

Summertime's Best--Summer Fruits



Sound the trumpets and roll the drums. It's summertime, holiday-time, get-together and reunion-time. And, of course, this also means good eating time. In fact, there are those who say that summertime eating is the best of all the year. If they're right, it's because summer is nature's time to flaunt her very finest, sweetest, most tender and perfect fruits. The abundance and excellence of summer's fruits just naturally lead to the tradition of bringing each and every summertime eating celebration to a close with a bit of fanfare and one...two...even three or more show-stopping fruit desserts.

In some families and annual summer gatherings the tradition of closing the meal with a triumph of fruit delicacies has led to a friendly cooking competition. For anyone who just happens to want to show off a bit, and prepare a spectacular fruit dessert without undue effort, the makers of corn syrup have created a whole table full of summer-fruit masterpieces. Whenever possible, use fruits that are at their peak of goodness. Reserve the prettiest of all for garnishing or for serving in a compote, lace-cookie cup or in the center of a ring of sherbet. Berries, melons and tree fruits that are only slightly imperfect,

blemished or overripe need not be discarded; however, use them in cakes, pies, sauces, sherbets or conserves. Avoid over-sweetening or over-embellishing fruit desserts. Their own natural beauty and flavor need little tampering. This is one reason why corn syrup has long been a good companion to fruit. Its light flavor only enhances nature's own. In a sauce or a glaze it accents the color and shape of fruit with an attractive sheen. And in conserves and sherbets, corn syrup helps to prevent large crystals from forming, produces glossier product—and one that stores the joy of summer fruit for celebrations yet to come.

Honeydew Sherbet Mold

- 1 envelope unflavored gelatin
- 3 cups cubed honeydew
- 1/2 cup milk
- 1 cup light corn syrup

In small saucepan, sprinkle gelatin over milk. Stir over low heat until dissolved. Place in blender container with honeydew and corn syrup; cover. Blend on high speed 30 seconds. Pour into 9 x 9 x 2-inch pan. Cover; freeze overnight. Soften slightly at room temperature, about 15 minutes. Spoon into large bowl. With mixer at low speed, beat until smooth, but not melted. Pour into 4-cup ring mold. Cover; freeze about 4 hours or until firm. Unmold onto serving plate. Makes about 4 cups. If desired, fill center of mold with 3 cups assorted cut-up fresh fruit.

Watermelon Sherbet: Follow recipe for Honeydew Sherbet Mold. Omit Honeydew. Use 3 cups cubed watermelon. Makes about 4 cups.

Cherry Jubilee Sauce

- 2 tablespoons corn starch
- 3/4 pound (about) sweet cherries, pitted (2 cups)
- 1/2 cup light corn syrup
- 3 tablespoons kirsch or brandy
- 1 tablespoon lemon juice

In 2-quart saucepan stir together corn starch, corn syrup and lemon juice until smooth. Add cherries. Stirring constantly, bring to boil over medium heat and boil 1 minute. Remove from heat. Stir in kirsch. Serve warm over ice cream. Makes about 2 cups.

Strawberry Jubilee Sauce: Follow recipe for Cherry Jubilee Sauce. Omit cherries. Use 1 pint (about) strawberries, cut in half. Makes about 2 cups.

Lace Cups

- 1/4 cup sifted flour
- 2 tablespoons firmly packed brown sugar
- 1/4 cup finely chopped pecans
- 2 tablespoons corn oil
- 2 cups sugar
- 2 cups margarine

Line small cookie sheets with foil. In small bowl stir together flour and pecans. In 1-quart saucepan stir together corn syrup, brown sugar and margarine. Stirring constantly, bring to boil over medium heat. Remove from heat. Gradually stir in flour mixture. Using one heaping tablespoon for each cookie, drop mixture onto prepared cookie sheet, 3 inches apart. (Bake only 2 cookies on each sheet.) Bake in 350° F oven 10 to 12 minutes. Cool on wire rack until foil may easily be peeled off, 3 to 4 minutes. Remove foil. Place cookies lace side down on foil-lined cookie sheet. Heat in 350° F oven 1 to 2 minutes. Remove from foil. 1 at a time. Place over inverted (5 ounce) custard cup or muffin cup; press sides down to form cup. Cool slightly. Remove. Cool completely on wire rack covered with paper towels. Store in tightly covered container. Fill with ice cream or fresh fruit. Makes 6.

Strawberry Chiffon Pie

- 1 cup sliced strawberries
- 2 to 4 drops red food color (optional)
- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 1/4 cup sugar
- 3 eggs, separated
- 1 baked (9-inch) pastry shell, cooled
- 3/4 cup light corn syrup

Place strawberries in blender container; cover. Blend on high speed 30 seconds or until smooth. In 2-quart saucepan sprinkle gelatin over water. Stir in egg yolks, corn syrup and strawberry puree. Stirring constantly, cook over low heat until gelatin is completely dissolved, about 5 minutes. Stir in food color. Turn into large bowl. Refrigerate, stirring occasionally, about 1 hour or until mixture mounds slightly when dropped from a spoon. In small bowl with mixer at high speed beat egg whites until soft peaks form. Gradually beat in sugar until stiff peaks form. Fold into strawberry mixture. Spoon into pastry shell. Refrigerate 4 hours or until firm. If desired, garnish with whipped cream and strawberries. Makes 8 servings.

