IT IS often a great convenience to prepare the salad or dessert the day before a luncheon or dinner is to be cooked and served, especially in a home that has no servants. In this way a part of the work is done and one or two courses of the meal are ready to serve, deliciously cool and attractive to the eye as well as the appetite, while making no last minute demands on the housewife.

The citrus fruits are useful in several ways in these dishes prepared the day before. The fruit juices form the basis of the jelly that holds other ingredients in suspension, and act as a natural fruit flavor for the salad or dessert. The pulp and solid fruit of oranges, sliced or divided into segments, may be included in either salads or desserts as a part of a dish using either vegetables or other fruits, since the citrus fruits blend well with almost all of the fruits and vegetables.

Salads and desserts made the day before are usually solidified either by the use of gelatine, or by the action of a low temperature on liquids which gradually become thickened to a consistency that will hold other ingredients in suspension. In some cases no agent is necessary to perform this except the cold of the refrigerator. The fruit juices are added while the jelly is in liquid form, but the sliced fruit should not be put in until the mixture has solidified sufficiently to hold the fruit and not allow it to settle.

To unmold either salads or desserts immerse the mold for an instant in warm water, loosen the jelly slightly at the edge and invert the mold. Have the serving plate very cold.

The citrus fruits act as a balance to the heavier courses of the meal, as their reaction in the body is alkaline, offsetting...
the acidity resulting from a diet of foods such as meat, eggs, fish, bread and cereals. They also add their rich content of vitamins and mineral salts to assist digestion and increase nutrition. Less sugar is needed where orange juice is used for the California oranges contain a generous amount of natural fruit sugar, which is sugar partially pre-digested and ready to enter the system in its most wholesome form.

ORANGE AND LEMON GARNISHES

Lemons either sliced or cut into fancy shapes make an attractive garnish for salad or dessert, adding flavor as well as interest through their clean, waxy skins and attractive color. Garnishes, of course, should be freshly made shortly before serving of dish.

The fresh fruit flavor obtained by the use of the fruit juices of oranges and lemons as a basis of salads and desserts made the day before gives them a natural, wholesome flavor that blends well with the other ingredients.

SALADS

**Cabbage Jelly**

(6-8 servings)

21/2 tablespoons gelatine
1 cup cold water
1 1/2 cups boiling water
1 teaspoon salt
3 cups shredded cabbage
2 green peppers shredded
2 small pimientos
1/4 cup lemon juice
1/2 cup sugar
Mayonnaise
Lettuce

Soften gelatine in cold water, dissolve in boiling water, cool and add other ingredients. Mix thoroughly, pour into molds that have been dipped in cold water and allow to become firm in a cold place. When ready to serve, dip quickly in hot water. Loosen around sides with knife and turn out. Serve with mayonnaise on lettuce, or as an accompaniment to a meat or fish salad.

**Salmon Salad**

(6-8 servings)

1 can salmon
2 teaspoons salt
1 1/2 tablespoons sugar
1/2 tablespoon flour
1 teaspoon mustard
1/2 teaspoon paprika
2 egg yolks
1 1/2 tablespoons melted butter
1/4 cup milk, scalded
1/4 cup lemon juice
1 tablespoon gelatine
2 tablespoons cold water
Lettuce
Cooked dressing

Separate salmon into flakes. Mix dry ingredients except salmon, add egg yolks, butter, scalded milk and lemon juice. Cook five minutes, stirring constantly. Soften gelatine in cold water and add. Stir in salmon and mix thoroughly. Mold in individual fish molds, turn out and serve on lettuce with cooked salad dressing.
### Jellied Vegetable Salad

(6-8 servings)

| 2 tablespoons gelatine | ¼ cup lemon juice |
| ½ cup cold water | 1 cup canned peas |
| ¼ cup pea liquor | 1 cup cooked carrots |
| 1 teaspoon salt | Lettuce |
| ¼ teaspoon paprika | Mayonnaise |
| ½ cup chopped mint | |

Soften the gelatine in the cold water and dissolve in the hot liquor drained from the peas. Add the salt and paprika. Heat the chopped mint with the lemon juice and add this mixture with the peas and the cooked carrots cut in small cubes. Pour into wet molds and serve when firm on lettuce with mayonnaise.

