Relax with this buffet

Give your guests something really special at your next party: you. Instead of shuffling back and forth to the kitchen, plan a beautiful, bountiful buffet, all made in advance. Enjoy your party and your guests.

A few suggestions and recipes from those world-renowned experts on hospitality, the people of Puerto Rico, might help. This menu should serve eight to ten.

Start your party out swimmingly with Avocado Boats:

1 can (13 oz.) red madrilene consomme
1 envelope unflavored gelatin
½ cup cold water
1 envelope instant beef broth
4 medium ripe avocados
Lemon juice and wedges for garnish

Heat consomme (Madrilene is a highly seasoned consomme made with tomatoes). Soften gelatin in cold water. Stir into hot consomme along with instant beef broth. Pour into shallow pan and chill until firm.

Halve avocados. Remove pits and brush surfaces with lemon juice. Chop firm consomme finely and heap into avocados. Garnish with remaining chopped consomme and lemon wedges.

Other easy and tasty appetizers might include an assortment of cheeses and crudities (various cut-up raw vegetables) with a dip combining yogurt and mayonnaise flavored with Puerto Rican rum, Tabasco, grated horseradish and curry.

A HOT DISH should be the star of your show. Serve one made with brown rice and generous assortment of fish and shellfish, New World Paella:

1 tsp. salt
1 bay leaf
1 cup beef or chicken broth
2⅔ cups water
1⅓ cups natural brown rice
2 cloves garlic, chopped
⅓ cup chopped onion
¼ cup chopped parsley
¼ cup olive oil
1 cup cooked green peas
2 whole canned pimientos, diced
1 jar (11½ oz.) whole clams
2 lbs. firm white fish fillets, cubed
Seasoned flour
10 small hard-shelled clams, steamed open (or use 10 to 12 mussels)
1½ lbs. large shrimp, cooked, shelled and cleaned, tails on
¼ cup bottled Italian salad dressing
1 tsp. crushed red pepper

Combine salt, bay leaf, broth and water in large, heavy saucepan. Bring to a rapid boil. Stir in rice, cover, reduce heat and simmer about 45 minutes until rice is tender and liquid absorbed.

Heat oil in skillet. Stir in garlic, onion, parsley and green peas. Stir as it cooks, three to four minutes. Using a slotted spoon, remove ingredients from oil, draining well. Reserve oil in pan for later use.

Stir sauteed ingredients, pimientos and jarred clams into rice. Spread rice mixture in a greased 14-inch paella pan or a large, shallow casserole.

Dredge fish cubes in seasoned flour and brown in reserved hot oil. Drain on paper towels. Add fish to rice. Add clams (or mussels) and shrimp. Sprinkle with salad dressing and pepper flakes. Cover. About 20 minutes before serving, place in a 350-degree oven until heated through. Makes eight to 10 servings.

Use cod, haddock, snapper, sole, or, for richer flavor, mackerel. Lobster, crab or crayfish may be used, according to taste and budget.

Assorted muffins and a crisp salad may accompany the main dish.

CLIMAX the meal with a light but memorable Mocha Rum Pie:

1 envelope unflavored gelatin
½ cup golden Puerto Rican rum
½ cup milk
3 eggs, separated
½ cup sugar
¼ tsp. salt
1 tsp. vanilla
¾ cup semi-sweet chocolate morsels
1 tsp. instant coffee
½ pint coffee flavored yogurt
1 cup heavy cream, whipped
¼ tsp. cream of tartar
1 9-inch baked pie shell

Sprinkle gelatin on rum to soften. Heat milk in top of double boiler, over simmering water. Beat egg yolks, sugar, salt and vanilla until very thick and creamy. Beat a little hot milk into eggs, then stir mixture into remaining milk. Cook, stirring constantly, until thickened (about five minutes). Blend in softened gelatin, rum and chocolate bits. Stir until chocolate melts. Mix in instant coffee until blended.

Remove from heat and chill just until mixture begins to hold its shape. Beat egg whites with cream of tartar until soft peaks form.

Fold yogurt and whipped cream into chocolate rum mixture. Gently fold in egg whites. Spoon into pie shell and chill until firm. Garnish with chocolate curls and extra whipped cream, if desired.

Keep thirsty guests happy with refreshing Rum Runners. To make one drink, combine in glass jar of electric blender: four ice cubes, two ounces 150 proof Puerto Rican Rum,one ounce Triple Sec, juice of half a lime, dash of grenadine and a teaspoon of sugar. Process until foamy. Strain into glass filled with crushed ice.

You can be a graceful and gracious hostess with a made-in-advance menu like this one going for you.

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1. Change in bowel or bladder habits.
2. A sore that does not heal.
3. Unusual bleeding or discharge.
4. Thickening or lump in breast or elsewhere.
5. Indigestion or difficulty in swallowing.
6. Obvious change in wart or mole.
7. Nagging cough or hoarseness.
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