

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

ORANGES



SPENCE

There are 9 varieties of oranges you'll want to know by name and by principal characteristics now while oranges are plentiful. Here are brief descriptions.

Navel — Medium to large in size, a thick-skinned orange, good for eating out-of-hand, and also ideal for serving sliced or sectioned. Has characteristic puckered appearance at bloom end. The peel crystallizes well, and makes a good marmalade. In season from October to December except the California season extends from October through April.

Valencia — An excellent juice orange, somewhat elongated vertically (a little egg shaped), large in size and good in flavor. The sections freeze well. Makes a good marmalade.

In season March to July, and the California season extends from March to September or October.

Hamlin — A thin-skinned orange, good for juice and marmalades. In season from October to December.

Parson Brown — A rough-skinned orange which is good for eating as is, for juice, and for marmalades. In season from October to December.

Temple — A bright orange, with a rough and thick skin. Peels easily and is best for eating out-of-hand. In season December through March.

Ponkan — Looks like a large tangerine, peels easily and is best used fresh out-of-hand. In season December through March.

Pineapple Orange — Medium size, round, typical orange color. Has a slightly pineapple flavor. In season November through January.

Murcott — Sometimes called honey orange. Seasonally follows the tangerine. Quite sweet and good for eating out-of-hand. In season February to June.

King — A large orange with a thick, rough skin, easily peeled. It follows the Temple season. Sweet and delicious, it is best for eating out-of-hand. In season March to July.

SPECIALTY CITRUS — The orange family of specialty citrus includes tangerines, tangelos, temple, king, ponkan and murcott oranges. All are loose-skinned, easy to peel, and ideal for eating out-of-hand. Tangerines are in season from late November through January. Tangelos — a cross between a mandarin and a grapefruit — are in season from November through February.

Molded salads can be colorful, glamorous and easy to make. Here's a recipe that has these merits and uses oranges.

MOLDED FRUIT SALAD WITH ORANGES

- 3 oz. cream cheese OR
- 1 cup yoghurt
- 1/4 cup lemon juice
- 1/4 teaspoon salt
- 1 8-oz. can pineapple tidbits
- 1 tablespoon unflavored gelatin
- 1 10-oz. package frozen strawberries, thawed
- 1 cup fresh or canned orange sections, drained

Several leaves lettuce
Allow cream cheese to soften at room temperature. Combine cream cheese or yoghurt with lemon juice and salt; blend well. Drain pineapple. Soften gelatin in the pineapple juice and heat until dissolved. Stir into cream cheese or yoghurt mixture. Add berries. Beat with rotary beater. Chill until mixture begins to thicken. Stir in pineapple and orange sections. Pour into 1-quart mold and

chill until set. Unmold on lettuce.

NOTE: Use only canned or cooked pineapple in gelatin salads. Enzymes in fresh and frozen pineapple prevent gelatin from setting.

- ### ORANGE MUFFINS
- 1/2 cup coarsely grated orange rind
 - 1/2 cup sugar
 - 1/4 cup water
 - 4 tablespoons salad oil
 - 1 cup orange juice
 - 1 egg, well beaten
 - 2 cups sifted flour
 - 2 teaspoons baking powder
 - 1/2 teaspoon salt
 - 1/2 teaspoon soda
 - 4 tablespoons sugar

Combine 1/2 sugar, water and rind in a saucepan. Cook slowly for five minutes, stirring. Remove from heat; add salad oil. Add orange juice and beaten egg. Sift flour, baking powder, salt, soda and 4 tablespoons sugar together. Add orange mixture; stir just enough to moisten ingredients. Batter should be lumpy. Fill greased muffin cups 3/4 full, handling the batter as little as possible. Bake in hot oven, 425 degrees F., 20 to 25 minutes. Serve while hot or cut in half and toast under the broiler. Makes 16 muffins.

Here is a soup you won't find on your grocer's shelf. It's especially thrifty now since it uses several plentiful foods and is equally good as an appetizer or dessert.

SPICY FRUIT SOUP

- 11 or 12 ounces mixed dried fruits
- 1/2 cup seedless light raisins
- 4 cups water
- 2 cups orange juice
- 1 tablespoon quick-cooking tapioca
- 1/4 teaspoon salt
- 1/4 cup sugar
- 1 3-inch stick cinnamon
- 6 whole cloves

Remove prune pits and cut mixed fruits into small pieces. Combine all ingredients. Simmer, covered, until fruits are tender — about 30 to 40 minutes. Remove cinnamon and cloves. Serve hot or chilled.

SHRIMP WITH ORANGES

- 2 1/2 pounds large raw shrimp, cooked, cleaned and deveined
- 1 1/2 pounds onions, peeled and thinly sliced
- 6 oranges, peeled, cut into bite-size pieces
- 1 1/2 cups apple cider vinegar
- 1 cup salad oil
- 1/2 cup catsup

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