ENTERTAINING WITH FRUIT

VALUE OF SOCIAL TRAINING. Knowing how to be a gracious host or hostess, how to be the sought-for guest, marks one as cultured and is a requisite for a successful social or business life. This knowledge is rightly one of the food student's objectives, since the sharing of food has from the beginning of human relationships, been a pledge of friendship and food accompanies most social functions. School and home festivities are excellent food class projects.

PARTY PLANNING. The successful party begins with a well thought out plan. Write this down, using the following as a guide:

1. Determine type of entertainment—tea, luncheon, dinner, evening party. Will it celebrate a special event, such as a school game or a holiday?

2. Determine color scheme and decorations. These should accord with type of entertainment. Make a list of decorations to be purchased, estimating cost.

3. Work out plans for program including games or other entertainment. Make a list of materials needed for games, estimating cost.

4. Determine how many are to be invited and whom. List names of guests and write invitations, seeing that these are formal or informal in keeping with occasion. Keep a record of acceptances to aid in planning food service.

MENU. Lastly, plan menu following these rules:

1. Plan table decorations to harmonize with other decorations. Foods may carry out the chosen color scheme.

2. Plan menu to fit occasion, formal or informal. Popular favor now inclines toward simpler foods as smart and in good taste. Rich and elaborate foods should be confined to the most formal entertainments.

3. Do not serve too many foods or courses.

4. Plan menu to fit season.

5. Balance menus for correct dietetic food combinations, as well as appetizing ones.

6. With the menu selected, list foods needed. From this make a marketing list for foods not on hand, estimating cost. Be sure to put down exact amounts to avoid waste in purchase.

7. Write out a plan for order of work. List what should be done in preparation of foods, getting dishes, linen and silver ready; arrangement of table including decorations; and finally in serving foods. Do everything possible the day before the party. Keep these lists together with a file of dependable special refreshment recipes and menus for future party use.
FRUIT HORS’ D’ OEUVRES

Arrange on plate to pass. The pictured orange elephant makes a clever holder. Cut peel and pull out to make ears, tail and trunk as shown. Eyes are claves, legs and feet are dates and prunes stuck on toothpicks, holders are toothpicks.

Orange Slices: Top with mayonnaise and stuffed olive slices.

Orange Segments: Roll in coconut.

Berries: Frost tips with powdered sugar and water.

Dates and Prunes: Stuff with cream cheese. Serve on orange slices.

Banana Fingers or Slices: Dip in lemon juice and honey. Decorate with whipped cream and jelly.

Lemon Peel Baskets: Fill with nuts.

Serve For:
Dinner first course or serve before coming to table Buffet (may accompany fruit juice cocktails)

ORANGE GELATINE DISHES (Serve 4-6)

Gelatine Base: Soak for 5 minutes:
1 tablespoon gelatine 1/2 cup cold water
Add: 1/2 cup orange juice, heated but not boiled
Stir until gelatine is dissolved. Add:
1/2 cup sugar 2 tablespoons lemon juice
Harden and serve for a dessert or vary as follows:

Orange Prune Surprise Salad: Fill individual molds half full of gelatine. When beginning to stiffen put: A large cooked prune, stuffed with cream cheese in each mold. Cover with remaining gelatine. Chill. Serve on lettuce with mayonnaise.

Orange Gelatine Party Cake: Harden gelatine in cake-shaped mold. Unmold and press animal crackers into sides to make a border. Top with whipped cream.

Serve For:
Dinner or dessert Party refreshments

ORANGE SPONGE CAKE

2 egg yolks, beaten 1/2 cup sugar
1/2 cup orange juice 1/2 teaspoon grated orange rind
Beat well. Fold in, in order given:
3 egg whites, stiffly beaten 1 cup flour, sifted with 1/4 teaspoon soda
1/2 cup sugar 3 tablespoons lemon juice
Bake in moderate oven (325° F.) 35-40 minutes. Cover with whipped cream. Top with orange segments.

Serve For:
Luncheon or dinner dessert

ORANGE FONDANTS

Cook to a soft ball when tried in cold water:
1/2 cup evaporated milk 1/2 cup orange juice
3 cups sugar 1/2 cup butter
Pour onto a buttered platter and cool until mixture retains a dent made by the finger. Stir with a spatula or large spoon until smooth and creamy.

Orange Nut Creams: Roll into balls and top with walnut halves.

Orange Cream Dates: Stuff stoned dates with fondant balls.

Orange Creams: Top balls with strips of candied orange peel.

Chocolate Orange Creams: Coat balls with melted dipping chocolate.

Orange Coconut Creams: Make balls of fondant mixed with coconut.

Use For:
Confection for dinner, special refreshments, gifts

CANDIED ORANGE OR LEMON PEEL

Cover peel from 3 oranges (or 4 lemons) with water. Add 1 teaspoon salt. Boil 1/2 hour. Drain. Boil 1/2 hour longer or until tender, changing water several times to remove all bitterness from peel. Bring 1 cup sugar and 1/2 cup water to boil. Cook peel in this gently until syrup is nearly absorbed. Drain. Roll in sugar.

