

APRIL FOOLERS

LOW-CAL DESSERTS

*It is a thing to be disputed
Which is the greatest fool reputed,
The man who innocently went
Or he that him designedly sent?*

—Poor Robin's Almanac, 1728

April 1, or All Fools' Day, is traditionally the time for what used to be called "sleeveless" errands. Over a century and a half ago in England, endless would be the joy if a rustic could be persuaded to go to the village bookstore for a "history of Eve's Grandmother" to the grocer's for a pint of pigeon's milk... to the shoemaker's for strap oil. The latter was a prime favorite. The shoemaker, if he were up to the game, would promptly give the innocent customer the strap with no oil to moisten it.

Modern ruses are inclined to be less elaborate, although children may still try to get

each other to run sleeveless errands. Our own April foolers are culinary but still involve the traditional element... surprise. We offer two orange desserts that appear wonderfully rich and calorie laden, are in fact mercifully low in calories.

SURPRISE BARGAIN

Another surprise element is also most pleasant. Frozen orange juice concentrate that provides both desserts with such fine flavor is one of the biggest food bargains of the year. The government has just confirmed by way of the latest nationwide price index that

the average cost of a six-ounce container of frozen orange juice is at its lowest figure in over a year. While the prices of other staple foods have been spiralling, the price of concentrate is still falling.

As for specifics, Fools' Orange Paradise is a creamy gel mixture... each serving yields only 57 calories. There's an Italian-style ices, too, that's wonderfully simple to prepare. Orange Gelato Surprise requires only about 5 minutes cooking time and most of the work is done by the freezer tray.

Both are delicious, look rich and forbidden, have a benign calorie count. Surprise! Surprise!

FOOLS' ORANGE PARADISE

- 1 envelope unflavored gelatine
- 1/2 cup cold water
- 1 can (6 ounces) frozen orange juice concentrate, kept frozen, divided
- Non-nutritive sweetener equivalent to 1/2 cup sugar
- 2 egg whites
- 1/4 cup sugar
- 1/2 cup nonfat dry milk powder
- 1/2 cup ice water

Sprinkle gelatine over water, in saucepan. Place over low heat; stir constantly until gelatine dissolves, 2 to 3 minutes. Remove from heat. Reserve 1 tablespoon undiluted orange concentrate for beating with whipped milk; add the rest with non-nutritive sweetener to dissolved gelatine and stir until melted. Chill stirring occasionally, until mixture thickens and mounds slightly when dropped from a spoon. Beat egg whites until soft peaks form. Gradually add sugar and beat until stiff peaks form; fold into orange mixture. In same mixing bowl combine dry milk powder and ice water. Using the same beater, beat until soft peaks form, 3 to 4 minutes. Add reserved 1 tablespoon undiluted orange concentrate. Continue beating until firm peaks form, 3 to 4 minutes longer. Fold into orange mixture. Spoon into small dessert dishes or demi-tasse cups, piling the mixture high. Refrigerate until set. Serve garnished, if desired, with mint sprigs and orange sections.

YIELD: 12 servings, 1/2 cup each; 57 calories per serving.

ORANGE GELATO SURPRISE

- 1 envelope unflavored gelatine

- 1/2 cup sugar
- 1/2 cup nonfat dry milk powder
- 2 cups skimmed milk
- 1 tablespoon grated orange rind
- 6 tablespoons frozen orange juice concentrate, thawed, undiluted
- 2 egg whites

Mix together gelatine, sugar and nonfat dry milk powder in saucepan. Stir in milk. Place over low heat; stir constantly until gelatine dissolves, 5 to 8 minutes. Remove from heat. Pour into freezer tray or

shallow pan and freeze until firm. Turn into chilled bowl. Add orange rind, undiluted orange concentrate and egg whites. Beat at high speed of electric mixer until mixture is smooth. Return to freezer tray; freeze until firm. Let stand at room temperature about 5 minutes before spooning into dessert dishes.

YIELD: 10 servings, 1/2 cup each; 90 calories per serving.

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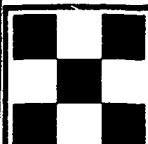
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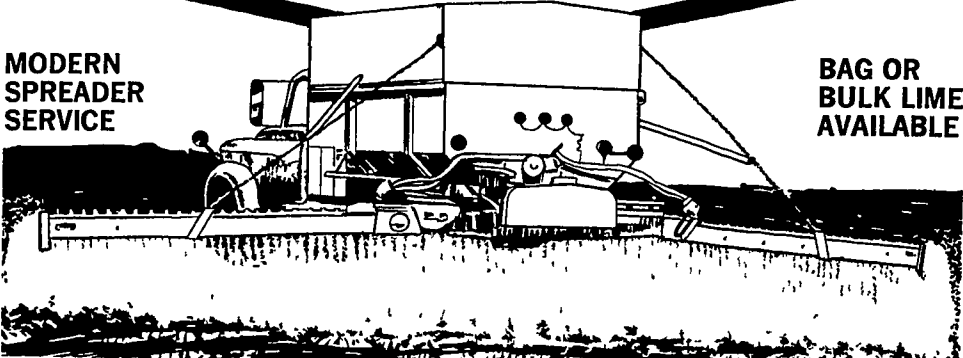
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