GOURMET TOUCH TO EVERYDAY COOKING WITH SOUR CREAM

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Dairy sour cream can make everyday cooking as exciting as the exotic cuisine of world famous chefs. It adds a new flavor to family favorites.

Cooks of Central and Eastern Europe have long enjoyed the versatility of sour cream. They discovered that sweet cream fermented to a tangy, thick cream food was delicious spread over a thick slice of dark rye, tossed with salad greens, swirled over cold soups, spooned over plump blintzes.

The dairy sour cream you purchase today is cultured fresh cream. This carefully regulated dairy process brings sour cream that is uniformly thick, smooth, velvety soft and zesty. Dairy sour cream is consistently of the finest quality; use it in standardized recipes with assurance. You will obtain the same tasteful results time and again. Since sour cream is a dairy product, it should be carefully refrigerated like other dairy foods.

The following recipes will surely enrich your everyday cooking. Many old-world recipes may already be a part of your family menu; new ones will fast become family favorites.

Here are helpful suggestions when you use dairy sour cream:

- Stir cream gently into sauce and gravies at the end of cooking, adding only a tablespoon at a time.
- Cook sour cream-hollandaise type mixtures over warm, not boiling, water; do not cook over direct heat.
- Carefully fold sour cream into other ingredients; over-stirring might thin it.

Home Economics Department
American Dairy Association
20 North Wacker Drive
Chicago 6, Illinois
TANGY SOUR CREAM DIP  
Yield: approx. 2 cups  
2 cups dairy sour cream  
3-4 tablespoons prepared horseradish  
2 teaspoons Worcestershire sauce  
1 teaspoon celery seed  
1 teaspoon salt  
1/2 teaspoon paprika  
4 teaspoons finely chopped pimiento-stuffed olives  
Blend sour cream with remaining ingredients. Serve chilled. Especially good with saltines.

CHEESEY CREAM DIP  
Yield: approx. 3 1/2 cups  
2 cups dairy sour cream  
1 1/2 cups shredded Cheddar cheese  
1/4 cup sliced pimiento-stuffed olives  
1/2 teaspoon salt  
1/4 teaspoon sage  
Blend sour cream with remaining ingredients. Served chilled. Especially good with saltines.

FRUIT CURRY DIP  
Yield: approx. 3 cups  
2 cups dairy sour cream  
3/4 cup (8 1/2 to 9 oz. can) drained, crushed pineapple  
3/4 cup chopped red apple  
1 teaspoon curry powder  
1/2 teaspoon garlic salt  
Apple slices for garnish  
Blend sour cream with pineapple, apple, curry powder and garlic salt. Place in bowl and chill. Garnish with sliced apples around edge of bowl. Especially good with corn chips and shredded wheat wafers.

EASY ONION DIP  
Yield: 2 cups  
2 cups dairy sour cream  
1-2 tablespoons grated onion  
1 tablespoon chopped pimiento  
1/2 teaspoon salt  
Blend sour cream with remaining ingredients. Serve chilled. Especially good with round cheese crackers.

DEVILED DIP  
Yield: approx. 2 cups  
2 cups dairy sour cream  
3 tablespoons sweet pickle relish  
4 teaspoons dry mustard  
1-2 teaspoons prepared horseradish  
1 teaspoon Worcestershire sauce  
1/2 teaspoon salt  
1 tablespoon sweet pickle relish  
Blend sour cream with 3 tablespoons pickle relish, mustard, horseradish, Worcestershire sauce and salt. Place in bowl and chill. Sprinkle 1 table-
spoon pickle relish on top for garnish. Especially good with round cheese crackers and shredded wheat wafers.

Note: Serve Deviled Dip in a hollowed-out Bermuda onion for festive party fare.

**BORSCH**

6-8 servings

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/3 cups (10 1/2-oz. can) cream of vegetable soup plus enough milk to make 2 cups</td>
<td>1 1/3 cups (10 1/2-oz. can) cream of vegetable soup plus enough milk to make 2 cups</td>
</tr>
<tr>
<td>2 cups (1-lb. can) sliced beets</td>
<td>2 cups (1-lb. can) sliced beets</td>
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<tr>
<td>2 tablespoons white vinegar</td>
<td>2 tablespoons white vinegar</td>
</tr>
<tr>
<td>2 tablespoons sugar</td>
<td>2 tablespoons sugar</td>
</tr>
<tr>
<td>2 cups milk, scalding</td>
<td>2 cups milk, scalding</td>
</tr>
<tr>
<td>Dairy sour cream</td>
<td>Dairy sour cream</td>
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</table>

In a saucepan place soup with milk, beets, vinegar and sugar; simmer about 10 minutes. Stirring constantly, gradually add scalding milk. Serve in soup plates. Top each serving with a large dollop of sour cream. Borsch may also be served chilled.

**CURRY VICHYSSOISE**

8 servings

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>10-12 leeks</td>
<td>10-12 leeks</td>
</tr>
<tr>
<td>1/4 cup (1/2 stick) butter</td>
<td>1/4 cup (1/2 stick) butter</td>
</tr>
<tr>
<td>1 1/3 cups (10 1/2-oz. can) condensed cream of chicken soup, undiluted</td>
<td>1 1/3 cups (10 1/2-oz. can) condensed cream of chicken soup, undiluted</td>
</tr>
<tr>
<td>4 medium Idaho potatoes, boiled, peeled and diced (4 cups)</td>
<td>4 medium Idaho potatoes, boiled, peeled and diced (4 cups)</td>
</tr>
<tr>
<td>1 cup cream</td>
<td>1 cup cream</td>
</tr>
<tr>
<td>2 teaspoons salt</td>
<td>2 teaspoons salt</td>
</tr>
<tr>
<td>1/4 teaspoon white pepper</td>
<td>1/4 teaspoon white pepper</td>
</tr>
<tr>
<td>1 teaspoon curry powder</td>
<td>1 teaspoon curry powder</td>
</tr>
<tr>
<td>1 cup cream</td>
<td>1 cup cream</td>
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<tr>
<td>2 cups dairy sour cream</td>
<td>2 cups dairy sour cream</td>
</tr>
<tr>
<td>1 cup half and half</td>
<td>1 cup half and half</td>
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<tr>
<td>Chopped chives</td>
<td>Chopped chives</td>
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</tbody>
</table>

Slice white part of leeks very thin. In a saucepan melt butter; saute' leeks. Add soup and simmer 20 minutes. Add potatoes and 1 cup cream; simmer 10 more minutes. Sieve mixture and add salt, white pepper, curry powder and 1 cup cream; chill overnight. Next day, add sour cream and half and half; chill until ready to use. Serve in chilled soup bowls and sprinkle with chopped chives.