### Ginger Ale Fruit Salad

(6-8 servings)

| 2 tablespoons gelatine | ½ cup grapes |
| ¼ cup cold water | 2 oranges |
| 1 cup boiling water | 1 banana |
| ¼ cup lemon juice | Lettuce |
| 2 tablespoons sugar | Mayonnaise |
| 1 cup ginger ale | |

Soften gelatine in cold water five minutes and dissolve in boiling water. Add lemon juice, sugar and ginger ale. Cool. Cut grapes in halves and remove seeds. Peel oranges and remove pulp in sections, discarding all white membrane. Slice banana. When ginger ale mixture begins to stiffen fold in fruit. Turn into large mold or individual molds that have been dipped in cold water. When firm remove from molds and serve on lettuce with mayonnaise.

### Summer Salad

(6-8 servings)

| 2 tablespoons gelatine | 1 cup lemon juice |
| ½ cup cold water | 1 cup cooked carrots |
| ¼ cup lemon juice | 2 tablespoons sugar |
| 2 tablespoons sugar | Grated rind of lemon |
| 2 cups sliced pineapple, cut fine | 1 cup nut meats |
| 1 cup chopped cabbage | 1 cup celery cut in small pieces |
| 1 cup nut meats | ¼ cup broken nut meats |
| Lettuce | Mayonnaise |

Soften gelatine in the cold water, then add boiling water and stir until the gelatine is dissolved. Add the lemon juice, sugar, grated lemon rind, then the pineapple, pimiento, cabbage and nut meats. Mold and serve on lettuce with mayonnaise.

### Continental Salad

(6-8 servings)

| 2 ½ tablespoons gelatine | 1 cup cold water |
| 1 ½ cups boiling water | ¼ cup lemon juice |
| ¼ cup sugar | 3 apples |
| 1 cup celery cut in small pieces | 1 cup sliced bananas |
| ¼ cup broken nut meats | ¼ cup grapes |
| Mayonnaise | |

Soften gelatine in cold water five minutes and dissolve in boiling water. Add lemon juice and sugar and stir until this dissolves. When mixture begins to stiffen add apples sliced in small pieces, celery cut up and broken nut meats. Turn into fancy individual molds that have been dipped in cold water and chill until firm. Serve with mayonnaise.

### DESSERTS

### Prune Sponge

(6 servings)

| 1 tablespoon gelatine | ½ cup sugar |
| ¼ cup cold water | ¼ cup lemon juice |
| 1 cup hot prune juice | 1 egg white |
| ½ cup prune pulp | |

Soften gelatine in cold water and dissolve in hot prune juice. Add prune pulp and sugar and stir until sugar is dissolved. Mix thoroughly. Add lemon juice. Place mixture on the ice until quite stiff. Then beat with an egg beater until it is foamy. Fold in stiffly beaten egg white and set in a cold place to become firm.

### Orange Bavarian Cream

(6 servings)

| ½ cup orange juice | 2 egg yolks |
| 1 teaspoon grated orange rind | 1 ½ tablespoons gelatine |
| ¼ cup cold water | 1 cup cream |

Beat orange juice, rind and half the sugar in a double boiler. Beat egg yolks with remaining sugar. Add orange juice mixture and cook over hot water, stirring until smooth and thickened. Add gelatine, dissolved in cold water, and stir into the cream. Set bowl in a pan of cold water and beat with a cream whip until mixture begins to stiffen.

### Grape Juice Jelly

(6 servings)

| 1 tablespoon gelatine | ¼ cup lemon juice |
| ¼ cup cold water | 1 cup sugar |
| 2 cups boiling water | Whipped cream |
| 1 cup grape juice | |

Soften gelatine in cold water. Add boiling water and stir until dissolved. Add grape juice, lemon juice and sugar. Stir thoroughly and pour into molds that have been dipped in cold water. Leave until firm in a cold place. Serve with whipped cream.

