

Combine July's best — blueberries and peaches

Celebrate the season when fresh blueberries and fresh peaches are available by preparing a celebrated dish. In July, which is the month when both blueberries and peaches are at the peak of their seasons, make a Blueberry-Peach Flan. It's not difficult at all to make this famous dessert, and with the proper recipe it will look and taste like something out of the most famous of French or Spanish restaurants.

All a flan is, really, is an open pie filled with custard and fruit. In this flan the blueberries are underneath the custard in the pastry shell and the peaches, in the form of puree, are in the custard itself. Then, of course, comes the dramatic design of blueberries and peaches on top. Everyone can be his or her own creative artist at that point, arranging the blueberries and peaches to his own personal satisfaction.

If you wonder why a flan is so celebrated, beyond its obvious good looks and fantastic taste, it's necessary to go back a long time. The root of the word

fluido, from Old High German meaning a sacrificial cake. And a lot of people today would make sacrifices, including their diets, to partake of such a treat.

The beauty of this particular flan is not its dramatic appearance as much as its combination of the two fruit flavors. Blueberries and peaches go together. They ripen at the same time and they come to market at the same time. It's as if somebody was trying to tell us something. Like, don't miss this blue and golden opportunity when you see it. Take advantage of this glorious bounty of nature during the most summery of summer months.

BLUEBERRY-PEACH FLAN
1 pint fresh blueberries, rinsed and drained
1 1/2 pounds (6 medium) fresh ripe peaches
1/4 cup water
1/4 cup sugar
1/4 cup corn starch
1/2 tsp salt

2 1/4 cups milk
3 tbsp butter or margarine
1 tsp vanilla extract
1 baked 10-inch flan (or 10-inch pie) pastry shell (recipe follows)
2 tbsp peach preserves

Halve 4 peaches and place in saucepan with water; cover and simmer for 10 minutes or until tender. Drain off peach liquid. Allow peaches to cool slightly; remove skins and pit; puree peaches in blender or food processor.

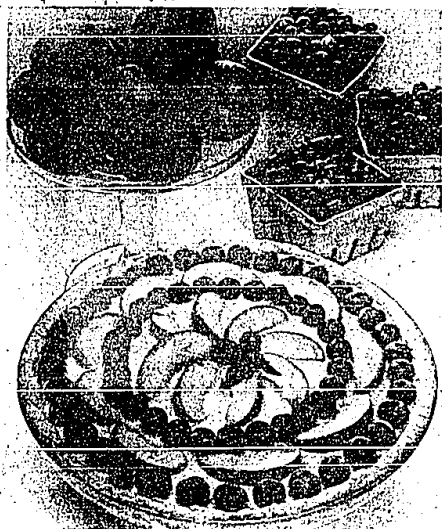
To prepare filling for flan, mix sugar, corn starch and salt in large saucepan. Gradually stir in milk. Bring to a boil over medium heat, stirring constantly; boil 1 minute. Remove from heat; stir in butter, then peach puree. Cool filling rapidly by placing in pan of cold water; stir frequently. Stir in vanilla.

To assemble flan, cut remaining peaches into slices. Melt preserves in small saucepan over low heat; strain. Brush over peach slices. Place 1 cup of the blueberries into pastry shell. Spoon

filling evenly over blueberries. Arrange peaches and blueberries in desired pattern on top of flan. Chill at least 1 hour before serving. Yield: 8 servings.

FLAN PASTRY SHELL
Mix 1 1/4 cups unsifted all-purpose flour and 1/2 tsp salt in bowl. Cut in 1/2 cup vegetable shortening with a pastry blender until mixture resembles coarse meal.

Sprinkle in about 3 tbsp cold water, a small amount at a time, while tossing with fork until all particles are moistened and cling together when gathered into a ball. Cover with a damp cloth and allow to stand a few minutes. Roll pastry on lightly floured board, about 1/4-inch thick, to a 12-inch circle. Line 10-inch flan or pie pan with pastry. If using flan pan, trim pastry even with top of pan. If using pie pan, fold pastry under to form a standing rim, flute edge. Bake at 425° for 12 to 15 minutes or until pastry is lightly browned. Cool on rack.



Since blueberries and peaches ripen about the same time in July, now is the ideal time to combine them in this elegant flan.

A corned beef hash that's special

One of the hardest things about cooking for two is getting organized.

You and your partner are busy thinking about other things: deadlines at the office, planning that business trip next week, stopping on the way home at the cleaners or maybe the laundramat.

Then comes dinner. You're certainly in the mood to eat, but probably not to cook. Still, there's got to be something around there besides a couple of frozen dinners, with which you're both fed up (excuse the pun).

What about a good corned beef hash? It has been recorded that some people, no matter their gender, will go blocks out of the way to find a restaurant which serves exceptional corned beef hash. How do they make it taste so good?

The probability is that the restaurant's hash, like yours will, starts out in the can. What makes one hash a sought-after specialty of the house is the doctoring-up that's done by the chef.

Listen to a big secret of better taste. Additions, like onion and pepper and aromatic bitters in the proper proportions, can make canned corned beef hash into a spectacular dish.

2 eggs
1 tsp. butter, melted
1/2 tsp. aromatic bitters

Empty corned beef hash into a large bowl; break up. Melt butter or margarine in 8-inch skillet and saute onion and green pepper until tender. Spoon over hash. Add 1 teaspoon aromatic bitters and mix

thoroughly. Spread hash into same skillet (already buttered from sauteing onions and peppers). With a spoon make depressions in hash. Break eggs carefully into depressions. Blend 1 teaspoon melted butter with 1/4 teaspoon aromatic bitters and spoon over raw eggs. Place skillet, covered, over low flame and cook until eggs are set, 10 minutes. Yield: 2 servings.

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CORNERED BEEF HASH
1 can (15 1/2 oz.) corned beef hash
1 tsp. butter or margarine
2 small onions, chopped
3 tbsp. green pepper, seeded and chopped
1 tsp. aromatic bitters

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