Note: Vichyssoise may also be served hot.
**JIFFY TOMATO-ONION SOUP**

*3-4 servings*

1/2 cups (10 3/4-oz. can) condensed onion soup
1/2 cups (1 soup can) water

In a saucepan heat onion soup and water to boiling point. Add tomato just before serving. Top each serving with sour cream and sprinkling of parsley.

**ICED CARROT 'N CUKE SOUP**

*6-8 servings*

2 cups finely chopped cucumber
1 cup chopped, cooked carrots
4 cups dairy sour cream
1 1/2 cups milk
1 clove garlic, minced
1 teaspoon salt

Fold cucumber and carrots into sour cream; stir in milk. Mix garlic with salt and add to sour cream mixture along with allspice, pepper, chives and parsley. Chill several hours or overnight. Serve in iced bowls or cups and garnish each with thin cucumber and carrot slices.

**BREADS**

**SOUR CREAM BISCUITS**

*Baking sheet*  
12 biscuits  
Preheated 450° oven

2 cups flour
1 tablespoon baking powder
1/4 teaspoon baking soda
1 teaspoon salt
1 cup dairy sour cream
1/4 cup milk


**OAT CAKES**

*Baking sheet*  
4 dozen  
Preheated 375° oven

2 1/2 cups oatmeal
1 teaspoon salt
3 tablespoons sugar
1/4 cup (1/2 stick) butter, melted
1 cup dairy sour cream
Butter, melted
Oatmeal

Mix together oatmeal, salt and sugar. Blend in butter and sour cream. Chill until dough is easy to handle, then shape into 1-inch balls. Place on baking sheet and flatten with bottom of glass dipped in melted butter, then oatmeal. Bake 20-25 minutes. Serve with honey, assorted jams and plenty of cold milk!
PEACH KUCHEN

Buttered baking dish, 2-quart rectangular-size

2 cups sifted flour
3/4 teaspoon salt
4 teaspoons baking powder
1/4 teaspoon mace
1/2 cup sugar
1 cup milk
1 egg, well beaten

Preheated 375° oven

1/4 cup (1/2 stick) butter, melted
1/2 cups thinly sliced peaches fresh, frozen or canned
1 teaspoon cinnamon
2 tablespoons sugar
1 cup dairy sour cream

Sift together flour, salt, baking powder, mace and sugar. Combine milk, egg and butter; stir into dry ingredients just until blended. Pour batter into baking dish and cover with peaches. Mix together cinnamon and sugar; sprinkle over peaches. Bake 35 minutes. Remove from oven and spread sour cream evenly over Kuchen. Return to oven 5 minutes.

Note: Peach Kuchen may be refrigerated for several days. Just reheat to serve.

POPPY SEED CRULLERS

Buttered baking sheets
36 Buttered clothespins

YEAST DOUGH:

1 package active dry yeast
1/4 cup warm water
1 cup dairy sour cream
1 egg, slightly beaten
2 tablespoons butter, melted

Preheated 375° oven

1/4 cup sugar
1/8 teaspoon baking soda
1 teaspoon salt
3 cups flour
1/2 cup dairy sour cream

In a large mixing bowl, soften yeast in water. Blend in sour cream, egg and butter. Sift together sugar, baking soda, salt and flour; stir into sour cream mixture to make a soft dough. Turn onto lightly floured board; knead until smooth and elastic. Roll dough into a rectangle 12 inches long and about 1/4 inch thick. Cut into strips 1/2 inch wide and 6 inches long. Wrap strips around clothespins loosely, place on baking sheet and let rise until double in bulk. Bake about 12 minutes. Twist clothespin and pull out. Fill with Poppy Seed Filling. Just before serving, spread a small amount of sour cream (right from the container) over tops of Crullers and heat about 3 minutes. Cold milk is the perfect partner.

POPPY SEED FILLING:

1/2 cup poppy seed
1/4 cup dairy sour cream
1 tablespoon honey
2 tablespoons sugar
2 tablespoons currant jelly

In a small saucepan, mix together all ingredients. Heat to boiling and cook, stirring constantly, about 1 minute. Let cool.

Note: Filling may be made ahead and refrigerated until needed.

Freezer Note: Both dough (before rising period) and filling may be frozen up to 3 weeks. As soon as dough thaws, roll, shape and proceed as directed above.
**MAIN DISHES**

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**FLANK STEAK ROULADES WITH SOUR CREAM GRAVY**

Electric frypan, OR Conventional-type skillet  
6 servings

**FILLING:**
- 1 cup (7 1/2-oz. can) chopped crab meat  
- 6 tablespoons chopped marinated artichoke hearts  
- 1/2 cup grated Parmesan cheese  
- 1 cup dairy sour cream  
- 1/2 cup soft bread crumbs

Mix together thoroughly crab meat, Parmesan cheese, bread crumbs, artichokes and sour cream; set aside for filling Roulades.

**ROULADES:**
- 1 1/2 pounds flank steak  
- 1/4 cup (1/2 stick) butter, melted  
- Salt  
- Worcestershire sauce  
- 1 beef bouillon cube, dissolved in 1 cup boiling water

Cut flank steak into 6 fillets or strips. Pound meat very thin; sprinkle with salt and Worcestershire sauce. Spread each fillet with 1/3 cup of Filling, roll up and secure firmly with string or heavy thread. Brown in melted butter. Add beef bouillon, cover pan and simmer about 1 1/2 hours at 220° if using an electric frypan, or over low heat if using a conventional-type skillet. When ready to serve, remove Roulades to a serving dish and cover with Sour Cream Gravy.

