

Boldness Of Summer At Your Dinner Table

Summer Vegetable Ring

2 pounds new potatoes

6 tablespoons butter or margarine, divided

2 cloves garlic, minced

11/2 pounds fresh green beans, cut into 11/2-inch pieces

3 large tomatoes, peeled and chopped

11/2 teaspoons dried leaf basil

11/4 teaspoons salt

1/8 teaspoon pepper

1 tablespoon fresh lemon juice

Scrub new potatoes. With a vegetable peeler or sharp knife, remove a strip of peel around center of each potato. Cook potatoes in boiling salted water to cover until just tender, about 20 minutes. While potatoes cook, melt 4 tablespoons butter in large skillet. Add garlic, green beans, tomatoes, basil, salt and pepper. Cover and cook over medium heat, stirring occasionally about 20 minutes or until beans are crisptender. Drain cooked potatoes. Melt remaining 2 tablespoons butter in saucepan, add lemon juice and pour over potatoes. To serve place green bean and tomato mixture in center of a shallow bowl and surround with ring of buttered new potatoes.

Makes: 6 servings.

Stir-Fry Asparagus

2 pounds fresh asparagus

1/4 cup butter or margarine

1/2 teaspoon salt

1/8 teaspoon pepper

1/2 teaspoon dried leaf thyme

Wash asparagus. Snap off ends as far down as they break easily. Cut into diagonal 2-inch pieces. Melt butter in large skillet. Add asparagus and sprinkle with seasonings. Cover and cook over medium high heat about 5 minutes, stirring occasionally until lower part of stalk is just crisp-tender.

Makes: 4 to 6 servings.

Artichokes with Hollandaise sauce

4 artichokes

1 lemon, sliced

1 teaspoon salt

1 teaspoon ground coriander

Rinse artichokes in cold water. Turn each artichoke on its side, and with a sharp knife cut off about 1 inch of the top. Cut off stem close to the base. Pull off loose leaves around the bottom. Snip off sharp leaf tips with scissors. In a large saucepan or kettle bring 2 to 3 inches water to boil. Add lemon, salt, coriander and prepared artichokes. Simmer 30 to 40 minutes, until stem is fork-tender and a leaf pulls easily from the base. Turn upside down to drain. Serve with Hollandaise Sauce.

Makes: 4 servings.

HOLLANDAISE SAUCE

3 egg yolks

1/2 teaspoon salt

Vash cayenne Vacup butter or margarine, melted

2 tablespoons fresh lemon juice

1 teaspoons tresh lemon juice 1 teaspoon chopped fresh parsley

Beat egg yolks until thick and lemon colored; mix in salt and cayenne. Gradually blend in 3 tablespoons melted butter, beating constantly. Slowly beat in remaining butter alter-

nately with lemon juice. Sprinkle with parsley.

Makes: about 1 cup.

Note: For Blender Hollandaise Sauce, place egg yolks, lemon juice, salt and cayenne in blender container. Cover and process until smooth.

Turn to high speed and remove cover. Gradually pour in hot butter, in a steady stream; blend until thickened. Pour into a small bowl, serve at once sprinkled with parsley.

Makes: About 1 cup.

How to Eat an Artichoke: Pull off a leaf from base of artichoke and hold tip between fingers. Dip the broad end of the leaf in the hollandaise sauce. Pull leaf with sauce between teeth to scrape off flesh.

Pull off and eat each leaf in this manner, until you come to the heart which is covered by the hairy center called the choke. Scrap off and discard the choke and eat the heart with a knife and fork, sprinkling first with salt and pepper to taste.

Danish Fruit Tart

TART SHELL:

11/2 cups sifted all-purpose flour

2 tablespoons sugar

1/4 teaspoon salt

6 tablespoons butter or margarine, chilled

2 tablespoons vegetable shortening

4 to 5 tablespoons cold water

Sift flour, sugar and salt into large mixing bowl. Add butter and vegetable shortening. Rub with tips of fingers until mixture resembles oatmeal flakes. Sprinkle water over mixture and mix lightly with a fork. Form into ball on a lightly floured pastry board or cloth. Roll into a 12-inch circle. Fit into a 9 or 10-inch tart pan with a removable bottom, or a 9-inch pie plate. Chill.

Line with waxed paper and fill with uncooked rice to keep dough from shrinking or puffing. Bake in a 375 degree F. oven 15 minutes. Remove the rice and waxed paper, bake 15 minutes longer until slightly browned.

Cool.

RHUBARB FILLING:

1/2 pound rhubarb (about 13/4 cups sliced)

1/4 cup water

1/4 cup water 1/4 cup sugar*

Juice of one fresh lemon

1 tablespoon cornstarch

2 tablespoons cold water

Cut rhubarb into ½-inch slices. Combine in saucepan with ¼ cup water, sugar and lemon juice. Cover and simmer 10 minutes, until pieces come apart into strings when stirred with a fork. Mix cornstarch with 2 tablespoons cold water to make a paste. Stir into rhubarb. Cook, stirring constantly, for 5 minutes, until sauce is thickened.

Remove from heat; cool.

*For a sweeter filling, increase sugar to one-third cup.

To assemble:

1 pint fresh strawberries, hulled and halved

1/2 cup heavy cream, whipped

Just before serving, spread rhubarb sauce evenly over tart shell. Arrange sliced strawberries over sauce, reserving one whole berry for garnish. Top center with whipped cream and whole berry.

Makes: 8 servings.