

Harmonious meal-making recipes that lead to

# Tempting

MELANIE DE PROFT / Food Editor

## AVOCADO-CHICKEN CASSEROLE

Reminiscent of an elegant creation from one of the country's fine restaurants, this is truly delectable.

To Prepare: 25 MIN.

To Heat: 25 MIN.

- 2 chicken breasts, cooked, skinned, boned, and sliced (white meat of roast turkey, capon, or chicken may be used)
- 1 cup (about 2 oz.) wide noodles
- 1 cup (about 4 oz.) grated sharp Cheddar cheese
- 1 small ripe avocado
- 1 tablespoon lemon juice
- 1/4 cup butter
- 5 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1 1/2 cups cream
- 1/4 cup milk

1. Grease a 1-qt. shallow baking dish.
2. Cook, drain, and rinse noodles according to directions on package.
3. Rinse avocado, peel, cut into halves lengthwise, and remove pit. Cut into slices 1/4 to 1/2 in. thick. Put slices into a bowl and drizzle with lemon juice. To coat evenly turn slices gently in lemon juice a few times.
4. Melt the butter in a saucepan over low heat. Blend in a mixture of flour, salt, and white pepper. Heat until mixture bubbles. Remove from heat. Add the cream and milk gradually, while stirring constantly. Return to heat and cook rapidly, stirring constantly, until sauce thickens. Cook 1 to 2 min. longer. Cool slightly.
5. Add the grated cheese all at one time and stir until cheese is melted. Remove 1 cup of the sauce and set aside. Mix the noodles into the remaining sauce.
6. Arrange the chicken slices on the bottom of baking dish. Spoon the noodle-sauce mixture over chicken slices. Arrange avocado slices on top of noodle mixture; carefully spoon the reserved sauce over avocado slices. Sprinkle lightly with paprika.
7. Heat in a 350°F oven about 25 min., or until thoroughly heated and top is delicately browned. 4 servings

## PIQUANT CUCUMBER SLICES

These tangy, crisp cucumber slices bring interesting texture to any entree especially the Avocado-Chicken Casserole.

To Prepare: 15 MIN.

To Chill: ABOUT 3 HRS.

- 1 cucumber, rinsed (do not pare)
- 1/4 cup coarsely chopped onion
- 2 tablespoons chopped parsley
- 2 tablespoons sugar
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon monosodium glutamate
- 1 teaspoon celery seed
- 1/4 cup cider vinegar
- 1 tablespoon lemon juice

1. Mix together in a bowl the sugar, salt, white pepper, monosodium glutamate, celery seed, vinegar, and lemon juice; stir until thoroughly blended.
2. Score cucumber by drawing tines of a fork lengthwise over entire surface. Cut into slices about 1/4 in. thick. Add to the vinegar mixture with onion and parsley; toss to coat evenly. Chill thoroughly, turning several times. About 4 servings

## PEACHES À L'ORANGE

This novel treatment for peaches transforms them into a gourmet's delight—a choice dessert to serve with chicken casserole.

To Prepare: 15 MIN.

- 1 No. 2 1/2 can peach halves, drained (reserve 1/2 cup sirup)
- 1/4 cup firmly packed brown sugar
- 1 1/2 teaspoons cornstarch
- 1 tablespoon grated orange peel
- Few grains salt
- 1/2 cup orange juice
- 8 whole cloves
- 6 whole allspice

1. Mix brown sugar, cornstarch, orange peel, and salt together in a saucepan. Add the reserved peach sirup and orange juice gradually, stirring constantly. Mix in the cloves and allspice.
2. Bring to boiling, stirring constantly. Add the peach halves and simmer 5 min. Turn carefully several times. Serve warm or chilled. About 6 servings

## CALYPSO STEAK STICKS

Calypso Steak Sticks are especially irresistible when accompanied by a relish tray of crisp cauliflowerets, garden-fresh green onions, colorful green pepper strips, and preserved kumquats. Finale to the feast... a dessert of Green Gage Plum Ice and a serve-yourself-dish of crunchy, salted toasted almonds.

To Prepare: 25 MIN.

To Marinate: 30 MIN.

- 2 lbs. boneless beef (tenderloin, sirloin, or rib), cut 1 1/4 in. thick
- 1 cup soy sauce
- 1/2 cup honey
- 2 cloves garlic, crushed in a garlic press or minced
- 1/4 cup finely chopped crystallized ginger
- 2 firm bananas with all-yellow peel
- 1/4 cup flaked coconut
- Lime juice

1. Twelve 8-in. skewers will be needed.
2. Slice meat across the grain into 1/4-in. strips.
3. Mix together the soy sauce, honey, garlic, and ginger. Put the meat strips into a large shallow dish. Pour the soy sauce mixture over meat. Set in refrigerator for 30 min., turning meat once.
4. Remove meat strips from marinade, reserving marinade. Thread meat strips onto skewers, allowing space at end of each skewer for banana pieces.
5. Peel bananas and cut into pieces about 1/4 in. long. Dip pieces in marinade, roll in coconut, and drizzle with lime juice. Put 1 or 2 pieces of banana on end of each skewer. Brush meat and banana pieces with marinade.
6. Broil about 3 min. with meat about 3 in. from source of heat, turning once and brushing with marinade. (Meat should be rare.) Serve with fluffy cooked rice flavored with seasoned salt, butter, minced onion, and minced parsley. 6 servings

## GREEN GAGE PLUM ICE

The lively flavor, attractive color, and versatility of this superb ice will enchant many a menu.

