

## COUNTRY IRISH CHARM

Create the fresh charm of an Irish country cottage with delectable foods geared to that most Irish of holidays, St. Patrick's Day.

Building scene upon scene, feature a selection of tantalizing foods with a touch of the Irish. Shown here is a menu serving six that is based on foods that grow green naturally. All are harvested from the abundant fields of California, and all are in season right now.

St. Patrick's Buffet Salad takes a gentle cue from the traditional holiday fare. New potatoes, marinated in a sprightly vinaigrette dressing, are combined with tender slivers of California artichokes, and served up with crisp wedges of California iceberg lettuce. Rolls of thinly sliced corned beef complete this attractive main-dish salad.

A fragrant bread is the ideal accompaniment to the salad and California Pistachio Bread Twist is an especially appealing choice. A yeast dough rich with egg, this bread has a filling of California pistachios which add pleasant crunch, distinctive nutty flavor and holiday-festive color.

Kiwifruit Gelato puts the final polish on this classically simple holiday menu. Best of all, it is totally prepared in advance.

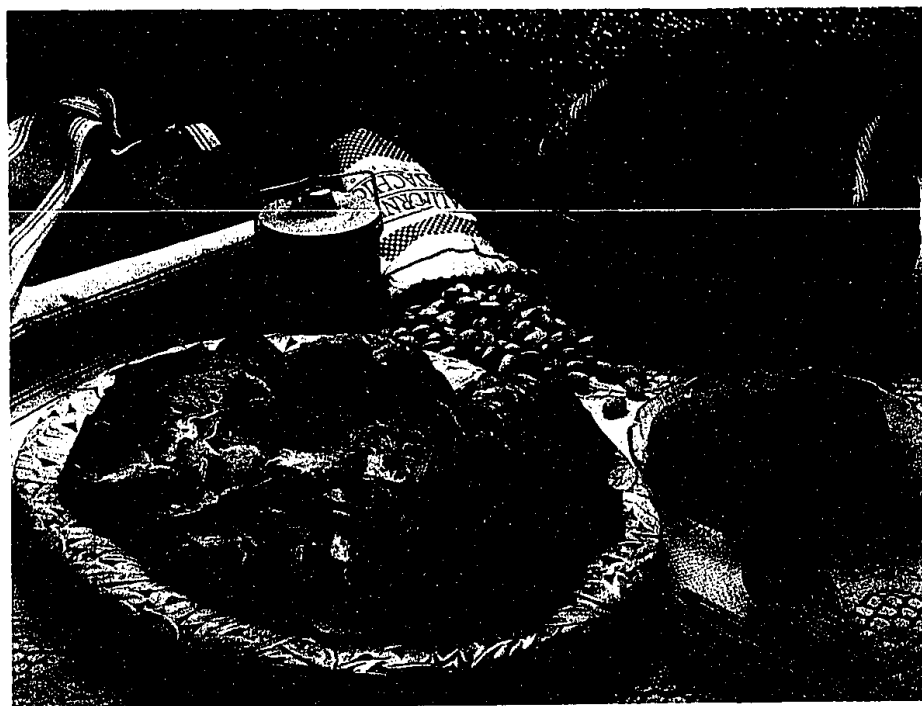
Each of the foods in this California-grown green foursome — artichokes, iceberg lettuce, pistachios and kiwifruit — are "naturals" for menu usage throughout the spring months. Care in selection and preparation will help insure success with any recipe.

All sizes of artichokes in the marketplace are mature and ready to use whole, stuffed, halved, or sliced, as in the St. Patrick's Buffet Salad. Look for artichokes that are heavy for their size. Occasionally the artichokes in the marketplace will have bronze-tipped petals. These artichokes have been "winter-kissed" by frost which enhances their mellow flavor.

California iceberg lettuce adds crisp flavor to salads and sandwiches all-year long. Select heads that have a springy "give" for mild, sweet flavor. To core iceberg lettuce, whack the core against the edge of the counter, then simply twist the core out. Or, cut out core with a stainless steel knife. Wash and thoroughly drain the head of lettuce and place in a plastic bag or crisper in the refrigerator for storage.

California pistachios are available year-round and are marketed in natural or red-dyed shells, salted or unsalted. The shells of quality pistachios are large and slightly split at one end, making them easy to open and remove the nut meat.

