

MIX AND MATCH FOR TASTEFUL FARE

Mix and match simple ingredients with sprightly seasonings for colorful menus. The results can be delicious, tasteful fare. Try versatile dry beans for soups and cool salads. The 12 major varieties of dry beans vary in color and flavor, but most can be used interchangeably. They combine well with a wide variety of foods and seasonings, and add their own special flavor.

Canned fruit cocktail and canned cling peaches provide color and flavor to desserts, salads and entree platters year-round. Like dry beans, they can be mixed and matched with various foods and seasonings for simple, yet delicious, eating.

Fruit cocktail provides the crowning touch to spectacular Fruit and Cream Pie — the finale to a simple soup and salad supper. The soup is a smooth purée of beans and canned condensed soup accented with lemon peel and hot pepper sauce.

Colorful cling peach halves highlight Company Salad Platter, a pleasing combination of crisp lettuce and a new variation of three bean salad which is marinated in a piquant dressing made with the reserved peach syrup. Serve the salad platter with a variety of cheeses and breads.

FRUIT AND CREAM PIE

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| 1 can (17 oz.) fruit cocktail | 1 cup sugar |
| 1-1/2 tablespoons rum or 1 table-
spoon rum extract | 1-1/4 cups crisp chocolate cookie
crumbs (15 2-1/2-inch cookies) |
| 1-1/2 tablespoons brandy or 1 table-
spoon brandy extract | 1/4 cup chopped almonds |
| 4 egg whites | 1-1/2 quarts vanilla ice cream |
| 1/8 teaspoon cream of tartar | 1/4 cup chocolate sauce |
| | Whipped cream (optional) |

Drain fruit cocktail; sprinkle with rum and brandy. Set aside. Preheat oven to 325°F. With electric mixer, beat egg whites and cream of tartar until frothy. Slowly add sugar; beat until very stiff and meringue forms glossy peaks. Gently fold in cookie crumbs and nuts. Spread over bottom and just to rim of sides of buttered 9 or 10-inch pie plate. Make bottom of shell about 1/4-inch thick and sides about 1-inch thick. Bake in preheated oven about 30 minutes. Cool on rack away from drafts. (Meringue shell may fall or crack in center.) Fill cooled shell with scoops of ice cream. Spoon fruit cocktail between ice cream balls. Drizzle with chocolate sauce; serve immediately. Top each serving with dollop of whipped cream. Makes 6 to 8 servings.

Freezing Tip: Both made-ahead and leftover pie may be frozen. If freezing for 1 or 2 hours, covering pie is unnecessary. If freezing for longer periods, pie may be wrapped in aluminum foil, sealed and frozen. Thaw at room temperature 10 to 15 minutes before serving.

SUPPER SALAD

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| 1 head iceberg lettuce | 1 teaspoon prepared mustard |
| 1-1/2 cups (about 3/4 lb.) cubed
cooked beef | Salt and pepper to taste |
| 1/2 small red onion, chopped | 1/4 pound fresh mushrooms,
thinly sliced |
| 1/2 cup oil | 1/3 cup sliced ripe olives |
| 1/4 cup red wine vinegar | 1/2 large tomato, cut into wedges |

Core, rinse and thoroughly drain lettuce; chill in plastic bag or plastic crisper. Layer beef and onion in shallow glass dish. Combine oil, vinegar and seasonings; mix well. Pour over beef and onion. Cover and refrigerate several hours or overnight. Cut lettuce into 1-inch chunks. Place in large salad bowl. Drain marinade from beef and onion; reserve. Add beef and onion to lettuce; toss gently. Add mushrooms, olives and tomato to marinade and mix to coat. Spoon over lettuce and toss again. Makes 4 to 6 servings.



CHILLED BEAN SOUP

- 1-2/3 cups drained, cooked or canned navy or great northern beans
- 1 can (10-3/4 oz.) condensed cream of potato soup
- 1 cup half-and-half
- 2 tablespoons dry white wine
- 1/4 teaspoon grated lemon peel
- 1/8 teaspoon bottled hot pepper sauce
- 2 or 3 tablespoons chopped parsley

Combine beans and potato soup; puree in processor, blender or sieve. Stir in remaining ingredients except parsley. Chill thoroughly. Serve in small bowls; garnish with parsley. Makes 4 servings.

Note: Soup may thicken when chilled. Thin with additional half-and-half if necessary.

Cooking Dry Beans

YIELD

A one pound package of dry beans equals 2 cups dry and yields 5 to 6 cups cooked beans.

SOAKING

Traditional Method: To one pound of dry beans add 6 cups cold water. Let stand overnight (at least 6 to 8 hours). Do not refrigerate. Drain, rinse and cook.

Quick Method: To one pound dry beans add 6 to 8 cups hot water. Heat, let boil 3 minutes, cover and set aside for an hour. Drain, rinse and cook.

COOKING

Add 6 cups hot water, 2 tablespoons shortening or oil and 2 teaspoons salt to soaked beans. Cook beans with lid tilted until tender, approximately 1 hour.

COMPANY SALAD PLATTER

- 1 can (29 oz.) cling peach halves
- 1-2/3 cups drained, cooked or canned great northern, dry large lima or navy beans
- 1-2/3 cups drained, cooked or canned kidney beans or small red beans
- 1-2/3 cups drained, cooked or canned cut green beans
- 1/2 cup pitted ripe olives, drained
- 2 tablespoons each chopped parsley and onion
- Sweet-Sour Dressing:**
- 1/2 cup each celery and cucumber, 3/4-inch pieces
- Iceberg lettuce, sliced 3/4-inch thick

Drain peach halves; reserve syrup for dressing. Combine beans, olives, parsley and onion; toss with dressing. Marinate at least 6 hours in refrigerator. Add celery and cucumber; toss gently. Drain bean mixture; reserve dressing. Arrange bean salad, peach halves and lettuce on platter. Pass reserved dressing. Serve with a variety of cheeses and breads. Makes 6 to 8 servings.

Sweet-Sour Dressing: Combine 1/3 cup each reserved peach syrup, catsup and oil, 2 tablespoons lemon juice, 1 tablespoon each vinegar and Worcestershire sauce, 1 teaspoon grated onion, 1/2 teaspoon salt and 1 small clove minced garlic; mix thoroughly. Makes about 1-1/4 cups.