**SOUR CREAM GRAVY:**
- 1 tablespoon flour  
- 1 cup dairy sour cream

After removing Roulades from frypan, stir flour into butter-bouillon broth and cook until thickened. Turn off heat and blend in sour cream. To serve, pour Sour Cream Gravy over Roulades. Garnish with paprika.

**Note:** Roulades may be placed in a baking dish, covered with the Sour Cream Gravy and kept in a warm oven until ready to serve.

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**TURKEY AND CRAB STUFFED SQUASH ON THE HALF SHELL**

Baking sheet 6 servings Preheated 350° oven

- 3 medium acorn squash  
- Salt  
- 1/4 cup (1/2 stick) butter  
- 2 cups dairy sour cream  
- 1 cup (7 1/2-oz. can) diced crab meat  
- 1 1/2 cups (6 oz.) diced, cooked or canned turkey  
- 1 tablespoon tarragon vinegar  
- 1/2 cup shredded Swiss cheese

Wash and cut squash in half lengthwise. Remove seeds and fibers. Place cut side down on baking sheet; bake 35-40 minutes. Turn cut side up, sprinkle with salt and dot with butter. Continue baking 15-20 minutes, or until squash is tender. Meanwhile, place sour cream in saucepan and mix in crab meat, turkey and vinegar. Heat over low heat just to serving temperature. Fill squash halves with creamy crab and turkey mixture, sprinkle with Swiss cheese and serve immediately.
### CHICKEN PACIFIC

<table>
<thead>
<tr>
<th>Baking dish</th>
<th>6 servings</th>
<th>Preheated 350° oven</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups dairy sour cream</td>
<td>6 chicken breasts, OR</td>
<td>2-pound broiler-fryer chicken</td>
</tr>
<tr>
<td>1 teaspoon tarragon</td>
<td>1 1/2 cups cornflake crumbs</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon thyme</td>
<td>1/4 cup (1/2 stick) butter</td>
<td></td>
</tr>
<tr>
<td>1/2 teaspoon garlic powder</td>
<td>1 cup (1/2 lb.) cooked, cleaned prawns, OR</td>
<td></td>
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<tr>
<td>1 teaspoon paprika</td>
<td>1 cup canned shrimp, tiny size</td>
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<tr>
<td>2 1/2 teaspoons salt</td>
<td>1/4 cup diced ripe olives</td>
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</tr>
</tbody>
</table>

Combine sour cream with tarragon, thyme, garlic powder, paprika and salt. Dip pieces of chicken into sour cream mixture, then into cornflake crumbs, coating well. Melt butter in baking dish. Place chicken skin side down in dish and bake 45 minutes; turn, bake approximately 20 minutes longer. Meanwhile to remaining sour cream mixture add prawns (or shrimp) and olives. Pour sauce over chicken during last 10 minutes of baking time, or heat sauce and serve separately.

**Note:** Chicken Pacific may be baked and frozen. To serve, thaw and reheat slowly.
CHICKEN-PORK DIVINITY  
6-8 servings

1 pound boneless, lean pork, cut in 2-inch strips (about 2 cups)  
2 cups (two 51/2-oz. jars) white chicken meat, cut in 2-inch strips  
1/4 cup (1/2 stick) butter, melted  
1 1/2 cups (12-oz. can) apple juice  
1 teaspoon salt  
1/4 teaspoon rosemary  
1/4 teaspoon mace  
1/2 cup shredded Swiss cheese  
1/2 cup sliced Macademia nuts  
1/4 cup chopped pimiento  
1/4 cup chopped pimiento  
2 cups dairy sour cream  
Cream, if necessary

Brown pork and chicken in butter. Add apple juice, salt, rosemary and mace; simmer about 45 minutes, or until meat is tender. Stir in Swiss cheese, nuts and pimiento, cooking until cheese melts. Add sour cream and heat over low temperature; do not allow to boil. Thin with a little cream if too thick. Serve from a chafing dish in Cheddar Noodle Cups.

CHEDDAR NOODLE CUPS:  
Buttered muffin tin, 2-ounce cups  
2 1/2 cups (5-oz. can) chow mein noodles  
1 cup shredded Cheddar cheese  
1 egg white


STROGANOFF PIZZA  
Preheated 425° oven

STROGANOFF:  
1/4 cup (1/2 stick) butter  
1/2 cup finely chopped onion  
1 cup (4-oz. can) sliced mushrooms  
1 pound ground beef  
1 1/2 teaspoons garlic salt  
Dash of cayenne pepper  
1/2 cup chili sauce  
1 1/2 cups dairy sour cream

In a frypan melt butter; saute' onion until golden. Add mushrooms and ground beef and cook until meat is done. Remove from heat and stir in garlic salt, cayenne pepper, chili sauce and 1 cup sour cream. Divide Stroganoff mixture into fourths and spread over Pizza Dough. Spoon 2 tablespoons sour cream in center of each and bake 10 minutes. Garnish with a "touch" of chili sauce and parsley sprig in center of each, cut into pie-shaped wedges and serve with mugs of cold milk.

PIZZA DOUGH:  
1 package active dry yeast  
1/2 cup warm water  
2 cups biscuit mix  
1/2 cup grated Parmesan cheese  
1 teaspoon oregano

In a mixing bowl, soften yeast in water. Add biscuit mix, Parmesan cheese and oregano; beat thoroughly. Knead on lightly floured board until dough is smooth and elastic. Cut dough into fourths, roll into 8 to 10-inch circles and place on baking sheets. Top with Stroganoff mixture.

