

Dine Out At Home With a PORCH PICNIC



Porch Picnic

- Lemon Fruit Dip
- Zippy Shrimp-Cucumber Dip*
- Vegetable Sandwich Loaf
- Buttermilk Marinated Kabobs
- Neapolitan Ice Cream Pie
- Strawberry-Lime Shakes

*Not pictured

On a summer's day, move your ferns and plants out to the porch as a lovely setting for a carefree picnic. It's only a short trip to the kitchen for food prepared at your own easy pace.

While some diners cook their kabobs, others can nibble on fruit with refreshing lemon yogurt dip or well seasoned, sour cream shrimp dip. Vegetable Sandwich Loaf, with its grain and vegetable foods combined, is designed to be part of the main course with the kabobs. The loaf can be grilled or oven-baked.

For kabobs, tenderize economical pot roast by marinating in buttermilk before threading on skewers with colorful vegetables. Beef is easily cut in thin strips if partially frozen.

There are two dessert options: strawberry ice cream in a brownie crust, made in advance except for the whipped cream topping, or colorful ice cream/sherbet shakes made as they're requested. All the dairy foods make this a gloriously simple picnic for celebrating June Dairy Month.

When you shop, look for the "REAL" Seal to identify genuine dairy products. When you get home, use the real product in a recipe from "The Wonderful World Of Real Dairy Foods." Included in the 16-page, four color booklet are recipes for tasty appetizers, vegetable and fruit dishes, salads, main dishes, desserts and beverages. To receive your copy, send thirty-five cents (\$0.35) in coin to American Dairy Association, Dept. RB-DF, Box 721, Rosemont, Illinois 60018.



LEMON FRUIT DIP
Yield: approx. 2 cups

- 1 cup cottage cheese
- 1 carton (8 oz.) lemon yogurt
- 1/3 cup chopped salted cashew nuts
- 2 teaspoons grated lemon peel
- Whole strawberries
- Pineapple spears
- Honeydew-melon spears
- Watermelon wedges
- Orange slices, halved

Beat cottage cheese in small mixing bowl on high speed of mixer until almost smooth, about 5 minutes. Stir in yogurt, nuts and lemon peel. Chill, covered, 1 to 2 hours to allow flavors to blend. Serve with strawberries, pineapple and honeydew melon spears, watermelon wedges and orange slices as dippers.

ZIPPY SHRIMP-CUCUMBER DIP
Yield: approx. 2 cups

- 1 can (drained wt. 4 1/2 oz.) medium shrimp, rinsed, drained and minced
- 1/4 cup peeled, seeded, shredded and well drained cucumber
- 1 tablespoon chopped pimiento
- 2 teaspoons Worcestershire sauce
- 2 teaspoons grated onion
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon salt
- 1/8 teaspoon chili powder
- 3 to 4 drops hot pepper sauce
- 1 cup dairy sour cream
- Assorted raw vegetables

Combine all ingredients except sour cream and vegetables in a small mixing bowl. Gently fold in sour cream. Chill, covered, 1 to 2 hours to allow flavors to blend. Serve with assorted raw vegetables as dippers.

VEGETABLE SANDWICH LOAF
6 to 8 servings

- 1 pound loaf Vienna bread, unsliced
- 1 egg
- 1 cup dairy sour cream
- 2 cups soft bread crumbs
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1 can (16 oz.) bean sprouts, rinsed and well drained
- 1 cup shredded carrots
- 1 cup thinly sliced zucchini, cut into squares
- 1/2 cup chopped celery
- 1/3 cup chopped green onion with top
- 1/3 cup chopped pimiento-stuffed green olives
- 4 hard-cooked eggs, chopped
- 4 slices (4 oz.) sliced Provolone cheese, each cut in half
- 2 tablespoons butter, melted

Cut a slice from top of bread; reserve for cover. Scoop bread from inside of loaf, using fingers, leaving about 1 inch on sides and bottom. (Use this for soft bread crumbs.) Beat egg in large mixing bowl; fold in sour cream. Stir in crumbs and seasonings. Add bean sprouts, carrot, zucchini, celery, green onion, olives and eggs. Fill loaf with 2/3 of vegetable mixture. Overlap slices of cheese. Top with remaining vegetable mixture and top piece of bread. Brush with melted butter. Wrap in heavy duty aluminum foil, sealing edges well. Grill over medium hot coals until heated through, about 45 minutes, turning several times. Slice and serve as a knife-and-fork sandwich.

NOTE: "Sandwich, wrapped in foil may be heated in preheated 425°F. oven for about 30 minutes.

BUTTERMILK MARINATED KABOBS
Yield: 8 kabobs

MARINADE:

- 2 tablespoons firmly packed brown sugar
- 2 tablespoons fresh lemon juice
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons salt
- 2 cups buttermilk

KABOBS:

- 2 1/2 pounds armbone pot roast, approx. 1 1/2 inches thick
- Small yellow onions
- Green pepper squares, approx. 1 1/2 inches
- Firm cherry tomatoes
- Large fresh mushrooms

Place meat in freezer until partially frozen, about 2 hours. Remove from freezer and immediately cut crosswise into 1/2-inch thick strips; set aside. For marinade, combine brown sugar, lemon juice, Worcestershire sauce and salt in a shallow dish. Stir in buttermilk. Add meat; cover and marinate in refrigerator 24 hours. For kabobs, parboil onions in boiling water to cover 6 to 8 minutes; rinse in cold water and drain. Parboil green pepper squares in boiling water to cover 2 to 2 minutes; rinse with cold water and drain. To assemble kabob, loop pieces of meat on skewer, placing vegetable between meat loops. Brush kabobs with marinade. Grill over hot coals* until meat reaches desired degree of doneness, turning every 5 minutes and brushing with marinade. Allow approximately 15 minutes for medium-done meat.

*Follow manufacturers' recommendations for placement of coals.

**Kabobs may also be cooked in the broiler. Broil 4 to 6 inches from source of heat for approximately 12 to 14 minutes, turning half way through cooking time and brushing with marinade.

NEAPOLITAN ICE CREAM PIE
One 9-inch pie

BROWNIE CRUST:

- 1/2 cup (1 stick) butter
- 1 cup sugar
- 2 eggs, separated
- 2 squares (2 oz.) unsweetened chocolate, melted and cooled
- 1 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/8 teaspoon salt

FILLING:

- 2 pints strawberry ice cream, softened
- 1 cup whipping cream
- 2 tablespoons confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/2 cup toasted sliced almonds

Preheat oven to 325°F. For brownie crust, cream butter and sugar until light and fluffy. Add egg yolks; mix well. Stir in chocolate and vanilla. Blend in flour and salt. Beat egg whites until soft peaks form; fold into chocolate mixture. Spread batter in a buttered 9-inch pie plate. Bake 30 to 35 minutes or until a wooden pick inserted in center comes out clean. Cool completely. Spread ice cream in "well" of crust. Return to freezer 2 to 3 hours or until firm. Just before serving, combine whipping cream, sugar and extracts; whip until stiff. Fold in almonds. Spread over ice cream. Serve immediately.

STRAWBERRY-LIME SHAKE
Yield: approx. 6 cups

- 1 pint lime sherbet, softened
- 1 can (6 oz.) frozen limeade concentrate, thawed
- 1 cup mashed strawberries
- 3 cups cold milk
- 1 pint lime sherbet
- Whole strawberries, if desired

Place 1 pint lime sherbet and concentrate in blender container; cover. Blend until smooth. Add strawberries; blend until combined. Gradually blend in milk. Pour into tall chilled glasses; top each with a small scoop of lime sherbet and a whole strawberry. Serve immediately.