SALAD

8 tart red apples, unpared and cut up
Juice of 1/2 lemon
1 cup water
1 cup chopped celery hearts
1 cup broken walnuts
Whipped cream dressing
Lettuce leaves

Dip apples in mixture of lemon juice and water, place in container and refrigerate separately with celery while preparing dressing. Combine apples, celery and nuts with enough dressing to moisten. Serve on lettuce leaves. Pass remainder of dressing at table. Serves 6-8.

WHIPPED CREAM DRESSING

1/2 cup sugar
2 tbsp all-purpose flour
2 eggs, beaten
2 tsp salad oil
3 tbsp lemon juice
4 tbsp orange juice
1 cup pineapple juice
1/4 cup whipping cream

Combine sugar and flour in top of double boiler and add remaining ingredients except cream. Occasionally stir until mixture starts to thicken, then constantly stir until thickened. When cool, whip cream and fold in. Makes about 2 cups.

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Gourmet workshops

Tossing a salad is old hat for Judy Antihain who will be instructing a series of gourmet workshops at Schoolcraft College. Included will be Super Soups, International Cooking, Buffet Entertaining, Cooking for Men, Couples and Singles and Specialty Cooking. The fee for each workshop is \$25 and includes materials. Antihain brings many original recipes from her travels around the globe. She shares her expertise in cooking skills, new ideas and the make-ahead concept for the busy hostess. For information call 591-8400, Ext. 409.

Citrus prices may drop

Retail prices of fresh citrus fruits are generally running at or below those of a year ago.

Several factors are responsible. January, February and March are the peak supply months for most citrus fruits. To date, the 1982-83 production year looks like a good one. Some navel orange areas in California were hit with adverse weather earlier, but all of the major storms have missed citrus-growing areas. Shipment of the Texas fruit was slowed down, but the fruit was not affected and did get through.

The 1982-83 grapefruit crop is forecast at 64.3-million boxes — 5 percent less than a year ago. Florida, the chief producer, expects 13-million boxes of pink seedless grapefruit, 25-million boxes of white seedless grapefruit and 6-million boxes of seedy grapefruit.

Grapefruit are classified as white or pink, seedless or seedy. It makes sense to choose seedless grapefruit because the edible portion is larger than in the seedy fruit. Marsh, Ruby Red and Star Ruby are all seedless varieties, though they do occasionally have a few seeds in them.

AS FOR COLOR preference, it's all a matter of taste. White grapefruit are usually stronger in flavor than the pink. Duncan is an old, reliable, white seedy variety that still rates superior in flavor and juice content.

Consumers frequently inquire about the meaning of Indian River on grapefruit bag labels. This is not a brand, rather, it refers to the Indian River area of Florida. Indian River is a lagoon along the east coast of Florida that is bordered by hammocks. Grapefruit produced in hammocks (low spots with heavy, well-watered soil) have the thinner skins associated with higher quality fruit.

The 1982-83 U.S. orange crop is forecast at 224-million boxes — 26 percent larger than last year's crop. The California orange crop is forecast at a record high 67-million boxes. That's more than double the size of last year's crop.

Oranges will be featured often during the next weeks. Usually the advertisements state the size of the fruit. Informal shoppers can use this information to help determine which deal offers the greatest value.

All citrus fruits are shipped in one-size paperboard containers. If an orange is a No. 88, it means 88 of that size orange will fit into the carton. One hundred and thirteen No. 112s will fill the same carton. In other words, the smaller the number, the larger the fruit.

CITRUS FRUITS do not ripen after being picked, so all of them sold fresh must meet maturity standards set by state departments of agriculture. Skin color of citrus fruits actually has nothing to do with ripeness.

Instead, look for firm, heavy fruit with a bright, fresh-looking peel that is reasonably smooth. Some varieties of oranges naturally have thicker skins. An extremely rough texture, though, indicates excessively thick skins and less meaty fruits. Oranges and grapefruit with a peak at the stem end will likely have a great deal of the white portion of the skin, called albedo. Produce buyers refer to albedo as rag.

One of the great contributions from citrus is vitamin C. To retain that nutrient, keep citrus fruits and juices cold and covered. Oranges and grapefruit that have been cut should be stored in plastic wrap or bags in the refrigerator.

Cook for 2 recipes

Cooking for two people with no leftovers is not as tricky as it seems. A free recipe leaflet from the Rice Council of America tells all about the economical way to prepare 12 main dishes, a salad and a dessert, each for two persons. Send request with stamped, self-addressed, business-size envelope to: Rice Council, P.O. Box 740121, Houston, Texas, 77274. Ask for "Recipes for Two."

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