

Entertaining a group at home made easy

Entertaining a group can call for a menu as complicated as a Victorian banquet... as costly as the wedding of a sheik... as full of calories as the local candy store. OR, it can be delicious, sumptuous, nutritious and inexpensive... with no sacrifice in flavor... hot and cold dishes to please each taste and easy to prepare. The secret is in selecting party foods in the market that are low in cost, high in value and flavor.

Turkey parts, now available fresh or frozen, are a natural for a buffet. The breast averages from three and a half to six pounds, and when roasted and served hot or cold, is imposing on the buffet table. Turkey steaks carved from the breast lend themselves to many dishes. Particularly fine for recipes calling for veal and selling at 1/5 the price, turkey steaks are terrific for entertaining. They are also a great item to keep on hand for preparing one or two servings.

Rice plays an important role in any buffet. Long grain, medium grain, short grain, parboiled, brown, pre-cooked—rice is marketed to suit everyone's taste. The cost, as low as 4-cents per half-cup serving, is another incentive to enjoy its nutritious goodness. A buffet isn't complete without a salad and the use of rice in a salad, though it may be new to you, eases salad preparation considerably. Cold rice and citrus salads make wonderful totable dishes.

Fresh Florida oranges, plump and juicy, complete the trio of favorites that make the buffet a winner. Valuable for natural fruit sugar, rich in vitamin C, Florida oranges have absorbed so much sunshine that they seem to exude it. And citrus is versatile... it is delicious eaten out of hand, baked in pies and cakes and makes the best of all puddings and custards. As a marinade, it tenderizes meats and poultry, enhancing their flavor. It complements most other foods, can appear on the buffet in super-salads, in glorious desserts and be used to enliven hearty main dishes.

With these three valuable foods, you can entertain from six to sixty with menus that please the budget as well as the palate.



TURKEY BREAST WITH PESTO SAUCE

Roast turkey breast served hot or cold with tangy Pesto Sauce. Who does not love tender slices of the white meat of our noble bird?

- 1 turkey breast (up to 6 pounds), thawed
Melted butter or margarine
*Pesto sauce

Place turkey breast, skin side up on rack in shallow roasting pan. Brush with melted butter. Cover with foil tent and roast in 325 degree oven for 20 to 22 minutes per pound or until meat thermometer registers 170 to 175 degrees. Remove foil tent for last 30 minutes of roasting, basting occasionally with pan juices. (If turkey breast was not completely thawed add 30 to 40 minutes additional roasting time.) Allow meat to rest 15 to 20 minutes before carving. Serve hot or cold with Pesto Sauce.* To thaw: Leave turkey breast in plastic bag. Thaw 2 to 3 days in refrigerator. For faster thawing, leave turkey breast in bag and cover with cold water; allow one half hour per pound of turkey; change water frequently. YIELD: 8 to 10 servings.

*Pesto Sauce

- 2 cups tightly packed parsley leaves
- 3/4 cup olive or vegetable oil
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic
- 4 teaspoons dried basil leaves
- 1 tablespoon capers (optional)
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper

Combine ingredients in container of electric blender or food processor. Process 30 seconds or until smooth. YIELD: 1 cup sauce.

BAKED TURKEY STEAKS

Turkey steaks baked with seasoned crumbs, Swiss cheese and pimiento and served on a bed of rice — robust, hearty and full of savory goodness.

- 6 turkey steaks (about 5 ounces each)
- 2 tablespoons butter or margarine, melted
- 2/3 cup fine dry bread crumbs
- 1 teaspoon salt
- 3/4 teaspoon poultry seasoning, divided
- 1/4 teaspoon ground black pepper, divided
- 1 teaspoon paprika
- 3 whole pimientos, cut in half
- 6 slices Swiss cheese (about 4 ounces)
- 1 can (10-3/4 ounces) condensed cream of mushroom soup
- 1 tablespoon prepared mustard
- 1/4 cup sherry
- 1/4 cup water
- 2 tablespoons snipped parsley
- 3 to 4 cups hot cooked rice

Brush turkey steaks on all sides with butter. Coat with bread crumbs mixed with salt, 1/2 teaspoon poultry seasoning, 1/8 teaspoon pepper and paprika. Place in buttered, shallow baking pan. Bake at 375 degrees for 30 minutes. Place a pimiento half on each turkey steak. Top with cheese. Bake 5 minutes longer or until cheese melts. Meanwhile combine soup, mustard, sherry, water, 1/4 teaspoon poultry seasoning, and 1/8 teaspoon pepper in small saucepan. Heat and stir until boiling. Add parsley. Serve turkey steaks on beds of fluffy rice and top with sauce. YIELD: 6 servings.

ORANGE-RICE SALAD ORIENTALE

Cooked rice, fresh Florida orange juice and sections combine with snow peas and crisp water chestnuts complemented with a gingery dressing for a delightful melange of flavors.

- 3 cups cooked rice, cooled
- 1 can (8 ounces) water chestnuts, drained and sliced
- 3 Florida oranges, divided
- 1 tablespoon vinegar
- 1/3 cup vegetable oil
- 3 tablespoons catsup
- 2 tablespoons soy sauce
- 2 tablespoons minced onion
- 1 tablespoon sugar
- 1/2 teaspoon ground ginger
- 3 to 4 drops hot pepper sauce
- 4 ounces fresh snow peas (pod peas)*

Combine rice and water chestnuts. Squeeze juice from half of one of the oranges. Combine juice, vinegar, oil, catsup, soy sauce, onion, sugar, ginger and pepper sauce. Pour over rice and water chestnuts; toss to combine. Peel and thinly slice remaining oranges. Pour boiling water over snow peas and let stand 1 minute; drain, dry, and chill. Spoon half of rice mixture into serving bowl. Cover with a layer of half of the snow peas and orange slices. Spoon remaining rice mixture over top. Arrange remaining snow peas and orange slices in a decorative design on top. YIELD: 6 servings.

*Or 1 package (6 ounces) frozen snow peas, thawed and rinsed in hot water. Dry and chill.

ORANGE BUTTERFLY CREAM

A delightful centerpiece as well as a fantastic dessert — a butterfly composed of oranges and strawberries in a gossamer-light Bavarian cream.

- 2 envelopes unflavored gelatine
- 1/2 cup cold water
- 1 cup boiling water
- 1-1/2 cups sugar
- 2-1/2 cups Florida orange juice
- 2 teaspoons grated orange peel
- 2-1/2 cups heavy cream, divided
- 6 Florida oranges, peeled and sliced
- 1 pint fresh strawberries, washed, hulled and sliced

In large bowl combine gelatine and cold water. Let stand 1 minute for gelatine to soften. Add boiling water; stir until gelatine is completely dissolved. Add sugar and stir until dissolved. Add orange juice and grated peel. Chill until mixture is consistency of unbeaten egg whites. Whip 2 cups heavy cream until stiff; fold into gelatine mixture. Spoon half the orange and strawberry slices into a straight-sided, 2-1/2-quart glass serving bowl. Arrange fruit around side of bowl to resemble butterflies by placing rounded edges of orange slices together. Spoon half the gelatine mixture into bowl. Spoon remaining fruit over gelatine, reserving a few orange and strawberry slices for garnish. Top with remaining gelatine mixture. Cover. Chill until firm. Before serving, whip remaining 1/2 cup heavy cream. Garnish dessert with whipped cream and reserved orange and strawberry slices, if desired. YIELD: 8 to 10 servings.