

Dairy Desserts Top List Of America's Favorite Foods

Ice cream lovers get ready for the fourteenth celebration of Ice Cream Month this July.

Nothing beats the cool, creamy sensation of this frozen dairy treat. Just ask the 98 percent of us who indulge, consuming about 23 quarts of ice cream annually.

Our favorite flavors? In descending order they are vanilla, fruit flavors, nut flavors, candy mix-in flavors, chocolate neapoli-

tan and cake/cookie flavors. In the mood for something a little different? How about Jalapeno Pepper (vanilla ice cream with mild jalapeno peppers) or Prickly Pear, ice cream with pieces of cactus fruit. If you would just like to dress up an old stand-by, try one of American's favorite toppings (in descending order): hot fudge, chocolate fudge, caramel, butterscotch, and strawberry.

It should come as no surprise that ice cream sales are greatest in the warm weather months of June through September, with peak sales in July. And while ice cream appeals to all age groups, 13- to 17-year-olds consume the most, accounting for 53 percent of ice cream sales every week. Location also is a factor in how much ice cream we eat. New Englanders eat close to 30 quarts each year, while

people on the West Coast eat 24. Folks in Iowa, Kansas, Minnesota, Missouri, Nebraska, and the Dakotas gobble up about 35 quarts a year each.

Bring On The Yogurt

Topping the list of dairy dessert success stories is the increasingly popular frozen yogurt. Frozen yogurt tallied sales of \$1.7 billion last year, up 28 percent from 1992. New flavors and flavor com-

binations are adding to frozen yogurt's popularity. Another reason for yogurt's booming success is its ability to transcend all age groups. Originally targeted to "yuppies," frozen yogurt appeals to children and in particular, adults watching their calories intake.

Novel Ideas

In the mood for something really different? Try a frozen novelty. The novelty revolution was launched between 1919 and 1924 with the invention of the Eskimo Pie, Good Humor Bar, and Popsicle. Today's frozen novelties have come a long way since then. They are available in countless flavors, coatings, shapes, and sizes and are made with ice cream, ice milk, yogurt, sherbet, and fruit juice and cream combinations. Total frozen novelty sales have reached more than \$3.3 billion and now account for nearly one-third of total retail dollar sales of all frozen desserts.

No matter what form it takes - scooped in a dish, topped with fruit and nuts or dipped in chocolate and frozen on a stick - ice cream and frozen dairy desserts continue to top the list of America's favorite foods.

Cook's Question

(Continued from Page B8)

ANSWER — J. Medaglia, Birdsboro, wanted recipes for using dry meringue powder. Thanks to Betty Light, Lebanon, for sending one.

Chocolate Chip Meringues

4 egg whites
1 teaspoon vanilla
Dash salt
1 cup sugar
1 cup chocolate bits
1 cup chopped pecans or walnuts

Add vanilla and salt to egg whites (that are at room temperature) beat until frothy. Gradually add sugar. Beat until stiff peaks form.

Carefully fold in chocolate bits and nuts. Drop by teaspoon on a greased cookie sheet. Put in preheated oven to 350 degrees. Close door and turn off oven. Do not open for 4 to 5 hours. May be left in oven overnight. Cannot be made successfully on a humid or rainy day.

Yield: 2½ dozen. Can freeze.

ANSWER — Harriet Young, Long Island, N.Y., wanted a recipe for cucumber salad like that served at Bird-in-Hand Restaurant. Thanks to Alta Hoshour, Bowmansville, for sending a recipe.

Cucumber And Onion Salad

2 medium cucumbers
2 medium onions
Salt
2-3 tablespoons mayonnaise
1 tablespoon sugar or 2 packs artificial sweetener
1 tablespoon vinegar

Peel cucumber and onions and slice thinly. Sprinkle salt on the cucumber and onion mixture. Let stand overnight in refrigerator.

In morning, rinse and drain well.

Beat together the mayonnaise, sugar, and vinegar until creamy. Stir in mixed cucumbers and onions (the dressing should be plentiful so the salad is creamy. Increase amount of dressing ingredients proportionally if needed).

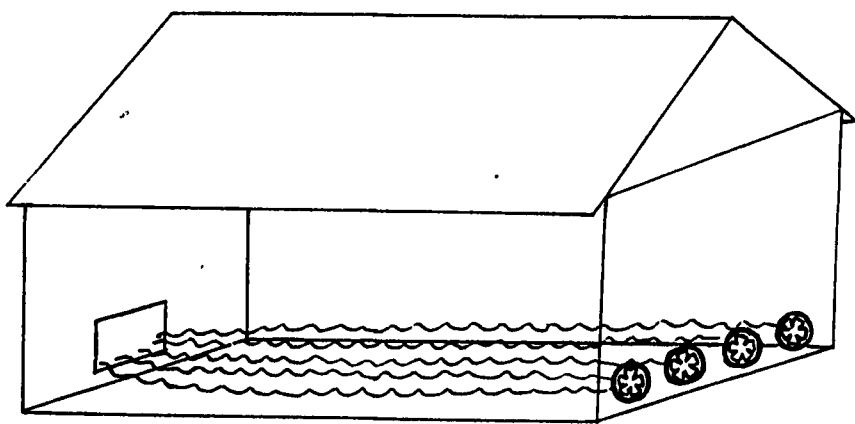
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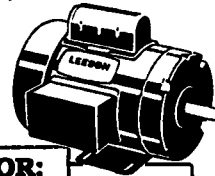
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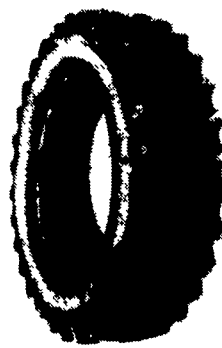
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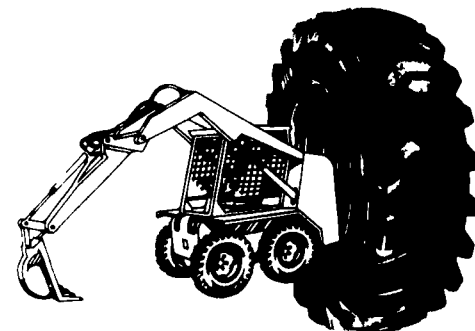


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