To Prepare: 25 MIN.

To Freeze: 3-4 HRS.

- 2 1/2 cups (No. 2 can) green gage plums and sirup
- 1/4 cup cold water
- 2 teaspoons unflavored gelatin
- 3/4 cup water
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1 cup orange juice
- 2 tablespoons lemon juice
- 1 or 2 drops green food coloring

1. Set out an 8 x 8 x 2-in. pan.
2. Pour 1/4 cup water into a small cup. Sprinkle gelatin evenly over water. Let stand 5 min. to soften.
3. Heat 1/4 cup water until very hot. Remove from heat and immediately stir in softened gelatin until gelatin is completely dissolved. Add sugar and salt and stir until sugar is dissolved. Set aside to cool.
4. Cut plums into halves; pit and force through a sieve or food mill (about 2 1/4 cups puree).
5. Combine plum puree, cooled sirup, orange juice, and lemon juice. Mix in food coloring. Pour into pan. Freeze until firm (3 to 4 hrs.), stirring two or three times. About 1 qt. ice

## SHRIMP EXOTICA

Cooling Green Gage Plum Ice, thinly frosted with a fluffy fruit salad dressing, cut in squares, and served on crisp salad greens is the perfect salad accompaniment for this exotic shrimp dish. Or a small scoop of the ice floated in chilled fruit juice is a refreshing shrub.

To Prepare and Cook: 40 MIN.

- 1 1/2 lbs. deveined cooked shrimp
- 1 No. 2 can sliced pineapple, drained (reserve sirup)
- 2 cups water
- 3 chicken bouillon cubes
- 1 cup long-grain rice
- 1/4 cup cooking oil
- 1 1/2 cups cubed cooked ham
- 1/4 cup chopped onion
- 1 clove garlic, crushed in a garlic press or minced
- 1 medium-sized green pepper, cut in strips
- 2 tablespoons chopped preserved or crystallized ginger
- 2 teaspoons soy sauce
- 2 teaspoons curry powder
- 1/2 teaspoon salt

1. Reserve 5 or 6 whole shrimp for garnish. Cut remaining shrimp into pieces. Set aside. Cut 4 pineapple slices into pieces and set aside.
2. Bring water to boiling in a deep saucepan. Add the bouillon cubes and when dissolved, add the rice gradually, so boiling does not stop.
3. Cover pan tightly, reduce heat, and simmer 15 to 20 min., until a kernel is soft when pressed between fingers.
4. Heat cooking oil in a large skillet. Add ham, onion, and garlic; heat thoroughly, turning with a spoon.
5. Blend together 1/2 cup of the reserved pineapple sirup, ginger, soy sauce, curry powder, and salt. Add pineapple sirup mixture and green pepper to skillet; heat thoroughly. Add rice, shrimp and pineapple pieces; toss until mixed. Heat thoroughly. Serve on a warm serving platter. Garnish with the pineapple slices and whole shrimp. (See photo.) About 6 servings

## SESAME SEED TWISTS

Delicate, rich, and flaky, these twists are delicious and unusual. Serve them with Shrimp Exotica.

To Prepare: 30 MIN.

To Bake: 10 MIN.

- 2 tablespoons toasted sesame seed
- 2 cups biscuit mix
- 1/2 cup milk
- 1/4 cup butter, chilled
- Melted butter

1. Add milk to biscuit mix; mix dough as directed on package for rolled biscuits. Roll on lightly floured surface into a 12-in. square, about 1/4 in. thick.
2. Thinly slice and quickly place about 3 tablespoons of the chilled butter onto one half of dough; fold other half over it. With rolling pin gently press down and seal the open edges. Repeat procedure using remaining chilled butter; fold other half over forming a 6-in. square. Chill thoroughly, about 1 hr.
3. Roll dough into a 12-in. square. Divide into halves and set one half in refrigerator.
4. Brush surface with melted butter. Sprinkle with some of the seed. Cut into twelve 6 x 1-in. strips. Twist each strip. Place on ungreased baking sheet; press ends. Brush with a mixture of 1 egg yolk and 1 teaspoon milk. Sprinkle with seed. Repeat.
5. Bake at 425°F about 10 min. 24 twists