Select kiwifruit that yield slightly to gentle pressure. Firm kiwifruit will ripen if left at room temperature a few days. California kiwifruit, which are in season October into May, are high in vitamin C and are a delicious addition to salads and desserts.



### Luncheon to Honor the Irish

St. Patrick's Buffet Salad  
California Pistachio Bread Twist  
Kiwifruit Gelato

### ST. PATRICK'S BUFFET SALAD

(Shown)

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|---|--|
| 1 1/2 pounds small boiling potatoes         | 1/2 cup frozen peas, thawed and drained        |
| Water                                       | 2 tablespoons minced parsley                   |
| Mustard Vinaigrette Dressing                | 12 (1 oz. each) thin sliced cooked corned beef |
| 2 California artichokes, sliced and cooked* | 6 California iceberg lettuce wedges            |

Cook potatoes in boiling salted water to cover; simmer about 25 minutes or until tender. Drain; cool slightly. Cut into 1/4-inch slices. Pour half of Mustard Vinaigrette Dressing over warm potatoes; refrigerate until cold. Gently combine artichoke slices, peas, parsley and potatoes. Roll up corned beef slices. Arrange on platter with potato mixture and lettuce wedges. Pass remaining Mustard Vinaigrette Dressing. Makes 6 servings.

**Mustard Vinaigrette Dressing:** Combine 1/2 cup oil, 1/3 cup white wine vinegar, 2 teaspoons Dijon mustard, 3/4 teaspoon salt and 1/4 teaspoon each pepper and sugar; mix well. Makes about 3/4 cup.

**\*To Prepare Artichokes:** Bend back outer petals of artichoke until they snap off easily near base. Edible portion of petal should remain on artichoke heart. Continue to snap off and discard thick petals until central core of pale green petals is reached. Cut off top 2 inches of artichoke; discard. Cut off stem; reserve. Trim off outer dark green layer from artichoke bottom and stem; rub all surfaces with lemon juice to prevent discoloration. Quarter artichokes lengthwise. Remove small prickly-tipped petals and fuzzy centers; rub again with lemon. Cut artichoke and stem into thin lengthwise slices. Add 2 tablespoons water and dash salt; cook, covered, over medium heat about 5 minutes or until water has evaporated and artichokes are tender.

### CALIFORNIA PISTACHIO BREAD TWIST

(Shown)

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| 1/4 cup finely chopped, shelled natural California pistachios              | 1/4 teaspoon medium-grind pepper            |
| 1/4 cup butter, softened   | 1 package (16 oz.) golden wheat yeast bread |
| 1 tablespoon each finely chopped shallots, chopped parsley and lemon juice | 1 egg, beaten                               |
| 1/2 teaspoon basil, crushed  | 1 tablespoon water                          |

Combine all ingredients except bread mix, egg and water; mix well. Prepare bread mix according to package directions. After first rising, punch down dough and divide into 3 equal portions. Roll each into 12x3-inch strips. Spread pistachio mixture down center the length of dough leaving about 1/2-inch border around edges. Pinch edges together along the length of dough to form 3 "ropes." Place on greased baking sheet; braid "ropes." Tuck ends under. Let rise, covered, as package directs. Combine egg and water; and brush on braid. Bake at 350°F. 30 to 40 minutes or until bread sounds hollow when tapped. Makes 1 loaf.

### KIWIFRUIT GELATO

(Shown)

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| 2/3 cup sugar | 4 to 6 California kiwifruit, pared and halved |
| 1 cup water   | 1/4 cup brandy                                |

Combine sugar and water. Bring to boil over high heat; boil 5 minutes. Cool. Process kiwifruit in food processor or blender to equal 1-1/2 cups. Add sugar syrup and brandy to pulp. Pour into 8-inch square baking pan; freeze about 3 hours or until mixture begins to harden. Turn partially frozen mixture into chilled mixer bowl; beat until smooth, light and airy. Freeze about 2 hours longer or until firm enough to scoop. Serve immediately. Makes 6 servings.

If your salute to the Irish is an appetizer party, California's green harvest of artichokes, kiwifruit, pistachios and iceberg lettuce are equally at home. Here's a tangy spread spiked with green bits of pistachios, skewers of tender shrimp and emerald-hued kiwifruit, savory chicken wrapped in crisp iceberg lettuce and whole artichokes to serve with Green Garden Dip. Top of the evening to you!

