

Treat yourself to crisp salads

Having crisp garden salads with bright dressings during the winter and spring months is a treat. Florida now ships several types of lettuce.

Our first recipe is a crisp Floridian salad with a tangy Bacon-Mustard Dressing. The salad ingredients are prepared and refrigerated ahead of time; all you need to do is make the bacon dressing a few minutes before serving.

Florida Spring Salad with Creamy Green Dressing is another bright idea. Again, the greens are washed and chilled ahead of time (wrapping the greens with damp paper towels assures crispness).

FLORIDIAN SALAD WITH BACON-MUSTARD DRESSING
 6 cups Florida lettuce in bite-sized pieces
 2 cups sliced Florida radishes
 1 1/2 cups sliced Florida cucumbers
 1 cup dry mustard
 Water
 4 slices bacon
 2 tsp. flour
 1 tsp. sugar
 1/2 tsp. salt
 1 pinch ground black pepper
 2 tsp. cider vinegar

Place lettuce, radishes and cucumbers in a large bowl; toss gently. Cover with a damp paper towel and refrigerate until serving. In a custard cup combine mustard and 1 teaspoon warm water; set aside for 10 minutes for flavor to develop. In a small skillet fry bacon until crisp. Remove

bacon and crumble; set aside. Remove fat returning 2 tablespoons to skillet. Over medium heat stir in flour, sugar, salt and black pepper. Gradually stir in 1 cup water, waiting until water is absorbed after each addition. Remove from heat; stir in vinegar and reserved mustard mixture. Cool slightly. Stir in reserved bacon. Pour over lettuce mixture just before serving; toss gently. YIELD: 4 to 6 portions. 1 cup dressing.

FLORIDA SALAD WITH CREAMY GREEN DRESSING
 6 cups Florida lettuce in bite-sized pieces
 2 cups sliced Florida cucumbers
 1/4 cup cider vinegar
 1 1/2 tsp. sugar
 1/2 tsp. salt
 1/2 tsp. celery seed
 1/2 tsp. tarragon leaves, crushed
 1 pinch ground black pepper
 1 egg yolk (at room temperature)
 1 cup vegetable oil
 1/2 cup sliced scallions (green onions)

Place lettuce, radishes and cucumbers in a salad bowl; toss gently. Cover with a damp towel and refrigerate. In the container of an electric blender place vinegar, sugar, salt, celery seed, tarragon, black pepper and egg yolk; cover and whirl until combined. Remove cover from blender. With blender at high speed, slowly drizzle in oil; whirl until combined. Add scallions; blend just until smooth. Serve over reserved salad. YIELD: 4 to 6 portions. 1 cup dressing.

Two tributes to the Hurricanes

We're No. 1. They're No. 2. "We're" the University of Miami Hurricanes. "They're" Nebraska. "We're" Class of '86. I hope you don't mind me extolling the national champs of collegiate football for 1983 that has been tabbed The Miracle in Miami.

After an opening loss to the upstate rival University of Florida Gators, the Canes began their roll. They were 3-1 after shutting out Notre Dame and before the game a liquor firm dreamed up the Irish Hurricane to celebrate.

As the anticipation grew for the 50th Orange Bowl showdown with Nebraska

Jan. 2, the town went bonkers. The Hurricane coach's wife, Beverlee Schellenberger, adopted a recipe for orange wine cake "for our family. I do collect cookbooks. Howard likes anything with buttermilk in it." The beverage boys at the Fontainebleau Hilton Hotel on Miami Beach concocted a tribute to the team: the Orange Hurricane.

You may have seen the game on television. It was the Canes 11th straight. It's great to be No. 1.

IRISH HURRICANE
 3 oz. Irish cream liqueur
 1 oz. light rum

pilot light
Greg Melikov

4 oz. orange juice

Shake with ice and pour over ice cubes in 2 tall glasses.

2 oz. lemon juice
 2 1/2 oz. light rum
 1/4 oz. Orgeat (red) syrup
 1/4 oz. brandy

Shake with ice and pour over ice cubes in 2 tall glasses.

ORANGE HURRICANE
 3 oz. orange juice

Shake with ice and pour over ice cubes in 2 tall glasses.

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This soup is thick, creamy

Soups have long been an outstanding part of the world's cuisines. To a cook, soups can be one of the most versatile components in meal planning. Because of the wide range of ingredients, soups can add their own special flair to any occasion.

Many good cooks like to add the richness of evaporated milk to their creamy soups because it's twice as rich as bottle milk.

If you haven't used evaporated milk in cooking, you may not know that it's actually fresh cow's milk that has been concentrated by the evaporation of half the water.

One-half cup of evaporated milk is equal in nutrients and milk solids to one cup of Vitamin D-enriched milk. Since evaporated milk is concentrated, it may be substituted in recipes calling for light or heavy cream, with fewer calories. When diluted with an equal amount of water, it can replace milk in any recipe.

Combine broccoli, onion and chicken stock base with water in medium saucepan. Cover and cook for 15 minutes or until vegetables are tender. Cool. Stir in mushroom soup. Pour small quantities into blender jar and puree. Add sour cream and puree again. Add evaporated milk, salt and pepper. Heat to steaming, but do not boil. Garnish with parsley or chopped broccoli. Makes 4 servings.

Spice up the veggies

Winter vegetables take a lot of spicing, according to the American Spice Trade Association.

Steamed carrots, for example, can be treated to any number of seasonings. Try a combination of cinnamon and ginger, or onion powder and cumin.

Winter squash is delicious when baked with ground nutmeg and cloves. When baked sweet potatoes or yams are mashed the suggested spicing are ground ginger, coriander or pumpkin pie spice.

Cabbage wedges become a treat when lightly steamed with caraway seed or dill weed. Or try sauteeing shredded cabbage just until crisp tender with some ground ginger and garlic powder for an oriental flavor.

Oriental-style spinach is nice, too, sauteed with toasted sesame seed. Spinach, instead of onion and dill weed are a Russian combination; Italians like theirs sauteed with basil, black pepper and parsley flakes.

Brussels sprouts get a real pickup from garlic powder and crushed red pepper. Or, stir a bit of powdered mustard into melted butter or margarine and toss with the sprouts.

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