

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Strawberry Season Is Here!



SPENCE

Strawberries and shortcake seem as thoroughly American as fried chicken and apple pie. The large, luscious fruit we enjoy today is a far cry, however, from the small, sweet, wild varieties known to the early colonists of the eastern shores of the United States. Each year strawberries seem to be bigger, more beautiful and better tasting. They not only taste good, but are an excellent source of vitamin C. One cup will give you more than the daily requirement. They also supply small amounts of other vitamins and some minerals.

Look for fresh strawberries that are dry and glossy, solid red in color, free from

white, green or hard tips, and free from moisture, dirt or decay spots. Strawberries without caps may be over-ripe. Size is no indication of flavor. Buy or pick berries as you are ready to use them. Fresh strawberries are very perishable and should be used within a day or two. Store

them uncovered in the refrigerator, not in the crisper. Too much moisture in the air around the berries encourages mold. Wash the berries gently in cold water and remove the green caps when you are ready to use them.

Strawberries can be a boon to calories; one cup contains only 54 calories. However, by

the time you add the sugar and whipped cream many recipes call for, the calorie count is terrifically high. You could add a non-caloric sweetener and low-calorie whipped topping in such recipes. For delicious, low-calorie strawberries-on-the-stem, dip washed berries by their stems into melted dietetic apricot preserves and then into confectioners' sugar.

Add your own distinctive touch to the traditional strawberry pie. For instance you might add 1/4 teaspoon each cinnamon and nutmeg to the filling, or use a brazil nut crust. Use one cup sliced bananas in your next strawberry chiffon pie. Combine one cup each strawberries, crushed, drained pineapple and cut-up rhubarb with one cup sugar and three tablespoons cornstarch to make the filling for a delightful three-fruit pie. Glaze a custard pie with three cups crushed strawberries, one cup sugar and two tablespoons cornstarch. Bring the mixture to a boil over low heat, stirring constantly. Strain and cool; spread over custard pie.

Strawberries make an excellent filling and topping for cakes. Split a sponge cake in half, fill, put the layers together and then frost with a mixture of one cup sliced strawberries, one cup cubed, drained pineapple, 48 minia-

ture marshmallows, 1/2 teaspoon vanilla and two cups heavy cream, whipped. Banana cake is delicious topped with strawberries and cream, flavored with one teaspoon rum extract.

Here is a delicious pound cake to serve with fresh fruits. It is especially good with strawberries.

SUMMER SPECIAL POUND CAKE

1/4 cup (1 1/2 sticks) butter
1 1/2 cups sugar
1/2 teaspoon almond extract
1/2 teaspoon vanilla
3 eggs
2 1/2 cups sifted cake flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk

Butter and lightly flour 7-cup mold; set aside. In mixing bowl cream together butter and sugar; blend in almond extract and vanilla. Add eggs, one at a time, beating well after each addition. Sift together flour, baking powder and salt. Add alternately with milk, beginning and ending with dry ingredients. Pour into mold and bake in a preheated 325 degree oven 1 hour and 35-40 minutes. Cool in mold 5 minutes before removing to wire rack. Serves 10-12 persons. Serve with sweetened fresh fruit.

Use strawberries in a salad also. Arrange a fruit platter

with strawberries, quartered bananas, sliced apples, orange sections, grapes and melon balls. A dressing made from currant jelly beaten with mayonnaise, or from a mixture of 1/2 cup mayonnaise, two tablespoons honey and one cup heavy cream, whipped, is excellent with the fruit. Strawberries can also be used as a fruit dressing for molded salads or fruit salads. Combine 1/4 cup crushed berries, 1/4 cup pecans or almonds, chopped, two tablespoons orange juice and one cup mayonnaise.

Strawberries can also be used to make delicious drinks. Try this Strawberry-Pineapple Float for a refreshing summer drink.

STRAWBERRY-PINEAPPLE FLOAT

1/2 cup chopped strawberries
2 scoops pineapple sherbet
1 teaspoon sugar
Dash of salt
1 1/2 cups milk

(Scoops of pineapple sherbet optional)
Using electric blender or mixer combine strawberries, pineapple sherbet, sugar and salt, beating until smooth. Gradually add milk and beat at low speed until blended. Top each serving with a small scoop of pineapple sherbet, if desired. Makes about 2 1/2 cups.