FRUIT Caramels

1 cup figs 1 cup seeded raisins
1 cup stoned dates 1 cup Candied Orange Peel
1 cup walnuts

Put through food chopper. Moisten to a paste with:
2 to 4 tablespoons orange juice
Form into balls or cubes. Roll in powdered sugar.

Use For:
Confection for gifts or special refreshments (tea, etc.)
Cooking uses for Candied Peel: Cut in bits for flavoring, or in strips for decorating cakes, pies, puddings, breads, etc.

FRUIT PUNCH FOR A CROWD

(Makes 1 gallon—fills ordinary punch bowl—16 8-ounce or 32 small punch glasses)

2 cups sugar, dissolved in 1 cup orange juice
2 cups tea infusion 1 cup strawberry juice
(pour 2 cups boiling water over 4 teaspoons tea) (or grated pineapple)
1 cup lemon juice 10 cups iced water (or ice)

Cool tea. Combine ingredients. May be served over block of ice in punch bowl, using less water. Garnish with orange and lemon slices. To serve a larger number, have sugar, tea and fruit juices mixed in the correct amounts to refill punch bowl as needed.

For a novel watermelon punch bowl, cut piece from side and scoop all pink meat from a large watermelon shell. (Shell should hold 1 gallon or more.)

Serve For:
Party or picnic refreshment Beverage with meals
CITRUS FRUITS IN PARTY DISHES. Oranges and lemons lend themselves to many delicious and decorative beverages, cocktails, salads, desserts and confections that are both appetizing and wholesome. For these reasons they fit ideally into special refreshment menus. Their natural sugars and acids give them characteristic flavors that are well liked by most guests. They furnish vitamins, including the important vitamin C, and mineral and alkaline salts, not found in refined sweets.

MENU SUGGESTIONS. Ideas for party menus, which use some of the recipes in this lesson and which will suggest other combinations, follow:

School Party:
- **Fruit Punch** or **Lemonade**: *Orange Petits Fours* (iced, if wished, in school or class colors, decorations showing class year, athletic symbol, etc). For a more elaborate menu, add ice cream.

Hallowe'en:
- **Orange Prune Surprise Salad**: *Goblin Sandwiches* (open-faced sandwiches made of bread rounds, spread with peanut butter; eyes are stuffed olive slices, mouth, a strip of pimiento); **Individual Pumpkin Pies** (top with sweetened whipped cream and if liked a sprinkling of nutmeg); **Witches' Punch with Vanishing Ghosts** (Fruit Punch made with hot tea and boiling water. Serve hot, floating on each cup a vanishing ghost—a marshmallow on which a skeleton face has been drawn with food coloring. As the marshmallow dissolves in the hot punch, the ghost vanishes).

Patriotic (Lincoln or Washington's Birthday, Memorial Day, Fourth of July):
- **Petits Fours** (rectangular shapes, frosted in white and decorated with colored frosting in a patriotic motif, such as a flag or a star—or for Washington's Birthday, the famous hatchet); **Cherry Ice Cream**; **Pink and White Mints**; **Fruit Punch** or **Lemonade**.

Valentine (See illustration on page 1):
- **Heart Cakes** (Orange Sponge Cake baked in heart shapes, iced with pink Orange Butter Icing, edge decorated with tiny red heart candies); **Fruit Punch** (made with strawberry juice for red color).

Midnight Snack or Buffet Supper:
- **Fruit Hors d’Oeuvres**: *Toasted Sandwiches* (cream cheese, jelly, marmalade or peanut butter); **Cocoa**.

Afternoon Party for Mothers:
- **Open-faced Sandwiches**: *Sponge Cake*; **Tea with Lemon**; **Orange Fondants** or **Candied Peel**.

QUESTIONS FOR REVIEW

List steps you would take in planning and preparing for a party including its menu. Why are oranges and lemons good in party dishes? How may they be used?

Plan a school party menu to cost not more than 15 cents a person. Outline plan for serving this in buffet fashion.

SUGGESTIONS TO THE TEACHER

Have pupils plan a number of original menus for special occasions (a dinner menu for Thanksgiving or Christmas; refreshments for an evening party; a school picnic; a mothers’ tea). Include in each at least one dish made with citrus fruits. A price limit may be made for cost of refreshments.

Choose one of best menus practical for school serving, and prepare and serve this to invited guests. Report results to other class groups.

A study of correct forms for social correspondence, such as formal and informal invitations with acceptances and regrets and “bread and butter” letters, may be made by students with profit and enjoyment. There are a number of accepted forms, and class members may bring samples for comparison and discussion. If this project is undertaken, have students write invitations with acceptances or regrets for each of the affairs above, for which it is suggested that menus be planned.

Have students make a list of reference books on etiquette for this study.

OFFER OF MATERIAL

For further information and recipes, send for free copy of Sunkist Recipe Booklet to:

Educational Department
California Fruit Growers Exchange
Sunkist Building, Los Angeles, California

(Printed in U. S. A.)