

Do-ahead trifle is easy, elegant

If you love to entertain, but can't find the time to plan, prepare and organize a full scale dinner party, invite 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 Topsy Cake) is prepared with pound cake, red raspberry preserves, juicy peach slices, and vanilla pudding and pie filling mix blended with whipped topping.

The cake is sprinkled with almond liqueur, then spread with preserves and layered in an elegant glass bowl with

the creamy pudding blend and sliced peaches. Whipped topping flavored with almond liqueur and garnished with sliced peaches and toasted almonds, caps the big and beautiful refrigerated dessert.

For a perfect accompaniment to the snowy trifle, serve Irish coffee or provide a coffee bar. Be sure to provide sugar, cinnamon, nutmeg and a bowl of whipped topping to add a dollop of instant elegance to the hot beverage.

ALMOND PEACH TRIFLE
1 10 1/2-oz. frozen pound cake, thawed
1 cup almond-flavored liqueur
1 cup red raspberry preserves
1 3 1/2-oz. pkg. vanilla instant pudding

and pie filling mix
1 12-oz. container (4 1/2 cups) whipped topping
1/2 cup chopped almonds, toasted
1 16-oz. pkg. frozen peach slices, thawed, drained
Slice cake in half lengthwise. Reserve 1 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 1 1/2 cups milk. 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

layers ending with cake. Combine remaining whipped topping and reserved liqueur; spread over cake layer. Top with additional almonds and peach slices, if desired. Chill several hours or overnight. Makes 10-12 servings.

IRISH COFFEE
2 cups hot coffee
2 tsp. sugar
1/2 cup whiskey
Whipped topping with real cream, thawed

Combine coffee, sugar and whiskey; top with whipped topping. Makes two 1-cup servings.



Big and beautiful Almond Peach Trifle

Stir-frying — ideal for kids

Stir-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 utensils for stir-frying.

Have children begin by scrubbing the vegetables under cool running water, then thoroughly drying them as wet vegetables can cause hot, melted margarine to spatter 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 3-inch blade that your junior cook can handle easily, and emphasize that all cutting and slicing must be done on a cutting 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 preparation.

Stir-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.

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

COLORFUL VEGETABLE MEDLEY

4 servings
1/2 lb. carrot
2 stalks celery
1/2 medium green pepper
2 Tbsp. margarine
1/2 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, trivet.

Wash vegetables and dry with paper towels; diagonally 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

6 servings
1 lb. broccoli
1/2 cup margarine
1/2 cup chopped onion
2 Tbsp. sesame seed
1 Tbsp. soy sauce (optional)

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

Wash broccoli and dry with paper towels. Cut flowerets from broccoli, cut stems crosswise into 1-inch chunks, cut each chunk lengthwise into thin slices.

Place margarine in skillet over medium-high heat until bubbly. Add broccoli, onions and sesame seeds to skillet, stir-fry 5 to 6 minutes or until vegetables are crisp-tender.

Stir in soy sauce, if desired.

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