

THE MICRO WAY LANI BLOOMER



A Picnic Shortcake?

One of the greatest things about summer is the plentiful supply of fresh fruit available. From the berries in June to late August, when the local peaches are ready... each fruit in turn is my favorite! Desserts made with fresh fruit are the best!

Here's a fresh fruit shortcake for dessert that uses summer's abundance of fruit. It's delicious with any fresh berries, or with sliced peaches, bananas, or what ever you have available.

Unlike other shortcakes however, this one is made ahead of time in a large pan and it keeps well! This makes it great for company or to take to a picnic in a cooler. If necessary, it will feed an extra person or two, depending on how you cut the pieces.

Picnic Shortcake can be made completely from scratch if you want. Or if you're short of time, use a purchased cake or mix. Thawed and drained frozen fruit may be used instead of fresh, if necessary.

This recipe uses a can of sweetened condensed milk as one of the ingredients. Did you know you can make sweetened condensed milk at home yourself? It's

easy with a microwave, less expensive if you make it yourself, and only has three ingredients. I've included this recipe too, to try if you want.

Sweetened Condensed Milk
 ½ cup cold water
 1½ cups dry milk powder
 ¾ cup sugar

1. Stir dry milk and water together in an 8-cup measure or large heatproof glass bowl. Microwave on high for 2 minutes, stirring after 1 minute.

2. Put hot milk in a blender and blend on high speed for about a minute, until smooth. (Don't omit this step or the final product will be grainy.)

3. Return milk to measure and stir in sugar.

4. Microwave on high for 2 to 3 minutes, stirring every minute, until the mixture boils and thickens. If mixture starts to boil over, stir, then return to oven.

5. Cool before using in a recipe. Store, covered in refrigerator for up to one week, or freeze for longer storage. Makes 1½ cups or the equivalent of one 14-ounce can.

TIP: Stale milk powder (a package that's been opened a long time) may give the sweetened condensed milk a funny taste. For best results, use a freshly opened package, and store powder in freezer!

Picnic Shortcake

1 14-ounce can sweetened condensed milk
 1 cup cold water
 1 3 1/8-ounce package instant vanilla pudding mix
 1 loaf pound cake
 1 cup whipping cream, whipped (or 1 8-ounce container frozen whipped topping, thawed)
 4 cups fresh ripe fruit, cleaned and sliced, etc. (or 2 10-ounce packages frozen fruit, thawed and drained)

1. Combine sweetened condensed milk and water in a large mixing bowl and blend well. Stir in pudding mix and beat until smooth. Chill about 5 minutes.

2. Cut cake horizontally into ¼-inch slices and arrange half of the pieces to cover the bottom of a

9 x 13-inch pan.

3. Fold whipped cream into pudding mixture. Pour half the cream mix over the cake slices in the pan. Arrange 2 cups of the fruit over the cream.

4. Repeat layers of cake, cream and fruit, ending with fruit on top. Chill until set, 4 hours or overnight. Serve cold, cut into squares. Serves 12 to 18.

Tips

— Cake and cream keep well for

several days if refrigerated, but the quality of the fresh fruit starts to deteriorate if stored longer than 24 hours.

— Toss fresh peaches with lemon juice to prevent darkening.

— Angel food, sponge or chiffon cake could be used instead of a pound cake. However, these cakes cannot be baked in a microwave; they need hot dry air to bake properly.

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Julie Worobey Selected Wayne County Dairy Princess

SEELYVILLE — Julie Worobey of Preston Park was recently selected 1986-87 Wayne County Dairy Princess during the annual pageant at the Seelyville Fire Hall.

The daughter of Mr. and Mrs. Anthony Worobey, she is a 1986 graduate of Hancock Central School and plans to study pre-veterinary at Penn State. Julie lives on the 160-acre family farm where they raise Holsteins.

Alternate princess is Nancy Vail, the daughter of Mr. and Mrs. Milton Vail of Honesdale. Nancy attended Honesdale High School and lives and works on the 330-acre family farm. Nancy's cattle are combined with the family's herd of

Holsteins, Jerseys and Ayrshires. Selected Dairy Maid was Gillian Kieff, the daughter of Mr. and Mrs. Robert Kieff of Hawley. Gillian attends Honesdale High School. She lives on the 112-acre family farm where they have a Holstein herd.

The alternate dairy maid title went to Jeanette Warring, the daughter of Mrs. Jean Warring, Pleasant Mount. Jeanette attends Forest City Regional High School. She lives in Pleasant Mount and keeps five Holsteins on a neighbor's farm.

All four young women will serve as ambassadors of the county's dairy industry until July 1, 1987.

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