

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Cool Off With Grapefruit



SPENCE

Yes, there are plenty of grapefruit for summer. Early estimates from fruit growing areas are reporting a lower supply of non-citrus fruits due to an unusually long, cold, rainy spring. Fortunately for the housewife, the grapefruit crop has not been adversely affected. She can plan on a abundant supply. For meals or for snacks — fresh grapefruit brings light, delightful eating to the whole family. Weight-watchers look to fresh grapefruit as a treat, not a treatment. One half a medium grapefruit contains only 40 calories. It's an excellent source of vitamin C and contains a valuable combination of other important nutrients.

FRESH GRAPEFRUIT TOPPING

3 large or 4 medium grapefruit
1/2 cup orange marmalade
For quick and easy preparation, score grapefruit peel into quarters with sharp knife. Remove peel with fingers. Thinly pare fruit with knife removing white membrane; cut in

half lengthwise. Cut a "v" shape on each side of center core; lift out easily with knife. Cut "cored" halves into bite-size pieces by placing cut-side down on board and slicing 3 or 4 times each way. Drain pieces thoroughly. Combine any reserved juice with marmalade in small saucepan. Bring to a boil, stirring frequently. Cook about 3 minutes until syrupy. Add grapefruit pieces; heat 1 minute. Serve warm or chilled. Use as topping for waffles, hotcakes, or vanilla ice cream. May also be served as a compote. Makes about 3 cups.

GRAPEFRUIT-MACARONI SALAD

- 1 8-oz. package macaroni
- 1 1/2 tablespoons salad oil
- 2 medium or large grapefruit
- 1 large ripe avocado, peeled
- 1/4 cup dairy sour cream
- 1/4 cup mayonnaise
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 1-lb. can salmon, coarsely flaked
- Parsley

Cook macaroni in boiling salted water according to package directions, rinse and drain. While warm, add salad oil; toss to coat well. Chill. Grate 2 teaspoons peel from grapefruit; reserve. Working over a bowl to reserve all juice, peel and section grapefruit. Cut sections into bite-size pieces; drain and chill. Place all reserved grapefruit juice in electric blender or mixing bowl. Add grated peel, avocado cut into pieces, sour cream, mayonnaise, salt and pepper. Blend or mix until smooth. Combine avocado dressing with chilled macaroni, add grapefruit pieces and salmon. Toss lightly until thoroughly mixed. Serve chilled with a garnish of parsley. Makes 8 to 10 servings.

MOLDED GRAPEFRUIT SEAFOAM

- 2 envelopes unflavored gelatin
- 3/4 cup orange juice
- 2 teaspoons grated grapefruit peel
- 1 cup freshly squeezed grapefruit juice
- 1/4 cup lemon juice
- 1/4 cup sugar
- 4 egg whites
- 1 large grapefruit, peeled and sectioned

- 1 cup fresh melon balls, seedless grapes, berries, or other fresh fruit

Soften gelatin in orange juice for 5 minutes. Heat grapefruit peel and juice and lemon juice; add gelatin mixture. Continue over low heat, stirring until gelatin is thoroughly dissolved. Chill until very thick, but not set. In large bowl, beat whites until stiff, but not dry. With same beater, whip gelatin mixture until light and foamy. Add to egg whites a little at a time beating at high speed, until mixture is well blended. Pour into 1 1/2 quart mold; refrigerate until firm and well chilled. Unmold on serving platter; arrange well chilled grapefruit sections around mold. Garnish with additional fresh fruit if desired. 6 servings.

MINTED GRAPEFRUIT AND PEARS

- 2 large or 3 medium grapefruit
 - 1 1-lb 13 oz can pear halves
 - 1/4 teaspoon mint flavoring
- Grate 2 teaspoons peel from grapefruit before peeling, set aside. Work over a bowl to section peeled grapefruit, reserving all juice, drain sections. Drain pears, reserving 1 cup syrup. Place pears, cut side up

in shallow dish; top with layer of grapefruit sections. In saucepan, combine reserved grapefruit juice and pear syrup; bring to a full boil. Add grated grapefruit peel and mint flavoring; immediately pour over fruit. Refrigerate several hours or overnight until very cold. Serve as a dessert or accompaniment to lamb or poultry. 8 servings.

GRAPEFRUIT COBBLER

- 2 large grapefruit
- 3/4 cup sugar
- 1/4 cup flour
- Juice of 1 lemon
- 1 12-oz. pkg. frozen blueberries or 3 cups fresh berries
- 1 8-oz. pkg. flaky refrigerator biscuits
- 2 tablespoons melted butter or margarine
- 1/4 cup sugar
- Cinnamon (optional)

Grate 2 teaspoons peel from grapefruit; set aside. Peel and section grapefruit, working over a bowl to reserve all juice. Drain sections, sprinkle with 2 tablespoons of the 3/4 cup sugar; let stand 10 minutes. Drain off any additional juice. In saucepan, thoroughly mix together remaining 3/4 cup sugar and flour. Add all reserved syrup. Place pears, cut side up

(Continued on Page 11)

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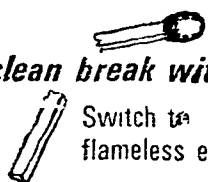


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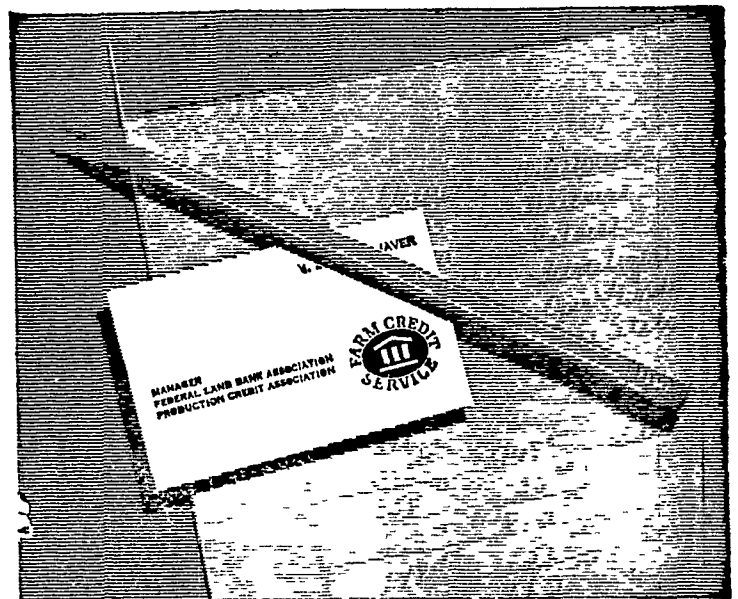
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