

Home on the Range

Jazz It Up With Tropical Fruits

In the past, seasons were defined by the fruit appearing at the supermarket, but now, fresh fruits appear year-round. The sources often vary from week to week, but the taste is similar regardless of where it was grown.

Prices do vary, but for those who love fruit — it's well worth the extra cost to enjoy year-round good taste.

Fresh tropical fruits taste great alone — but when combined with other foods — the varied tastes are limitless.

Here are some wonderful recipes that will jazz up your menus with tropical fruits.

LEMON JELL-O SALAD

6-ounces lemon Jell-O
2 cups boiling water
½ cup small marshmallows
20-ounce can crushed pineapple, drained

1 cup cold water
2 bananas

Topping:

1 cup reserved pineapple juice
2 tablespoons flour
1 egg
2 tablespoons butter
½ cup sugar
1 package Dream Whip
½ cup chopped nuts or cheddar cheese (optional)

Dissolve Jell-O in boiling water. Melt marshmallows in boiling mixture. Add pineapple and 1 cup cold water. Slice 2 bananas on bottom of 9x13-inch pan, pour liquid in and refrigerate to set. In saucepan, mix flour and sugar. Add butter, pineapple juice, and egg. Cook until thickened. Cool. Fold in whipped topping and spread over gelatin mixture. Sprinkle with nuts or cheddar cheese. Yields: 12 servings.

D. Wenger

TROPICAL PUDDING

3 eggs, beaten well
3 tablespoons flour
¼ cup sugar
Juice from 1 can pineapples
1 cup water

Cook in a double boiler until thick. Cool. Mix in cubed pineapples, bananas, marshmallows, and nuts. If desired, add whipped cream.

D. Wenger

PINEAPPLE BLITZ TORTE

Meringue:

3 egg whites
¼ teaspoon cream of tartar
¼ cup sugar
¼ cup sliced almonds

Cake:

½ cup butter
1 cup sugar
1½ cup sifted cake flour
2½ teaspoons baking powder
½ teaspoon salt
¼ cup milk
1 teaspoon vanilla
2 eggs

Pineapple cream filling

1 cup whipping cream, whipped

For meringue, beat egg whites with cream of tartar until soft peaks form. Add sugar, 2 tablespoons at a time, beating well after each addition until all sugar is dissolved and whites are stiff and glossy. Set aside.

For cake, butter two 9-inch round cake pans. Line bottoms with waxed paper, butter paper. Cream butter. Combine 1 cup sugar, flour, baking powder and salt. Add to butter along with milk and vanilla; mix until dry ingredients are moistened. Beat 2 minutes on low speed of mixer. Add eggs and beat one additional minute. Spread in prepared pans. Spread half of meringue over batter in each pan being careful to keep meringue 1½-inches from sides of pan. Sprinkle almonds over meringue. Bake in preheated oven for 30 to 35 minutes. Cool in pans on rack 15 minutes. Turn out on rack and remove waxed paper. Turn meringue side up again. Cool. Fill with pineapple cream filling and frost sides with whipped cream.

Pineapple Cream Filling:

8½ ounces crushed pineapple, chilled

1 teaspoon unflavored gelatin
1 cup whipping cream
2 tablespoons confectioners' sugar

½ teaspoon rum extract
Drain pineapple, reserving ¼ cup juice. Set aside pineapple. Sprinkle gelatin over juice to soften; heat over low heat, stirring constantly until gelatin is dissolved. Cool to room temperature. Whip cream in chilled bowl with chilled beaters until stiff peaks form, scraping bowl occasionally. Fold in sugar, rum extract, reserved pineapple and gelatin mixture.



Pineapples are refreshing in many different dishes.

CREAMY LEMON COCONUT PIE

Crust:

¼ cup toasted flaked coconut
¼ cup graham cracker crumbs
¼ cup butter, melted

To toast coconut, spread coconut in shallow baking pan. Place in preheated 350 degree oven. Bake until lightly browned, about 10 minutes, stirring frequently or until browned as desired.

Filling:

2 cups cottage cheese
1½ cups milk, divided
2 packages (3¼-ounces each) lemon instant pudding
2 teaspoons grated lemon peel (optional)
¼ cup dairy sour cream
¼ cup toasted flaked coconut

For crust, combine ¼ cup coconut, graham cracker crumbs, and melted butter. Press evenly onto bottom and sides of 9-inch pie plate. Chill.

For filling, place cottage cheese and ¼ cup milk in work bowl of food processor; process until smooth. Prepare pudding, mix according to package directions using 1½ cups milk. Stir in cottage cheese mixture; add lemon peel, if desired. Pour mixture into prepared crust. Top with sour cream; sprinkle with remaining ¼ cup coconut. Chill. Several hours.

S. Semmel

PINEAPPLE LIME PLEASER

20 ounces crushed pineapple in unsweetened juice, chilled
1 pint lime sherbet
1½ cups cold milk
4 teaspoons fresh lime juice
Place pineapple and juice in blender container; cover. Puree until smooth and frothy. Add half the sherbet and half the milk. Blend until smooth. Add remaining ingredients. Blend until smooth and frothy. Serve immediately in tall chilled glasses. Yield: 5 cups.

S. Semmel
Northampton-Lehigh
Dairy Princess

BAKED PINEAPPLE

½ cup butter
¼ -¾ cup sugar
3 eggs, beaten
20-ounces crushed pineapple
4 slices white bread, cubed
Dash salt
Cream butter and sugar. Add eggs, one at a time, mix well. Add remaining ingredients, including pineapple juice from pineapple; mix well.

Turn into 8-inch butter square dish. Bake at 350 degrees for 50 minutes.

Sarah Clark
Breezewood

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

May

- 13- Mother's Favorite Recipe
- 20- Rhubarb, Strawberries
- 27- Dinner's On The Grill

June

- 3- June Dairy Month

Featured Recipe

Keep canned pineapples in your pantry. And send for a free recipe brochure for the many different ways to use them.

For the pineapple recipes, send a self-addressed envelope to Dole Consumer Center, P.O. Box 8109-B, Clinton, IA 52736.

Enjoy this recipe from the brochure.

HONEY MUSTARD CHICKEN

6 boneless, skinless, chicken breast halves
2 large cloves garlic, pressed
1 teaspoon thyme, crumbled
Salt and pepper to taste
2 teaspoons vegetable oil
1 cup pineapple juice
¼ cup honey
¼ cup Dijon mustard
1 tablespoon cornstarch
Rub chicken with garlic and thyme. Season with salt and pepper. In nonstick skillet, brown chicken in oil. Combine pineapple juice, honey, mustard, and cornstarch until well blended. Pour over chicken. Cover, simmer 15 minutes, stirring occasionally. Serves 6.

Per serving: 223 calories, 28 g protein, 3 g fat, 20 g carbohydrate, 208 mg sodium, 68 mg cholesterol.