Note: Regular yeast dough or packaged yeast roll mix may be used in place of the biscuit mix.
OEUFs BENEDICT NOUVEAU

Mock Hollandaise Sauce

6 servings

Mock Hollandaise Sauce:

2 cups dairy sour cream
1/2 cup (1 stick) butter, melted
2 egg yolks, slightly beaten
1/2 cup lemon juice
Salt to taste

Place sour cream in top of double boiler over warm, not boiling, water. Whip in butter, egg yolks, lemon juice and salt. Stir slowly, just until sauce is heated. (This versatile sauce may be made ahead and stored in refrigerator as long as a week. It needs only to be reheated as directed above.)

Directions for serving: For each serving, top an English muffin or a Grilled Wheat Muffin with Grilled Canadian Bacon slice, then Poached Egg. Spoon on warm Mock Hollandaise Sauce and serve immediately. Pass remaining Sauce and extra Grilled Wheat Muffins.

Grilled Wheat Muffins:

Buttered muffin tin, 3-inch, OR tart pans, 3 1/2 to 4 1/2 inches

1 cup flour
3/4 cup hot whole wheat cereal
1 tablespoon baking powder
1/2 teaspoon salt
3 tablespoons sugar

Sift together dry ingredients. Mix milk, egg and butter together, add to dry ingredients and stir until batter is moist, but not smooth. Fill muffin cups only half full, or make 1/4-inch layer of batter if using tart pans. Bake 12 minutes. To grill: butter generously both sides of each muffin, place on sandwich grill, close cover and toast. If an electric grill is unavailable, grill muffins on a griddle, turning once.

Note: Muffins should flatten out. While these are grilling, or being kept warm in a low oven, proceed with the recipe. Yield: 12 muffins.
PARTY VEAL BAKE

Shallow baking dish

<table>
<thead>
<tr>
<th>6 veal cutlets, 1/4 inch thick</th>
<th>1/2 cup dairy sour cream</th>
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</thead>
<tbody>
<tr>
<td>1/4 cup (1/2 stick) butter, melted</td>
<td>2 tablespoons flour</td>
</tr>
<tr>
<td>1 teaspoon curry powder</td>
<td>3 tablespoons browned, buttered bread crumbs</td>
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<tr>
<td>1 teaspoon oregano</td>
<td>1 cup slivered, toasted almonds</td>
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<tr>
<td>1 teaspoon paprika</td>
<td>Egg noodles (approx. 4 oz.)</td>
</tr>
<tr>
<td>1 1/2 teaspoons salt</td>
<td>Melted butter</td>
</tr>
<tr>
<td>1/4 teaspoon white pepper</td>
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</tr>
<tr>
<td>1 1/2 cups half and half</td>
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</table>

Place veal cutlets in casserole; pour butter over. Mix together curry powder, oregano, paprika, salt and white pepper; sprinkle over cutlets. Add half and half, cover casserole and bake 50 minutes. Mix sour cream with flour. Stir a small amount of hot sauce into sour cream, then return all to casserole. Sprinkle on bread crumbs and almonds and bake uncovered an additional 15 minutes. Meanwhile, cook noodles according to package directions. When ready to serve, drain noodles and toss with plenty of butter. Place noodles in center of a heated platter, surround with veal cutlets and pour over remaining sauce. Garnish with crab apples and parsley, if desired.

KICK-OFF BURGERS

<table>
<thead>
<tr>
<th>6-8 servings</th>
<th>Preheated 450° oven, OR Preheated broiler</th>
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<tbody>
<tr>
<td>1 pound ground beef</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1/4 cup chopped onion</td>
<td>2 tablespoons flour</td>
</tr>
<tr>
<td>2 tablespoons butter, melted</td>
<td>1 cup dairy sour cream</td>
</tr>
<tr>
<td>1 1/2 cups (10 1/2-oz. can) vegetable soup, undiluted</td>
<td>Cheese Football Buns</td>
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Brown ground beef and onion in butter. Stir in soup and simmer 10 minutes. Blend in salt, flour and sour cream and cook an additional minute. Spoon onto Cheese Football Buns. Serve hot with mugs of cold milk.

CHEESE FOOTBALL BUNS:

Butter, softened

8-10 slices Cheddar cheese

Butter both sides of buns. Put a slice of cheese on bottom halves of bun and cut strips of cheese 1/8 inch wide by 1 1/4 inches long and place on tops of buns to look like football laces; place on baking sheet. Heat in oven or under broiler just until cheese begins to melt. Bring buns to table with meat mixture in a chafing dish and let guests make own Burgers.

TEMPTING TUNA ORIENTAL

Baking dish, 4 to 6-cup

<table>
<thead>
<tr>
<th>6 servings</th>
<th>Preheated 350° oven</th>
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<tbody>
<tr>
<td>1 1/2 cups (9 1/4-oz. can) tuna, drained</td>
<td>1 cup chopped celery</td>
</tr>
<tr>
<td>1/2 cup (4-oz. can) drained, sliced mushrooms</td>
<td>1/2 cup sliced cashew nuts</td>
</tr>
<tr>
<td>1 1/2 cups (1/2 of 5-oz. can) chow mein noodles</td>
<td>2 cups dairy sour cream</td>
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<td></td>
<td>Salt</td>
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</tbody>
</table>

Combine tuna, mushrooms, noodles, celery and cashews (reserve a few for garnish) with sour cream; salt to taste. Place in baking dish and bake 20 minutes. Garnish with reserved cashews and some noodles. If desired remaining noodles may be heated slightly and passed as an accompaniment.
FISH DINNER BAKE

Baking dish, 10 x 7 x 2-inch
6 servings
Preheated 350° oven

1 8-ounce package frozen fish sticks, or other similar fish product
1 envelope instant mashed potatoes
2 cups dairy sour cream
1 9-ounce package frozen asparagus, cooked, drained and diced

1/4 cup minced onion
1/4 cup soft bread crumbs
1 teaspoon salt
1/4 cup grated Parmesan cheese
Paprika

Bake fish according to package directions; then cut into 1-inch pieces. Meanwhile, prepare mashed potatoes according to package directions and place in bottom of baking dish. Spread 1 cup sour cream over potatoes; top with asparagus. Sprinkle on onion, bread crumbs and salt. Top with fish. Spread on remaining sour cream and sprinkle with Parmesan cheese and paprika. Bake 20 minutes.

