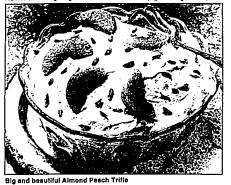
o-ahead trifle is easy, elegant

If you love to entertain, but can't the creamy pudding blend and sliced find the time to plan, prepare and organize a full scale dinner party, invited guests to come for dessert and 'designer' coffee.

A do-ahead (as much as a day ahead) dessert, Almond Peach Trifle, makes party preparation extra easy. This variation of the classic English dessert, sometimes called Tripy Cake is prepared with pound cake red raspberry preserves, jucy peach slices, and vauli. (sometimes called Tipty Cake) is pre-pared with pound cake, red raspberry preserves, juicy peach slices, and vanil-la pudding and pie filling mix blended with whipped topping. The cake is sprinkled with almond li-queur, then spread with preserves and

and pie filling mix
1 12-or. container (4½ cups) whipped
topping
1 2-or. container (4½ cups) whipped
topping and reserved.
1 16-or. pig. frozen peach silects.
thawed, drained
Slice cake in haif lengthwise. Reserve I tablespoon liqueur sprinkle remaining liqueur over cake. Spread with
preserves. Cut each half into eighths.
Prepare mix as directed on package
for pudding, except using 1½ cups
mik. Fold in 2 cups whipped topping
and almonds. In 2-quart serving bowl,
layer one-third of cake slices, whipped
topping mixture and peaches; repeat









Stir-frying ideal for kids

Site-frying fresh vegetable accompaniments is an ideal cooking adventure for children.

Junior cooks will delight in the fast pace of this cooking method as well as the flavorful results. For newcomers to the kitchen, learning to stir-fry sparks a healthy interest in vegetables while providing the opportunity to master a variety of cooking terms and skills.

Explain to boys and girls that stir-frying is cooking food in a small amount of fat, such as margarine or vegetable oil, while constantly stirring, lifting and turning the food to help it cook evenly. A large, heavy skillet and a long-handled wooden spoon are the appropriate untensish for stir-frying.

Have children begin by scrubbing the vegetables under cool running water, then thoroughly drying them as wet vegetables can cause hot, mitted margarine to spaster during cooking. Hands should be dried, too, since wet hands can cause a knife to slip. Vegetables to be stir-fried should be cut or sliced into small, uniform pieces so they will cook quickly. Provide a small, sharp knife with a 2 - to 5-inch blade that your junior cook can handle easily, and emphasite that all cutting and slicing must be done on a cutting board.

Teach beginners to cut vegetables and measure

emphasite that an extension and actual board.
Teach beginners to cut vegetables and measure all remaining recipe ingredients before heating the skillet. Once stir-frying begins it proceeds quickly and there is no time to stop for additional ingredient procession.

and there is no time to stop for additional ingredent preparation.

Siti-fried vegetables are cooked just until they
are "crisp-tender," when flavors are at their peak
and colors are bright.

Demonstrate to first timers the look and feel of
crisp-tender vegetables — tender enough to pierce
easily with a fork, but still slightly firm. To avoid
overcooking, which dulls colors and flavors, junior
cooks should frequently test vegetables for doneness toward the end of the recommended cooking
time.

time.
Start beginners with Colorful Vegetable Medley, a tasty trio of vegetables sauced with convenient pasteurized process cheese spread.

COLORFUL VEGETABLE MEDLEY
4 servings

79 ib. carrot 2 stalks celery 4 medium green pepper 2 Thsp. margarine 45 cup pasteurized process cheese spread

Take out: paper towels, cutting board and small, sharp knife, measuring cups and spoons, narrow rubber scraper, large skillet, wooden spoon, fork,

rubber scraper, large skillet, wooden spoon, fork, trivet.

Wash vegetables and dry with paper towels, diagoanlly slice carrots thinly until you have 2 cups
carrot slices; diagonally slice celery until you have
1 cup celery slices. Cut green pepper into thin
strips.

Place margarine in skillet over medium-high
heat until bubbly, add carrots and celery to skillet,
stir-fry 6 minutes.

Add green peppers to skillet. Stir-fry 3 to 4 minutes or until vegetables are crisp-tender.

Remove skillet from heat, add process cheese
spread to skillet, stir until melted.

BROCCOLI AND SESAME STIR-FRY

1 lb. broccoli
14 cup margarine
15 cup chopped onion
2 Tosp, sesame seed
1 Tosp, soy sauce (optional)

heat until bubbly.

Add broccoll, onions and sesame seeds to skillet, stir-fry 5 to 6 minutes or until vegetables are crisptender. Stir in soy sauce, if desired.





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