### An Appetizer Party

Lettuce-Wrapped Chicken  
Skewered Kiwifruit and Shrimp  
Artichokes with Green Garden Dip  
California Pistachio Spread  
Fresh Raw Vegetables  
French Bread  
Beverage of your choice

### LETTUCE-WRAPPED CHICKEN

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| 3/4 cup julienne-sliced leek  | 1/8 teaspoon thyme, crushed                      |
| 1/2 cup sliced mushrooms      | Dash pepper                                      |
| 1 small clove garlic, minced  | 1 tablespoon cornstarch                          |
| 1 tablespoon oil              | 1 tablespoon water                               |
| 1 cup shredded cooked chicken | 1 tablespoon chopped parsley                     |
| 1/2 cup diced tomato          | 15 to 18 large California iceberg lettuce leaves |
| 1 tablespoon dry sherry       |  |
| 1/4 teaspoon salt             |  |

Saute leek, mushrooms and garlic in oil until barely tender. Add chicken, tomato, sherry and seasonings; heat thoroughly. Dissolve cornstarch in water; add to chicken mixture with parsley. Cook and stir until thickened. Serve chicken mixture with large lettuce leaves. Each appetizer is prepared at the table by wrapping about 2 tablespoons chicken mixture in each lettuce leaf. Makes about 16 appetizers.

### SKEWERED KIWIFRUIT AND SHRIMP

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| 1 pound (about 32) raw medium shrimp | 3 lemon slices                |
| 2 cups water                         | 2 sprigs parsley              |
| 1 cup dry white wine                 | 10 peppercorns                |
| 1 teaspoon bottled hot pepper sauce  | 2 teaspoons salt              |
| 4 large cloves garlic, crushed       | 1 large bay leaf              |
|                                      | 4 California kiwifruit, pared |
- Shell shrimp; reserve shells. Bring reserved shells and all ingredients except shrimp and kiwifruit to boil; simmer 15 minutes. Add shrimp; boil 1-1/2 to 2 minutes or until shrimp are barely cooked. Remove shrimp from liquid. Strain and reserve liquid; cool to room temperature. Return shrimp to cooled stock; refrigerate about 2 hours or until served. Cut each kiwifruit into 16 chunks. Skewer 1 chunk kiwifruit, 1 shrimp and another chunk kiwifruit on each skewer. Makes about 32 appetizers. Recipe can be halved.

### ARTICHOKES WITH GREEN GARDEN DIP

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| 1/2 cup each mayonnaise and dairy sour cream | 1 teaspoon Dijon mustard                        |
| 1/2 cup minced fresh spinach leaves          | 1/4 teaspoon oregano, crushed                   |
| 1/4 cup minced parsley                       | Dash cayenne pepper or bottled hot pepper sauce |
| 1 tablespoon minced green onion              | 2 California artichokes*                        |
| 2 teaspoons lemon juice                      |   |

Combine all ingredients except artichokes; mix well. Remove and reserve outer petals of artichokes. Discard small inner petals and fuzzy centers. Cut bottoms into bite-sized pieces and arrange in center of serving plate; ring with reserved outer petals. Serve with mayonnaise-sour cream mixture. Makes about 1-1/3 cups dip.

**\*To Cook Artichokes:** Pull off lower, outer petals of artichokes, snip off tips of remaining petals. Cut off top third of artichokes; discard. Cut stems to 1 inch or less. Stand prepared artichokes in pot with 3 inches of boiling salted water. If desired, oil, lemon juice and seasonings can be added to cooking water. Cover and boil gently, about 30 minutes or until petal near center pulls out easily. Drain.

### CALIFORNIA PISTACHIO SPREAD

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| 1 package (8 oz.) Neufchatel or cream cheese, softened | Dash garlic powder   |
| 4 ounces Monterey jack cheese, softened                | 1/8 teaspoon bottled hot pepper sauce                          |
| 3 tablespoons chopped green onion                      | 1/2 cup coarsely chopped shelled natural California pistachios |
| 1 tablespoon lemon juice                               |  |

Blend cheeses, green onion, lemon juice and garlic powder in blender or food processor until smooth. Fold in pistachios. Pack mixture into crock or serving bowl; cover and chill. Remove from refrigerator at least 30 minutes before serving. Makes about 1-2/3 cups.  
**Serving Tip:** Serve with sliced French bread, crackers or fresh vegetables.