Note: Mashed sweet potatoes or yams may be substituted for the instant white potatoes.

FISH HAWAIIAN

Shallow baking dish
6 servings
Preheated 350° oven

2 11/2 to 2-pound halibut steaks, 1/2 inch thick
2 teaspoons prepared mustard
2 tablespoons brown sugar
1 cup (81/2 to 9-oz. can) crushed pineapple
1/4 cup soft bread crumbs

1/2 cups dairy sour cream
2 tablespoons drained pineapple syrup
3/4 teaspoon salt
1/2 teaspoon ground ginger
Paprika
Parsley

Place 1 halibut steak in baking dish. Spread with 1 teaspoon mustard and sprinkle on 1 tablespoon brown sugar. Drain pineapple; reserve syrup. Spoon 1/2 cup pineapple over fish; cover with 2 tablespoons bread crumbs. Blend sour cream with pineapple syrup, salt and ginger and pour 1/2 of this over halibut. Top with second halibut steak and repeat above procedure. Bake 30 minutes. Garnish with paprika and parsley; serve immediately.

CREAMY TOMATO SAUCE FOR SHORE DINNERs

Yield: approx. 2 1/2 cups

1 tablespoon butter
1/4 cup minced onion
2 tablespoons minced green pepper
1 cup boiling water

1 3/2-ounce package tomato-vegetable soup mix, OR other similar soup mix
1/2 cups dairy sour cream

In a saucepan melt butter. Saute’ onion and green pepper about 5 minutes. Add boiling water and soup mix; cover and let stand at least 15 minutes. Stir in sour cream. Serve over baked fish, such as halibut, swordfish, flounder or cod; or fried fish, such as filet of sole, fish bites, codfish cakes or haddock.

Note: Creamy Tomato Sauce may be prepared ahead, with the exception of adding the sour cream. Just before serving, stir in sour cream and heat, but do not boil.
MUSHROOMS ROMANOFF

6 servings

Shallow baking dish, 5 to 6-cup

1 1/2 pounds mushrooms
1/2 cup (1 stick) butter
1/2 teaspoon salt
Freshly ground pepper, to taste
1 tablespoon lemon juice

1 cup dairy sour cream
3 tablespoons chopped, fresh dill
Freshly grated nutmeg, to taste
Toasted bread crumbs

Trim off tough portion of stems and wash mushrooms; drain well. In a shallow pan, melt butter; add mushrooms, salt, pepper and lemon juice. Saute' mushrooms until lightly browned. Fold in sour cream (which has been allowed to come to room temperature), dill and nutmeg. Pour into baking dish, sprinkle on bread crumbs and serve.

Note: If not serving immediately, baking dish may be kept warm in a low oven.

PARTY BROCCOLI

6-8 servings

2 tablespoons butter
2 tablespoons minced onion
1 1/2 cups dairy sour cream
2 teaspoons sugar
1 teaspoon white vinegar
1/2 teaspoon poppy seed
1/2 teaspoon paprika
1/4 teaspoon salt
Dash of cayenne pepper
2 packages frozen broccoli, cooked just until tender and drained
1/2 cup chopped cashews

In a small saucepan melt butter; saute' onion. Remove from heat and stir in sour cream, sugar, vinegar, poppy seed, paprika, salt and cayenne pepper. Arrange broccoli on heated platter and pour sour cream sauce over it. Sprinkle on cashews. If not to be served immediately, heat sour cream sauce just enough for serving temperature.

STUFFED BAKED NEW POTATOES

6 servings

3 large red potatoes
1 cup dairy sour cream
1/2 cup diced avocado
2 teaspoons salt
Milk

Preheated 375° oven

Bake potatoes 60-70 minutes, or until done. Cut in half crosswise and scoop out pulp, being careful not to tear potato shells. Whip potato pulp with sour cream, avocado and salt until smooth and fluffy. Refill potato shells, brush tops with milk and return to oven about 10 minutes, or until lightly browned.
VEGETABLE MEDLEY

Baking dish, 5 to 6-cup 6-8 servings Preheated 325° oven

1 10-ounce package frozen cauliflower, cooked, OR about 1 3/4 cups cooked cauliflower
2 packages frozen peas and carrots, cooked, OR about 3 cups canned vegetables
1/2 cups dairy sour cream
1 tablespoon instant minced onion
1 teaspoon salt
3 tablespoons toasted bread crumbs
1 tomato, sliced
Parsley

If using frozen vegetables, cook according to package directions, drain well and combine. Fold sour cream, onion and salt gently into vegetables; place in casserole and top with bread crumbs. Garnish baking dish with a circle of tomato slices. Bake 20 minutes. Place parsley sprig in center just before serving.

Note: For another vegetable combination try Brussels sprouts, whole kernel corn and canned, boiled onions. Just substitute instant dried vegetable flakes for the instant minced onion and proceed in same way.

SALADS

SALAD DRESSINGS

APPLE-CHEESE MOLD

Ring mold, 1-quart, OR 6 Individual molds 6-8 servings

1 tablespoon (1 envelope) unflavored gelatin
2 cups apple juice
1/2 cup dairy sour cream
3/4 teaspoon salt
1/2 cup diced cucumber
1/2 cup diced celery
1 cup shredded Cheddar cheese
1 teaspoon grated onion
1/2 cup shredded cabbage
1/2 cup chopped unpeeled red apple
Salad greens
Apple slices for garnish

Sprinkle gelatin on 1/2 cup apple juice to soften. Heat remaining 1 1/2 cups juice to boiling and stir into softened gelatin until dissolved. Chill until mixture begins to set. Then fold in sour cream, salt, cucumber, celery, Cheddar cheese, onion, cabbage and apple. Pour into mold or individual molds which have been rinsed in cold water; chill until firm. Unmold on salad greens and garnish with apple slices, which have been dipped in fruit juice to prevent discoloring.

