



FOR THE
FARM
WIFE
AND
FAMILY

Take A Fresh Look At Citrus

by Mrs. Richard C. Spence

Lemon and oranges are excellent for coloring and flavoring. Oranges and lemons make a delicious breakfast snack.

Fresh lemons are natural with fish and sea food. As ingredients in fish dishes and special sauces lemon juice and grated peel bring out the delicate fish flavor. As garnish lemon wedges add last minute zest and color—plus extra vitamin C.

Fresh oranges and lemons can do lots for meat and poultry—sauces and glazes for ham and duck—marinades for lamb and beef kebabs—basting sauces for steaks, spare ribs, chops and poultry. A generous garnish of orange or lemon adds a fresh colorful touch to all.

Citrus adds fresh taste and variety to vegetables—lemony hollandais and orange sauces, gazes, citrus butters, or just a squeeze of fresh lemon juice for low calorie servings.

Fresh citrus makes for salad success. Oranges combined with apples, salad makings—fruits, vegetables, fish, poultry—add fresh-

ness year round. Lemon juice creates distinctive dressings and low-calorie ones too.

Citrus also makes delicious desserts and drinks—the special flavoring of fresh citrus presents a variety of delightful desserts and drinks. Fresh lemon makes matchless lemon meringue pie as well as many other pies, cakes, puddings, fillings and frostings. Fresh oranges make spectacular cakes, fillings, frostings, along with memorable ambrosia puddings and pies. Fresh lemon is best for lemonade and iced tea. It also livens up tomato juice, other vegetable and fruit juices and party punches.

The grapefruit offers a fresh-

tasting way to vary the diet, has plentiful vitamin C—and has similar low-calorie qualities to the orange. The tangerine is a fun-to-eat fruit. It is also low in calories and high in vitamin C.

And now for some quick, colorful and versatile ways with citrus—

FRESH FRUIT COMPOTE

- 1 (1 pound-13 ounce) can fruits for salad
- 1 (1 pound) can white sweet cherries
- 1/4 teaspoon whole cloves
- 2-inch stick cinnamon
- 2 teaspoons crystalized ginger
- 1/2 cup brown sugar
- 2 tablespoons white wine vinegar
- 4 large oranges, cut into bite-size pieces

Drain juice from canned fruit into saucepan. Add spices, ginger, vinegar. Bring to boil then simmer 5 minutes. Carefully mix in drained fruits and orange pieces. Serve warm with dollop of sour cream or whipped cream. Makes 8 to 10 servings.

FRESH ORANGE SNOW

- 1 envelope unflavored gelatine
- 1/4 cup cold water
- 3/4 cup boiling water
- 1/2 cup sugar
- 1 teaspoon grated orange peel
- 1/2 cup orange juice
- 1/8 teaspoon salt
- 2 egg whites
- 2 oranges, sliced thin

Soften gelatine in cold water.

dissolve in boiling water. Add sugar, grated peel, orange juice. Chill to consistency of unbeaten egg white. Beat egg whites stiff but not dry, gently fold in chilled gelatine mixture. Spoon half into dessert dishes. Cut half of orange slices into quarters, arrange on the snow, then top with rest of mixture. Chill well. Garnish with remaining orange slices. 6 servings.

Drain. Cut fish into six serving pieces, brush with oil. Place in 2 1/2 quart casserole; sprinkle with salt, pepper, dill weed, lemon juice. Top each serving with an onion and lemon slice. Arrange celery and pimiento around fish. Cover with soup, diluted with milk. Bake, covered, in 350 degree oven about 30 minutes, until fish flakes easily with fork. Makes 6 servings.

HALIBUT IN CELERY-DILL SAUCE

- 1 cup celery pieces, 1/2 inch each
- 2 (1 pound) packages frozen halibut, partially thawed
- 2 tablespoons vegetable oil
- Salt and pepper
- 1/4 teaspoon dill weed
- 3 tablespoons lemon juice
- 6 thin onion slices
- 6 thin lemon slices
- 1 pimiento, cut in narrow strips
- 1 (10 1/2 ounce) can cream of celery soup
- 1/2 cup milk

Simmer celery, covered, in a little water for 5 to 10 minutes.

GOLDEN NUGGET FRENCH TOAST

- 4 to 6 oranges
- 1/4 cup sugar or honey
- 3 eggs
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1/2 cup orange juice
- 1/2 cup milk
- 6 slices bread

Peel oranges, cut into bite size pieces. Stir 1/4 cup sugar or honey, into orange pieces, set aside. Beat eggs slightly, add salt; 2 tablespoons sugar, orange juice, and milk. Dip bread slices in egg mixture, brown both sides on well-greased griddle. Serve

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