make-easy recipes with Sour Cream

From the Test Kitchens
american dairy association
TANGY SOUR CREAM DIP
yield: 2½ cups
2 cups dairy sour cream
1 teaspoon salt
3–4 tablespoons prepared horseradish
1 teaspoon celery seed
2 teaspoons Worcestershire sauce
½ teaspoon paprika
4 teaspoons finely chopped pimiento-stuffed olives

Combine ingredients and serve as a dip for fresh garden vegetables.

ORANGE WALDORF SALAD
6 servings
1 cup diced red apple
1 cup diced orange
½ cup chopped dates
½ cup chopped celery
½ cup chopped walnuts

Dressing:
1½ cups dairy sour cream
4 teaspoons honey
1 teaspoon poppy seed
¼ teaspoon salt

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 watercress and garnish with mint and walnuts.

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

CHANTILLY CREAM DRESSING
yield: 2 cups
½ cup whipping cream
½ cup dairy sour cream
3 tablespoons sifted confectioners sugar
½ teaspoon vanilla

In a chilled bowl whip cream until stiff, but not dry. Fold in dairy sour cream, sugar and vanilla. Blend well and chill before serving. Serve over fruit.

CARAWAY COLE SLAW
yield: 6 servings
½ cup dairy sour cream
2 tablespoons sugar
2 tablespoons vinegar
½ teaspoon salt
dash of pepper
1–2 teaspoons caraway seed
½ medium head cabbage, shredded (4 cups)

Blend all ingredients and pour over shredded cabbage. Mix lightly and serve immediately or refrigerate until ready to serve.

Fresh Sour Cream

- is not “sour” but cultured sweet table cream
- is low in calories, only 29 per tablespoon — mayonnaise has 110
- is an excellent source of vitamin A — the fat already emulsified is easily digestible
- as is, with its velvety smooth texture is a zesty low calorie topping
- heat sour cream sauces briefly and gently — do not boil
- should be kept clean, cold and covered — like other fine dairy products
- store upside down to prevent entrance of air — use within a week
- should be carefully folded into other ingredients — over beating might thin it
- a magic ingredient in old standbys
VEAL CHOPS IN SOUR CREAM
4 servings

- 2 tablespoons butter
- 4 lean veal chops (approx. 1½ lbs.)
- salt and pepper
- 4 slices onion
- ¼ cup water
- 1 cup dairy sour cream
grated Parmesan cheese

In skillet melt butter; brown chops. Transfer chops to baking dish. Season to taste with salt and pepper; place an onion slice atop each chop. Mix water with drippings in skillet and pour over chops. Cover and bake 45 minutes. Remove pan, spread sour cream over chops, sprinkle with grated Parmesan cheese and return to oven uncovered for 10-15 minutes or until sour cream is just heated.

CHOCOLATE CREAM CAKE
3 8-inch cake pans

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- 6 tablespoons butter
- ½ cup sugar
- 2 eggs, beaten
- 3 1-oz. squares unsweetened chocolate
- ¼ cup boiling water
- 1½ teaspoons soda
- 2½ cups sifted cake flour
- 1½ teaspoons baking powder
- 1 teaspoon salt
- ¾ cup dairy sour cream
- 1 teaspoon vanilla

Cream butter; gradually add sugar and continue creaming until fluffy. Add beaten eggs. Melt chocolate with water; cool. Add sifted dry ingredients alternately with sour cream, mixing well after each addition. Stir in chocolate mixture and vanilla. Pour batter into 3 buttered and floured 8-inch cake pans. Bake at 350°F for 25-30 minutes.

CREAMY TOMATO SAUCE FOR SHORE DINNERS
yield: 2½ cups

- 1 tablespoon butter
- ¼ cup minced onion
- 2 tablespoons minced green pepper
- 1 cup boiling water
- 1 3½ oz. package tomato-vegetable soup
- 1¼ 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, fish cakes, etc.

SOUR CREAM MERINGUE

- 2 egg whites
- ½ teaspoon salt
- ¾ cup dairy sour cream
- paprika

Beat egg whites until frothy; add salt and beat until stiff but not dry. Gently fold in sour cream until just blended. Spread on meat and brown in broiler.

SCANDINAVIAN FRUIT JELLY

- 8 servings

- loaf pan — 13 x 9 x 2 inch
- 2 packages (2 3-oz.) cherry-flavored gelatin
- 2 cups boiling water
- 1 can (1 lb.) red tart pitted dessert cherries, drained
- 1 package (10 oz.) frozen red raspberries, drained
- 1¼ cups liquid (fruit juices plus water)

Dissolve gelatin in boiling water. Combine fruit juices; add sufficient water to measure 1¼ cups. Add fruit juice and lemon juice to gelatin mixture. Cool to jelly-like consistency. Fold in cherries and raspberries. Pour into pan. Chill until firm. Cut in half-inch cubes. Serve with Vanilla Sour Cream Sauce. (See outside back cover).

SOUR CREAM CHILI SAUCE

- 1 cup dairy sour cream
- 2 tablespoons chili sauce
- 5 drops hot pepper seasoning
- dash pepper
- ¼ teaspoon seasoned salt

Blend all ingredients and serve a dollop on a juicy hamburger.

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**Dessert Quickies**

**VANILLA SOUR CREAM SAUCE**  
*yield: 2 cups*  
2 cups dairy sour cream  
½ cup confectioners sugar  
2 teaspoons vanilla  
Blend sour cream, sugar and vanilla. Chill.

**CHOCOLATE SOUR CREAM FROSTING**  
1 pkg. (6 oz.) semi-sweet chocolate pieces  
½ cup dairy sour cream  
dash of salt  
Melt chocolate pieces in double boiler. Add sour cream and salt; beat until creamy.

**SPICY SOUR CREAM TOPPING**  
1 cup dairy sour cream  
3 tablespoons brown sugar  
1 teaspoon nutmeg  
Blend all ingredients together and serve over mince, apple or pumpkin pie.

**BROWNIE GLAZE**  
1 cup dairy sour cream  
1 tablespoon sugar  
1 tablespoon shaved chocolate  
Combine sour cream and sugar. Spread over your favorite fudge brownies. Sprinkle with chocolate and return to oven for 5 minutes.

**SWEETENED SOUR CREAM**  
(use in place of whipped cream for extra tang)  
1 cup dairy sour cream  
¼ cup confectioners sugar  
A delicious topping for fresh, frozen or canned fruit. Make into luscious parfaits by alternating cream and fruit in the parfait glasses.

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