CUCUMBERS 'N CREAM

5-6 servings

1/2 cup vinegar
1/2 cup water
1 teaspoon salt
5 whole black peppers
1 large cucumber, thinly sliced
1 medium onion, thinly sliced
1 cup dairy sour cream
Tomato wedges for garnish

Combine vinegar, water, salt and peppers; add cucumber slices and chill in refrigerator about 2 hours; then, drain well. Combine cucumber with onion and sour cream. Serve in individual bowls with tomato wedge for garnish.
HEAVENLY 24-HOUR SALAD

CREAMY DRESSING:

Yield: 2 3/4 cups
2 eggs
2 tablespoons sugar
2 tablespoons orange juice
2 tablespoons vinegar
1 tablespoon butter
Dash of salt
2 cups dairy sour cream

In small saucepan, mix eggs with sugar, orange juice and vinegar. Cook, stirring constantly, until mixture thickens. Remove from heat and stir in butter and salt. Cool; then, fold in sour cream. Chill while preparing fruits.

SALAD:

1 cup seedless green grapes
1 cup diced banana
1 cup diced fresh pineapple
1 cup pitted Bing cherries
1 cup diced orange
1 cup cantaloupe melon balls
2 plums, sliced
2 cups miniature marshmallows, OR
16 large marshmallows, quartered

Combine fruits and marshmallows. Fold in Creamy Dressing; spoon carefully into serving bowl. Chill 24 hours to allow fruit and dressing flavors to blend fully. Garnish with fruits and sprigs of mint, if desired.

Quickie Dressing: Two cups of dairy sour cream, or more, depending upon desired creaminess, may be used in place of the Creamy Dressing.

Note: Creamy Dressing, tightly covered, may be stored in refrigerator several weeks.
**ORANGE-PEAR SALAD**

**6 servings**

**SALAD:**
3 large oranges, peeled  
1/3 cup dairy sour cream  
1 head bibb lettuce  
12 pear halves

**DRESSING:**
1 cup dairy sour cream  
1 1/2 tablespoons honey  
1/4 teaspoon grated lemon rind  
1 tablespoon toasted sesame seed  
1 tablespoon poppy seed

Cut each orange into 6 slices. For each salad spread 3 orange slices with sour cream and put together. Arrange lettuce on plates. Place orange slices between 2 pear halves; stand on lettuce with large end of pear as base. Top with Dressing made by blending sour cream with honey and lemon rind. Combine sesame and poppy seeds and sprinkle over each salad.

**ORANGE WALDORF SALAD**

**6 servings**

**SALAD:**
1 cup diced red apple  
1 cup diced orange  
1/2 cup chopped dates  
1/2 cup chopped celery  
1/3 cup chopped walnuts

**DRESSING:**
1 1/2 cups dairy sour cream  
4 teaspoons honey  
1 teaspoon poppy seed  
1/4 teaspoon salt  
Water cress  
Mint sprigs for garnish  
Walnuts for garnish

Carefully mix together fruits with celery and walnuts. Combine sour cream with honey, poppy seed and salt; fold into fruit mixture. Place on bed of water cress and garnish with mint and walnuts.

**Note:** For party salads, serve in scooped-out orange cups.

**TRIPLE LAYER FRUIT SALAD**

Loaf pan, 9 x 5 x 3-inch  
10-12 servings

**FIRST LAYER:**
1 3-ounce package lime-flavored gelatin  
3/4 cup boiling water  
1 1/2 cups dairy sour cream  
1 cup diced fresh or canned fruit

Dissolve gelatin in boiling water. Cool to jelly-like consistency. Blend in sour cream and fruit; turn into pan which has been rinsed in cold water. Chill until firm.

**SECOND LAYER:**
1 3-ounce package strawberry-flavored gelatin  
1 cup boiling water  
1 10-ounce package frozen strawberries, thawed

Dissolve gelatin in boiling water. Cool to jelly-like consistency. Stir in strawberries; pour into pan over First Layer. Chill until firm.

**THIRD LAYER:**
1 3-ounce package lemon-flavored gelatin  
3/4 cup boiling water  
1 1/2 cup cottage cheese  
1 1/2 cup chopped celery  
1/2 cup chopped walnuts

SWEDISH HERRING SALAD

Salad mold, 3 to 4-cup 4-6 servings

1 cup diced pickled herring
1 cup diced cooked potatoes
1 cup diced pickled beets, drained (reserve juice)
1 cup diced apple
2-3 tablespoons chopped pickles

2 cups dairy sour cream
2 tablespoons beet juice
1 teaspoon prepared mustard
1 teaspoon sugar
1/2 teaspoon salt
1 egg, hard-cooked, for garnish

In a medium-size mixing bowl combine herring, potatoes, beets, apple and pickles. Blend sour cream with beet juice, mustard, sugar and salt; fold into herring mixture. Pack into mold, which has been rinsed with cold water. Chill. Sieve egg yolk and white separately. When ready to serve, unmold and garnish with alternating rows of sieved yolk and white of egg. Serve with additional sour cream, if desired.

CARAWAY SOUR CREAM DRESSING

Yield: approx. 1 cup

1 cup dairy sour cream
2 tablespoons white vinegar
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon caraway seed

Blend sour cream with vinegar, sugar, salt and caraway seed. Top tossed green salads just before serving.

SOUR CREAM-BLUE CHEESE DRESSING

Yield: 1 1/2 cups

1/2 cup crumbled Blue cheese
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon finely chopped onion
Few drops Worcestershire sauce
1 teaspoon lemon juice
1 cup dairy sour cream

Blend all ingredients except sour cream, mixing well. Fold in sour cream. Chill thoroughly before serving with a green vegetable salad.

