



FOR THE
**FARM
WIFE
AND
FAMILY**

Tantalizing Tangerines

By Mrs. Richard C. Spence

The tangerine is jokingly called the "kid glove" fruit because it has loose, easy-to-peel skin. It sections so easily too — without squirts squashing or oozing. Added to these attributes, tangerines arrive on the market in November and with faultless timing, continue, one variety following the other until April. Tangelos, mandarins, temples and tangerines are all marketed under the name of tangerines. Each has much the same characteristics — easy to peel and eat — easy to use the juice and grated peel as a part of a recipe. Although each variety may differ some in size and flavor, they can be used interchangeably in recipes.

Tangerines taste great any time. Here are just a few recipes that will start you and tangerines on a round of taste fun.

TANGERINE FRUIT SALAD

- 4 tangerines, peeled, sectioned seeded
 - 1 grapefruit, peeled, sectioned cut into halves
 - 1 apple, unpeeled, cored, diced
 - 6 maraschino cherries, quartered
 - 2 tablespoons maraschino cherry juice
 - 2 tablespoons sugar
 - 1 cup dairy sour cream
 - 1 large banana, sliced
- Salad greens
¼ cup sliced toasted almonds

Combine tangerines, grapefruit, apple and maraschino cherries. Blend maraschino cherry juice, sugar and sour cream; stir through fruit mixture. Refrigerate an hour or longer. Just before serving add sliced banana. Arrange salad greens on individual salad plates, spoon fruit in center of salad greens. Sprinkle with toasted almonds. 6 to 8 servings.

TANGERINE COLESLAW

- 1 medium head cabbage, finely shredded (6 cups)
- 2 cups tangerine sections
- 1 cup seedless grapes
- 2 tablespoons coarsely chopped nuts
- ¾ cup mayonnaise
- ¾ cup dairy sour cream
- ½ teaspoon salt
- ¼ teaspoon curry powder

Chill shredded cabbage well. Cut 1½ cups tangerine sections in half. Cut seedless grapes in half. Combine cabbage, 1½ cups tangerine pieces, seedless grapes and nuts in salad bowl. Combine mayonnaise, sour cream, salt and curry powder. Pour over cole-

slaw; toss lightly. Chill. Serve garnished with remaining ½ cup tangerine sections. 8 servings.

"YUM-YUM" YAMS AND TANGERINES

- 4 medium to large tangerines
- 2 cans (1 pound each) whole yams
- 3 to 4 tablespoons butter or margarine
- 1½ cups miniature marshmallows

Remove peel from three tangerines; separate into sections, removing any seeds. Grate the peel from remaining tangerine to yield 1 teaspoon; reserve. Ream the juice from the tangerine to yield ¼ to ½ cup. Drain yams; place in shallow baking dish. Top yams with tangerine sections, sprinkle with grated peel. Add tangerine juice; dot with butter. Arrange marshmallows evenly over top of casserole. Bake, uncovered, at 350 degrees until nicely browned and bubbly, about 25 minutes. 4 to 6 servings.

TANGERINE TAPIOCA PARFAIT

- 1 package (3¼ ounce) vanilla tapioca pudding mix
- 3 to 4 medium to large tangerines, peeled, sectioned
- 2 to 4 tablespoons sugar
- 1 cup heavy cream, whipped, or whipped topping

Prepare tapioca pudding according to package directions,

cool. Reserve 6 to 8 large tangerine sections for garnish; cut remaining sections in half. Sweeten cut tangerines with sugar to taste. In parfait glasses alternate layers of tapioca pudding, sweetened tangerine pieces and whipped cream. Top each serving with a whole tangerine section. Chill. 6 to 8 servings.

TANGERINE BRAN MUFFINS

- 1 cup whole bran cereal
- 1 cup milk
- 1 tablespoon freshly grated tangerine peel
- 2 tablespoons freshly squeezed tangerine juice
- 1 egg
- ¼ cup salad oil
- 1¼ cups sifted flour
- 3 teaspoons baking powder
- ¼ teaspoon soda
- ½ teaspoon salt
- ¼ cup sugar
- 1 tangerine, peeled, sectioned seeded

In mixing bowl combine bran cereal and milk, let stand until most of moisture is absorbed. Add tangerine peel and juice, egg and oil, beat well. Resift flour with dry ingredients; add to bran mixture and stir just enough to blend. Spoon into greased muffin pans, filling about ¾ full. Top each muffin with a tangerine section. Bake at 400 degrees for 25 to 30 minutes. Makes about 12 muffins.

POUND CAKE WITH FRESH TANGERINES

- 1 pound cake (12 ounces)
- ½ cup sugar
- ½ cup tangerine juice
- 1 tablespoon lemon juice
- 2 tablespoons tangerine peel
- 1 envelope dessert topping mix, whipped or 1 cup heavy cream, whipped and slightly sweetened
- 1 to 2 tangerines, separated into sections, seeded

Pierce top and bottom of cake well with a fork. Place in shallow baking pan, heat at 350 degrees for 10 minutes. Meanwhile in small saucepan combine sugar, tangerine and lemon juice; boil hard for 3 minutes until slightly thick, stirring occasionally. Slowly spoon half of hot sauce over bottom of warm cake; turn cake over and spoon remaining sauce over top of cake. Let stand 5 minutes, then slice into serving



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pieces and place on platter or individual plates. Just before serving, stir tangerine peel into whipped topping mix or whipped cream. Spoon generous dollops over each piece of cake; garnish with fresh tangerine sections.

TANGERINES MAKE WONDERFUL JUICE — To juice, cut fruit in half just as you do an orange. Use a light hand pressure when reaming juice. This will keep peel intact. After juicing, the peel can be sliced, minced or candied. It adds a flavor all its own to cookies, cakes or puddings.

TANGERINES ARE EASILY GRATED — Always use a sharp grater. Using the whole fruit, make two or three quick, light strokes to remove only the outer layer of peel, containing the exotic zesty oils. They add that unique flavor to a recipe. After

grating fruit, peel and use the sections.

Remember, too, that tangerine peel, in any form, can be stored in air-tight containers and frozen for future use.

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