## Delicate dessert is sure to please

June brings warmer weather and the beginning of the aumore entertaining season. Begin this summer on alight note by serving Pistachio Meringue Sorbet Sandwiches. From a bridal or haby shower to a Sunday brunch or lunch, or even as a finale to an all frescool dinner party, this delicate dessert is sure to impress. Each bits—sized treat features refreshing raspberry or strawberry sorbet between two crisp and chowy meringue cookies, wheat germ adds a deliciously nutry flavor. For a decorative finishing touch, drizzle melted chocolate over the cookies and synthle with chopped pistachios.

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Versatile wheat germ is a great ingredient to keep on hand. Add a nutrition boost to many of your favorite 'cool' foods by sprinking it on yogurt and iee cream and stirring it into smoothies and shakes.

When baking, remember this simple rule. One half-cup of wheat germ can be substituted for an equal amount of flour in your favorite recipes for cookies, muffins, cakes, coffee cakes, quick breads, biscuits and yeast breads.

## PISTACHIO MERINGUE SORBET SANDWICHES

Heringues % cup shelled, finely chopped plstachlos (about six ounces) 7, cup Kretschmer wheat germ, any flavor

5 rup powdered sugar 3 large egg whites, at room tem-perature

h teaspoon salt ), cup granulated sugar

Sandwiches Sandwicnes
I pint raspberry or strawberry sorbet, slightly softened % cup semisweet chocolate chips, melted 7 cup shelled, finely chopped pistachios

Heat oven to 225° F. Line two cookie sheets with aluminum foil, lightly grease foil or spray with non-stick cooking spray. Using 1½ inch round cookle or biscuit cutter, mark 40 circles on foil. Expressioners or blue 30 cooking 50 cm. foil: For meringues, combine /s cup pistachios, wheat germ and



Each bite-sized treat of Pistachio Meringue Sorbet Sandwiches features refreshing raspberry or strawberry sorbet between two crisp and chewn meringue cookles.

meringue cookies.

powdered sugar in small bowl;
mix well. In large bowl, combine
egg whites and salt. Beat with
electric mixer until whites begin
to mound. With mixer at high
speed, add granulated sugar, two
tablespoons at a time, bentily
until sugar dissolves and whites
stand in stiff glossy peaks when
beater is raised. With rubber
spatula, gently fold in wheat
germ mixture.
Dron a rounded teaspoonful of

spatula, gently fold in wheat germ instruct.

Drop a rounded teaspoonful of meringue into center of each circle on prepared cookie sheets; use back of spoon to spread to the edges of circles. Place both cookie sheets in oven.

Bake 18 minutes. Rotate cookie sheets in oven.

Bake 18 minutes. Rotate cookie sheets for word meringues are firm to the touch. Turn off oven and let meringues are firm to the touch. Turn off oven and let meringues rung this time). Remove cookie sheets from oven. With meringues still attached to the aluminum foil, place foil on cooling racks, cool completely. Gently ped meringues from foil.

Place 20 cooled meringues flat

Place 20 cooled meringues flat

side up on clean cookie sheet.
Top each with a heaping teaspoon of sorbet, carefully spread
to edges of meringue. Top with
defect of the cookies of the cookies of the
down. Place cookie sandwiches
in freezer until sorbe it firm,
about 15 minutes. Remove from
reczer. Drizze melted chocolate
over tops, sprinkle with remaining chopped pistachios, return
freezer until set, about 5 minutes.
Transfer sandwiches to covered
container. Store in freezer until
eady to serve. Serve frozer.
Makes 20 sorbet sandwiches.
Nutrition information (1/20)

recipe)
Calories, 90; calories from fat,
45; total fat, 5 grams; saturated
fat, 2 grams, cholesterol, 0 mg,
sodium, 30 milligrams; total carbellydrates, 11 grams; dietary
fiber, 2 grams; protein, 1 gram;
folie acid, 2 micrograms and
vitamin E, 2 international units.
Cook's tic. A noice jar lid can

Cook's tip: A spice jar lid can be used to mark circles on greased foil.

Recipe courtesy of Krelschmer Wheat Germ.

Peaches and ... beef? Create fresh and easy meal

Observer & Eccentric | Thursday, June 19, 2003

Two summer treats create a new favorite, Beef and Peach Salad. Combine grilled certified angus beef top sirtinisteak and sweet ripe peaches for a fresh and easy meal. Peach season runs from April to October, peaking in July and August.

The beef's great taste is available year round and adds classic pleasure to summer ménus.

menus.

The salad can also be made with angus beef shoulder center steak, if desired.

BEEF AND PEACH SALAD

2 teaspoons (10m1) plive oit Salt and peoper to taste

yogurt '4 cup (60ml) lemon juice % cup (60ml) thinly sliced green

1/25ml) poppy seed S peaches, washed and sliced Mixed salad greens

Mired Salad greens
Rub steak with oil and sprinkle with salt and pepper. Grill
steak over medium heat for 1216 minutes, leaving lid open and
turning steak halfway through
cooking time.

For medium doneness, trans-

a meat thermometer registers 150°F (66°C) and let it rest 10

minutes.

Combine yogurt, lemon juice, green onions, and poppy seed in a small bowl. If necessary, stir in 1-2 teaspoons (5-10ml) additional lemon juice to reach drizzling consistency.

al lemon juice to reach drizzling consistency.
Cut steak across the grain inthis slices and arrange with this slices and arrange with peaches on salad greens. Drizzle dressing over top.
Nutritional information per serving: 339 Calories; 11g Fat; 3g Saturnted fat; 100mg Cholesterol; 26g carbohydrates; 39g Protein; 213mg Sedium; 5g Iron.



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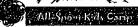
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