SOUR CREAM DRESSING FOR FRUIT SALAD

Yield: approx. 2 cups

2 eggs, slightly beaten
3/4 cup sugar
1/2 cup pear or pineapple syrup, drained from fruit
1/2 cup lemon juice
1 cup dairy sour cream

In a saucepan combine eggs, sugar, fruit syrup and lemon juice. Cook over medium heat, stirring constantly, until mixture thickens. Remove from heat and cool. Fold in sour cream and chill thoroughly before serving. Delicious on either a Pear Salad or a Pineapple and Cottage Cheese Salad.
BLUE CHEESE TARTAR

Cut a horizontal slice from a round loaf of rye bread; butter. Blend enough dairy sour cream with crumbled Blue cheese until of spreading consistency; cover slice of bread completely. In the center place a ring each of onion and green pepper and into them nest a whole egg yolk. Lay on strips of green pepper in spoke-fashion from center. Garnish with water cress. Season with salt and freshly ground pepper, if desired.

ZESTWICHES
4 sandwiches

4 eggs, hard-cooked
1/2 cup shredded cabbage
1/2 cup Swiss cheese strips
2 tablespoons chopped ripe olives
1/2 cup dairy sour cream
1 teaspoon salt
8 slices rye or oatmeal bread, buttered

Chop eggs and combine with cabbage, Swiss cheese, olives, sour cream, and salt. Divide on 4 slices of bread. Top with other 4 slices.

KIDDIWICHES
3 sandwiches

1/2 cup shredded Cheddar cheese
1/2 cup shredded carrot
2 tablespoons chopped peanuts
2 tablespoons raisins
1/3 cup dairy sour cream
3 slices whole wheat bread, buttered
3 slices white bread, buttered

Combine Cheddar cheese, carrot, peanuts, raisins and sour cream. With animal cooky cutters, cut out duplicate figures from center of whole wheat and white bread. Fit whole wheat animal into cut-out space in white bread and white animal into whole wheat slice. Divide sandwich mixture on 3 slices of bread. Top with other 3 slices.
**DESSERTS**

**DUTCH APPLE TORTE WITH VANILLA SOUR CREAM SAUCE**

<table>
<thead>
<tr>
<th>Buttered square baking dish, 8-inch</th>
<th>9 servings</th>
<th>Preheated 350° oven</th>
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</thead>
<tbody>
<tr>
<td>3 cups (1 1/2 6-oz. pkgs.) zwieback crumbs</td>
<td>1/2 cup orange juice</td>
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<tr>
<td>1/4 cup (1/2 stick) butter, melted</td>
<td>VANILLA SOUR CREAM SAUCE:</td>
<td></td>
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<tr>
<td>1/2 cup sugar</td>
<td>2 cups dairy sour cream</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon allspice</td>
<td>2 teaspoons vanilla</td>
<td></td>
</tr>
<tr>
<td>6 cups sliced cooking apples (about 6 medium apples, cored and peeled)</td>
<td>1/2 cup confectioners sugar</td>
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Combine crumbs, butter, sugar and allspice. Place about 1 cup crumb mixture into baking dish and press firmly on bottom. Over this alternate layers of 3 cups apples, 1 cup crumb mixture, ending with crumb mixture. Pour orange juice over all. Bake 1 hour. Serve Torte warm topped with Vanilla Sour Cream Sauce made by blending sour cream with vanilla and confectioners sugar.

**GLAZED FUDGE BROWNIES**

<table>
<thead>
<tr>
<th>Buttered square pan, 9-inch</th>
<th>3 dozen</th>
<th>Preheated 350° oven</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs</td>
<td>1/2 teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>1/2 cup ground dates</td>
<td></td>
</tr>
<tr>
<td>1/2 cup (1 stick) butter, melted</td>
<td>3/4 cup coarsely chopped pecans</td>
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<tr>
<td>2 squares (2 oz.) unsweetened chocolate, melted</td>
<td>GLAZE:</td>
<td></td>
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<tr>
<td>1 teaspoon vanilla</td>
<td>1 cup dairy sour cream</td>
<td></td>
</tr>
<tr>
<td>3/4 cup flour</td>
<td>1 tablespoon sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 cup flour</td>
<td>1 tablespoon shaved chocolate</td>
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</tbody>
</table>

In small mixing bowl beat eggs; add sugar slowly, beating until mixture is thick and light yellow. Blend in butter, chocolate and vanilla. Add flour and salt and mix well, about 1 minute. Mix in thoroughly dates and pecans. Turn into pan and spread evenly. Bake 40 minutes. Remove from oven and spread top with Glaze made by combining sour cream with sugar. Sprinkle on chocolate; return to oven 5 minutes longer. Cut into small squares and serve with ice-cold milk!

**APRICOT CREAM**

<table>
<thead>
<tr>
<th>6 servings</th>
<th>1/2 teaspoon salt</th>
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</thead>
<tbody>
<tr>
<td>1 cup sieved, cooked dried apricots</td>
<td>2 cups dairy sour cream</td>
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<tr>
<td>1/2 cup honey</td>
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Blend apricots, honey and salt into sour cream. Chill several hours or overnight before serving. Serve in sherbet glasses and garnish with toasted almonds, shredded coconut or fruit, if desired.
CHOCOLATE CHIP BANANA CREAM PIE

Pie plate, 9-inch
Preheated 475° oven

CRUST:
2 cups crushed cornflakes
1/2 cup (1 stick) butter, melted
Mix cornflake crumbs, butter and sugar together. Press firmly on bottom and sides of pie plate; chill until ready to fill.

Note: If using processed cornflake crumbs, cut amount of all ingredients in half.

FILLING:
4 egg yolks
1/2 cup sugar
2 cups milk, scalded
1 tablespoon (1 envelope) unflavored gelatin
1/4 cup water
Beat egg yolks and sugar thoroughly; add a little scalded milk, stirring constantly. Then add mixture to rest of scalded milk in pan and cook over low heat, stirring constantly, until thickened. Sprinkle gelatin on water to soften and blend into custard. Add vanilla. Chill until jelly-like consistency; then fold in bananas. Pour into crust and spread on sour cream. Sprinkle chocolate pieces over top. Cover pie with Meringue.