Peach-Berry Swirl Dessert

(Not Shown)

- 2 cups sliced peeled peaches
- 2/3 cup light corn syrup
- 1/4 cup light corn syrup
- 1 teaspoon vanilla
- 2 eggs
- Crust Mixture (recipe follows)
- 1/2 cup sugar
- Berry Swirl Mixture (recipe follows)
- 1 cup milk

Place peaches and 1/4 cup corn syrup in blender container; cover. Blend on high speed 30 seconds or until smooth. In large bowl with mixer at medium speed beat eggs until light and frothy. Gradually add sugar, beating until sugar is dissolved. Add milk, cream, 2/3 cup corn syrup and vanilla; beat until well blended. Beat about 3 hours or until firm. Spoon into chilled large mixer bowl. With mixer at low speed, beat until smooth, but not melted. Spoon into prepared pan. Freeze until slightly firm. With small spatula, swirl Berry Mixture through ice cream for a marbled effect. Cover; freeze until firm. Makes about 12 servings.

Crust mixture: In small bowl stir together 1 cup graham cracker crumbs, 1/4 cup sugar and 1/4 cup softened corn oil margarine until well mixed. Press into bottom of 8 x 3-inch springform pan. Refrigerate.

Berry swirl mixture: Place 1/2 pint fresh raspberries or blueberries (about 1-1/2 cups), 2 tablespoons light corn syrup and 1 tablespoon sugar in blender 1-quart saucepan. Stirring occasionally, bring to boil over medium heat and boil gently 10 to 15 minutes or until mixture is reduced by half. Turn into small bowl. Cover surface with waxed paper or plastic wrap. Cool to room temperature. Makes about 1/2 cup.

Apricot Cream Roll

(Not Shown)

- 3 eggs
- 1/2 cup light corn syrup
- 1 teaspoon baking powder
- 1 teaspoon grated lemon rind
- 1/8 teaspoon salt
- 1 cup sifted cake flour
- 1/2 cup sugar
- Apricot Cream Filling (recipe follows)

Grease 1 (15 1/2 x 10 1/2 x 1-inch) jelly roll pan. Line bottom with waxed paper; grease paper. In large bowl with mixer at medium speed beat together eggs, baking powder and salt until well blended. Gradually beat in sugar. Add corn syrup, in a thin, steady stream, beating until mixture is thick and rigid in color. Beat in lemon rind. Fold in flour. Spread batter evenly in prepared pan. Bake in 375° F oven about 15 minutes or until cake springs back when lightly touched. Loosen sides. Immediately turn out onto cloth dusted with confectioners sugar. Remove waxed paper. Roll up cake from short side in cloth; cool on wire rack. Unroll and spread with Apricot Cream Filling. Roll up cake. Refrigerate. Just before serving, sprinkle with confectioners sugar. Slice to serve. Makes 10 servings.

Apricot cream filling: In 1-quart saucepan stir together 1 tablespoon corn starch and 1/4 cup light corn syrup until smooth. Add 1 cup chopped apricots; toss to coat well. Stirring constantly, bring to boil over medium heat and boil 1 minute. Cover surface with waxed paper; cool. Fold in 1/2 cup heavy cream, whipped, until well blended. Makes about 2 cups.

Nectarine cream roll: Follow recipe for Apricot Cream Roll. Omit apricots. Use 1 cup chopped peeled nectarines.

Peach Cantaloupe Conserve

(Not Shown)

- 2 1/4 pounds firm ripe cantaloupe
- 1/2 cup golden raisins
- 2 pounds (about) fully ripe peaches
- 1 cup light corn syrup
- 2 tablespoons grated lemon rind
- 3 cups sugar, divided
- 1/2 cup lemon juice
- 1 cup coarsely chopped walnuts

Peel, seed and cube cantaloupe. Measure 4 cups. Rinse, peel and pit peaches. Cut into cubes. Measure 4 cups. In 5-quart stainless steel or enamel saucepot stir together cantaloupe, peaches, lemon rind, juice and raisins. Stirring occasionally, bring to boil over medium heat. Gently stir in corn syrup until well blended. Gently stir in 1 cup of the sugar. Return to boil; boil gently 10 minutes. Remove from heat. Cool to room temperature. Return to boil over medium heat. Stir in 1 cup of the sugar. Stirring frequently, boil gently 20 minutes. Remove from heat. Cool to room temperature. Return to boil over medium heat. Gently stir in remaining 1 cup sugar. Stirring more frequently as mixture thickens, boil about 25 minutes. Add walnuts; stirring frequently, cook 5 minutes longer or until mixture is desired consistency. Remove from heat; skim, if necessary. Immediately ladle into clean hot 1/2-pint jars, leaving 1/4-inch headspace. Wipe top edge with damp cloth. Seal according to jar manufacturer's directions. Process in boiling water bath 15 minutes. Cool jars on wire rack or folded towel. Makes about 6 (1/2-pint) jars.