

Serve A Valentine Souffle

HARRISBURG (Dauphin Co.) — This Valentine's day, take the traditional path to your special Valentine — the sweet tooth. A souffle is an exotic sweet treat for anyone, especially at Valentine's day. This luscious delectable made expressly for that special person will impress and delight ... but they're deceptively simple. Surprisingly, the perfect souffle is not nearly as elusive as first believed. The following step-by-step strategies will ensure that any cook will be successful with this process.

1. Take a good, long look at the recipe before you start. Organize ingredients and equipment that you will need.
2. Butter and dust every square inch of your souffle dish with sugar. The sugar provides traction for the baking souffle to climb up the slippery sides of the dish.
3. If the unbaked souffle comes to with 1/2 inch of the top of the dish, add a collar. Use a triple thickness of foil to fashion a 4-inch wide band that will go around the dish and overlap 2 inches. Butter the band and dust with sugar. Wrap the collar around the dish, sugared side in, with the edge of the collar extending at least 2 inches beyond the top of the dish; fasten with paper clips. After baking, remove the collar.
4. The best souffle goes to the oven ASAP. If necessary, however, you can refrigerate an unbaked souffle, covered, in the dish for up to 2 hours.
5. By all means, preheat the oven before baking the souffle.
6. You have heard it before: once the souffle is in the oven, do not peck. Nothing de-puffs a baking souffle like a blast of cold air.
7. When is the souffle done? To test, gently move the oven rack. If

he souffle jiggles in the center, turn it to the oven for a few minutes more baking.

8. Better that your sweetheart should wait for the souffle than your souffle should wait for your sweetheart. If your souffle must wait, however, let it stand in the oven with the heat off for no more than 10 minutes.

9. Camouflage cracks prettily with a dusting of confectioners sugar.

10. Serve your souffle with savvy. Gently break the top crust into portions with two forks held back to back. Spoon out portions. Include some crust with each serving.

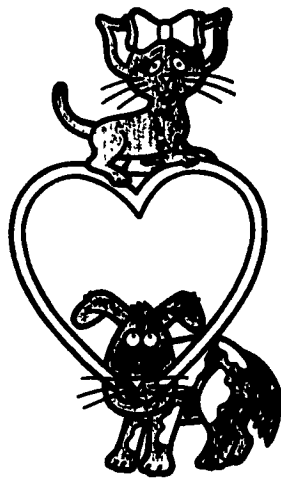
White Chocolate Souffle with Raspberry Cherry Sauce 4 servings

Souffle:
 4 egg yolks
 3 tablespoons sugar
 1/4 cup all-purpose flour
 1/4 cup plus 2 tablespoons milk
 1/4 cup creme de cacao, divided
 5 ounces white chocolate, melted
 5 egg whites, at room temperature
 1/4 teaspoon cream of tartar
 2 tablespoons sugar
 confectioners sugar

Sauce:
 1 package (10 ounces) frozen raspberries in syrup, thawed and drained
 6 tablespoons raspberry preserves
 1 tablespoon raspberry liqueur, if desired
 1/2 cup chopped sweet cherries, well drained

For souffle, beat egg yolks and 3 tablespoons sugar in small mixer bowl until creamy, about 1 minute. Add flour and beat just until blended. Gradually beat in milk and 2 tablespoons creme de cacao. Transfer yolk mixture to a medium-sized heavy saucepan. Cook over low heat, stirring constantly, until mixture thickens; do not boil. Cool mixture until just warm to the touch. Preheat oven to 375°F. Stir melted chocolate into cooled custard. Beat egg whites and cream of tartar until foamy. Gradually beat in 2 tablespoons sugar; beat until stiff but not dry. Place custard mixture in large mixer bowl. Stir in remaining 2 tablespoons creme de cacao. Gradually, fold in egg whites, 1/4 at a time. Pour into buttered and sugared 6-cup souffle dish. Bake 30 to 35 minutes or until puffed and just firm to the touch. Dust with confectioners sugar.

Meanwhile for sauce, combine raspberries and preserves in small heavy saucepan. Bring to boiling, stirring constantly; boil 1 minute. Strain to eliminate seeds. Stir in liqueur and cherries. Let stand at room temperature until souffle is baked. Spoon over each serving.



Veal Ambassador Search

HARRISBURG (Dauphin Co.) — The Pennsylvania Beef Council is currently accepting applications for the 1994 Veal Ambassador/Promotion Assistant Program.

The Veal Ambassador program is designed to provide an opportunity for interested individuals, ages 18-23, to promote veal to consumers at various functions, including retail promotions, health fairs, and mall exhibits from mid May to August 1994. Individuals selected are reimbursed for their time and expenses.

"The Veal Ambassador program is an excellent opportunity for students to gain valuable market-

ing and sales experience," says David Ivan, executive director of the Beef Council. "If an individual is interested in agriculture and marketing, this program is an ideal work experience."

Interested individuals are asked to send a resume to the Pennsylvania Beef Council office, 4714 Orchard Street, Harrisburg, PA 17109, by April 1. Additional information can be obtained by calling the Beef Council at (717) 545-6000.

The Veal Ambassador program is part of a coordinated veal marketing plan funded by producers through the \$1 per head checkoff program.

Valentines From The Kitchen

Let your children help you make and serve Valentine's from the kitchen. Here are some ideas to get you started:

- Heart shaped french toast. Cut hearts from bread with a cookie cutter. Tear left over bread in pieces for stuffing and freeze for later use.

- Heart shaped cheese for snacks. Using a small cookie cutter, cut hearts out of processed cheese slices or thinly sliced cheese. Left over cheese can be used for a cheese sauce or macaroni and cheese.

- Heart shaped cookies. Make

sand tarts and cut into heart shapes. After cookies are baked and cooled, dip one side into a thin icing of water and confectioners' sugar. Place cookies on wax paper to catch any drips. Icing dries to a glossy shine. Icing color can be red or shades of pink. (For busy families, save time and make dough one night and then roll out, bake and decorate the next.)

- Heart shaped meatloaf. Form and bake meatloaf in a heart shaped cake pan. Add a little catsup for a garnish and you can tell your loved ones that my heart bleeds for you!



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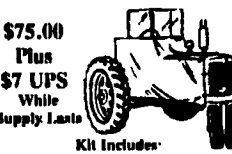
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