MERINGUE:
4 egg whites
1/4 teaspoon cream of tartar
1/4 cup sugar
Beat egg whites until foamy; add cream of tarter. Gradually add sugar, beating constantly to soft peak stage. Spread on pie. Brown in oven about 2 minutes. Cool at room temperature about 30 minutes, then chill in refrigerator at least 3 hours before serving.
PEANUT BUTTER FREEZE

2 Refrigerator trays
2 cups sugar
4 cups dairy sour cream
1 cup crunchy-style peanut butter

Fold sugar into sour cream lightly; blend in peanut butter. Pour into refrigerator trays, cover with foil. Freeze until firm.

PEAR PINEAPPLE CHEESE PIE

Pie plate, 9-inch
1/2 cup pear syrup
1/2 cup pineapple syrup
1/4 cup cornstarch
1/4 cup sugar
1/8 teaspoon salt
Dash of nutmeg
1/4 teaspoon vanilla
1 tablespoon butter
1/2 cups shredded Cheddar cheese

1 recipe pie pastry
6 canned pear halves
2 1/2 cups (1 lb. 4-oz. can) pineapple chunks
Egg white

SOUR CREAM TOPPING:
2 cups dairy sour cream
2 tablespoons combined pear and pineapple syrups
2 tablespoons confectioners sugar

Mix a small amount combined pear and pineapple syrups with cornstarch, then add remaining syrups. Cook until clear and thickened. Remove from heat and stir in sugar, salt, nutmeg, vanilla, butter and Cheddar cheese. Set aside while lining pie plate with pastry. Arrange pear halves, cut side up with narrow ends toward center. Arrange pineapple chunks around pear halves. Spread cheese-fruit sauce over fruit. Cut remaining rolled-out pastry in 3/8-inch strips and make a latticed top. Bake 12 minutes; then lower heat to 375° and bake 35 minutes more. Last 10 minutes, brush top with egg white to give a golden glaze. Serve with Sour Cream Topping, made by blending sour cream with combined fruit syrups and confectioners sugar.

SOUR CREAM SUNSHINE CAKE

Square pan, 9-inch
1/2 cup (1 stick) butter
1 cup sugar
2 eggs
1 cup dairy sour cream
1 teaspoon baking soda
1 cup (8-oz. pkg.) ground dates

3/4 cup (2 small or 1 large) ground orange
2 1/2 cups sifted cake flour

Topping:
1 cup dairy sour cream
2 tablespoons sifted confectioners sugar
Orange-Date Flowers for garnish

Butter pan and dust bottom lightly with flour; set aside. Cream butter and sugar until light and fluffy. Beat in eggs, sour cream, baking soda, dates and orange until well blended. Mix in flour. Turn batter into pan and bake 55-60 minutes. Serve warm with Topping, made by blending sour cream with confectioners sugar. Make Orange-Date Flowers by stuffing pitted dates with orange sections and garnish with Sour Cream Topping on each serving of cake, if desired.

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PINEAPPLE REFRIGERATOR CAKE

Loaf pan, 9 x 7 x 3-inch 8 servings
1/2 cup (1 stick) butter 1 cup (8 1/2 to 9-oz. can) crushed pineapple, drained
1 1/2 cups confectioners sugar 2 egg whites
2 egg yolks 1 cup dairy sour cream
1/2 teaspoon lemon extract 18 lady fingers, split
1/3 cup finely chopped candied red cherries FRUIT CREAM SAUCE (optional)

Cream together butter and confectioners sugar until light and fluffy. Add egg yolks one at a time, beating well after each addition; add lemon extract. Mix in cherries and pineapple. Beat egg whites until stiff peaks form; fold into fruit mixture, along with the sour cream. Line pan with lady fingers. Cover with 1/3 of mixture. Add layer of lady fingers. Repeat, topping with cream mixture. Chill overnight. Serve with Fruit Cream Sauce, if desired.

FRUIT CREAM SAUCE:
Yield: 1 cup
1 cup dairy sour cream
2 tablespoons confectioners sugar
1/4 cup finely chopped red cherries
2 tablespoons orange juice
1/4 teaspoon grated orange rind

Blend together sour cream, confectioners sugar, orange juice and rind. Chill until ready to serve.

BUTTERSCOTCH NUT DROPS

Buttered cooky sheet 5 dozen cookies Preheated 400° oven
1/2 cup (1 stick) butter, softened 1/2 teaspoon salt
1 1/2 cups firmly packed light brown sugar 1/2 teaspoon baking powder
2 eggs 1/2 cup finely chopped nuts
1 teaspoon vanilla 1 cup dairy sour cream
2 1/2 cups flour BROWN BUTTER CREAM FROSTING:
1 teaspoon baking soda 1/4 cup (1/2 stick) butter

Cream butter and sugar together until well blended; mix in eggs, beating well after each addition. Blend in vanilla and sour cream. Sift together flour, baking soda, salt and baking powder; combine with creamed mixture. Add nuts; chill until firm. Drop from teaspoon onto cooky sheet about 2 inches apart. Bake 8-10 minutes. Remove to cooky rack and frost. In a saucepan over low heat, melt butter; stir constantly until lightly browned and bubbly. Pour browned butter over confectioners sugar, add sour cream and beat until smooth and creamy.

Cooky Variations: Spice — add 1/2 teaspoon nutmeg to dry ingredients.
Raisin-Spice — add 1/4 teaspoon each of nutmeg, cinnamon and ginger to dry ingredients; add 3/4 cup of raisins along with the nuts.

Note: Cookies stored in tightly covered container will keep for several weeks.
SOUR CREAM
The Gourmet Touch
to Everyday Cooking

Recipes from American Dairy Association Test Kitchen
New Cooking Pleasures With Fresh SOUR CREAM

By Heatherwood FARMS

LITHO IN USA 1944 AMERICAN DAIRY ASSOCIATION K443-A