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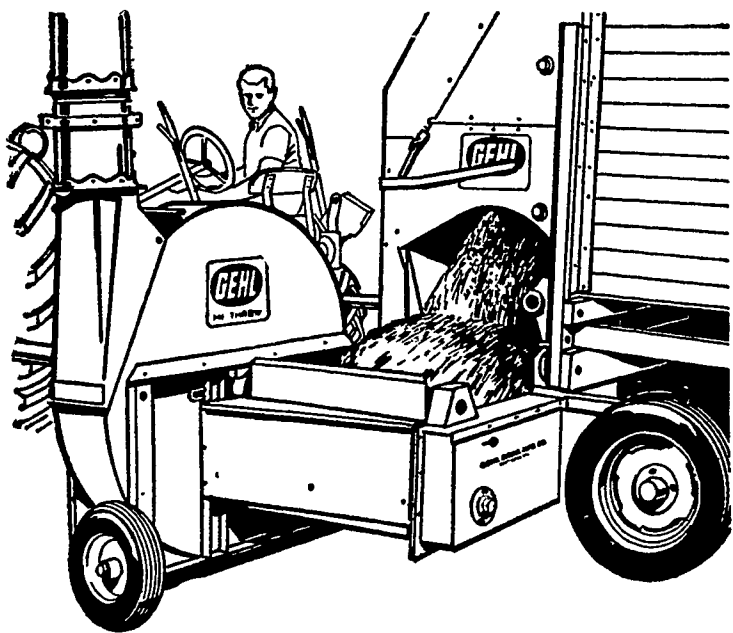
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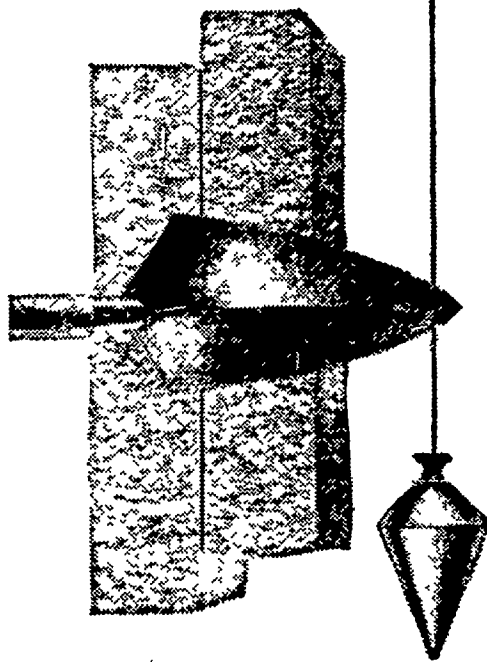
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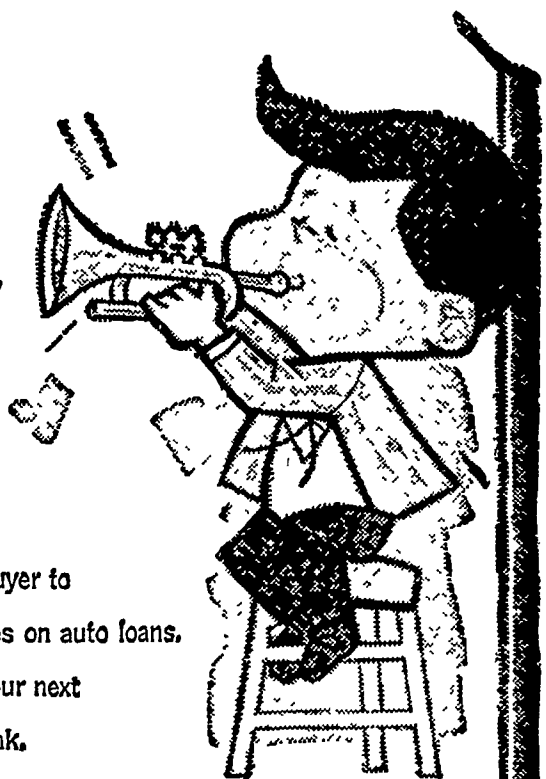
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