

For Any Day of the Week

Sumptuous Sundae Sauces

Americans invented the sundae. And Yankee ingenuity is still at work devising luscious ways to top ice cream.

Three tempting examples are Praline Sauce -- rich as the famed Southern candy, fluffy Marshmallow Sauce, and that old smoothie, peanut butter in a saucy new guise.

Stir one up next time you serve ice cream.

PRALINE SAUCE

In a 1-quart saucepan melt 1/4 cup (1/2 stick) butter; add 3/4 cup broken pecans and saute until lightly toasted. Add 1/4 cup firmly packed light brown sugar and 2 tablespoons light corn syrup; cook over medium heat, stirring constantly, until mixture boils and sugar is melted. Gradually add 1/2 cup evaporated milk. Remove from heat; blend in 1/2 teaspoon vanilla. Yield: 1 1/4 cups.

MARSHMALLOW SAUCE

In 1 1/2-quart saucepan combine 1/2 cup sugar, 1/4 cup water and 1/4 cup light corn syrup. Bring to boil; re-

duce heat and simmer 5 minutes. Remove from heat; add 1 cup miniature marshmallows and stir until melted. In small mixing bowl beat 2 egg whites until soft peaks form. Continue to beat while gradually adding hot syrup. Cover and chill. If sauce separates, mix until smooth. Yield: 2 1/2 cups. For Marshmallow Mint Sauce: After adding syrup to egg whites, blend in 1/2 teaspoon peppermint extract and a few drops of green food coloring to tint pale green.

PEANUT BUTTER ICE CREAM SAUCE

In 1-quart saucepan combine 1 cup sugar, 1/2 cup water and 3/4 cup light corn syrup; bring to boil and cook over low heat until 220 F. on candy thermometer. Remove from heat; cool without stirring to 100 F. on candy thermometer. Blend 1/2 cup peanut butter in small mixing bowl; gradually add syrup while beating at medium speed. If sauce is refrigerated, warm to room temperature before serving. Yield: 1 1/2 cups.

For Your Summertime SWEET TOOTH

If you're the kind of hostess who plans a meal backwards, starting with a star-quality dessert, these refreshing summer recipes are for you.

An airy torte shell, piled with fresh berries, their flavor enhanced by a sour cream topping ... chocolate milk, your old school chum, keeping company with whipped cream in an elegant frozen mousse ... and a whole basketful of sunny fruit flavors, chilled in a pie with the smooth touch of whipped cottage cheese. They're dazzlers, one and all.

And each is one of those wonderful make-aheads, leaving you time to make the rest of the menu -- and yourself -- dazzling, too!

STRAWBERRY TORTE DESSERT

TORTE SHELL:
3 egg whites
1/2 teaspoon baking powder
3/4 cup sugar
3/4 cup crushed graham crackers (10 squares)
1/2 teaspoon salt
1/2 teaspoon vanilla
1/2 cup chopped pecans.

FILLING:
2 cups sliced fresh strawberries OR raspberries (about 1 quart)
3 tablespoons sugar
TOPPING:
1 tablespoon lemon juice
2 tablespoons sugar
1 cup dairy sour cream
Red food color, optional
Strawberries OR raspberries for garnish

To prepare torte shell: In a mixing bowl beat together egg whites and baking powder until foamy. Gradually add sugar, beating until stiff peaks form but still glossy. Fold in crackers, salt, vanilla and nuts. Spread in buttered 9-inch pie pan; bake in preheated 275° oven 40-45 minutes. Place on wire rack to cool.

To prepare filling: Combine berries with 3 tablespoons sugar (or sweeten fruit to taste); spoon over shell. Chill. For topping: Gently stir lemon juice and 2 tablespoons sugar into sour cream; add one or two drops food color to tint topping pink, if desired. Chill to blend flavors.

To serve, cut torte into small wedges. Top each with a dollop of topping. Garnish with a whole berry, if desired. Makes eight servings.



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