### Fruited Jelly

(6 servings)

| 2 ½ tablespoons gelatine | 1 cup orange pulp |
| ½ cup cold water | 1 cup chopped nuts |
| 2 cups boiling water | Whipped cream |
| 1 cup sugar | Cocoanut |
| ¼ cup lemon juice | Maraschino cherries |
| 1 cup sliced bananas | |

Soften gelatine in cold water, add boiling water, sugar and lemon juice and stir until gelatine and sugar are dissolved. Set on the ice until mixture begins to stiffen, then fold in bananas, orange pulp cut in sections and chopped nuts. Serve cold with whipped cream, sprinkle with cocoanut and garnish with maraschino cherries.
Lemon Ice Box Cake

(12 servings)

\[ \begin{align*}
&\frac{3}{4} \text{ cup butter} \\
&1 \text{ cup powdered sugar} \\
&\frac{1}{4} \text{ cup milk} \\
&\frac{1}{4} \text{ cup granulated sugar} \\
&1\frac{1}{2} \text{ tablespoons cornstarch} \\
&\frac{1}{2} \text{ cup boiling water} \\
&1 \text{ egg, separated} \\
&1 \text{ cup grated orange rind} \\
&1 \text{ cup pineapple, diced} \\
&1 \text{ teaspoon salt} \\
&1 \text{ tablespoon lemon juice} \\
&\frac{1}{2} \text{ cup cold water} \\
&\frac{1}{4} \text{ cup shredded pineapple} \\
&\frac{1}{4} \text{ cup syrup from canned pineapple} \\
&\frac{1}{2} \text{ teaspoon vanilla} \\
&\frac{1}{2} \text{ cup powdered sugar} \\
&\text{Strawberry Bavarian Cream}
\end{align*} \]

Cream butter and powdered sugar together. Cook in double boiler until smooth milk, sugar, cornstarch and egg yolks. Add lemon juice and grated rind just before removing from the fire. Add butter and powdered sugar creamed together. Fold in beaten egg whites. Line bottom and sides of a mold or spring form with ladyfingers, separated, or thin slices of sponge cake. Spread a layer of filling over ladyfingers, add another layer of ladyfingers. Repeat until the ingredients have been entirely used. Place in refrigerator for twenty-four hours. The filling will soak the ladyfingers and all will solidify. Cover with whipped cream an hour or so before serving.

Oriental Sponge

(6 servings)

\[ \begin{align*}
&2 \text{ tablespoons gelatine} \\
&\frac{3}{4} \text{ cup cold water} \\
&1 \text{ cup boiling water} \\
&1 \text{ cup syrup from caned pineapple} \\
&1 \text{ cup orange juice} \\
&\frac{1}{4} \text{ cup sugar} \\
&\frac{1}{4} \text{ teaspoon salt} \\
&1 \text{ tablespoon grated orange rind} \\
&1 \text{ cup powdered sugar} \\
&1 \text{ cup whipping cream} \\
&1 \text{ egg white} \\
&\text{SECRET OF THE SUCCESSFUL BOX CAKE}
\end{align*} \]

Soften gelatine in cold water and dissolve in boiling water. Add pineapple syrup heated and sugar and stir until sugar is dissolved. Mix thoroughly. Add salt, lemon juice and lemon rind and set on ice until mixture thickens. When quite stiff beat in an egg beater until foamy. Then fold in pineapple, ginger and stiffly beaten egg white and set in a cool place until ready to serve.

QUESTIONS FOR REVIEW

What is the advantage in preparing salads and desserts the day before?
How are fruit juices used in preparing these salads and desserts?
What other portions of what fruit is used and how?
How are lemons used to add attractiveness?
How are salads and desserts made the day before solidified? Name two other agents.
When are fruit juices added? Sliced fruit?
Describe method for unmolding jellied salads and desserts.
What is the action of the citrus fruits in respect to the heavier courses? Why?
What other elements do they supply?
Plan a menu using one or two dishes made the day before.

Suggestion to the Teacher: Allow each pupil to select a salad or dessert that can be made the day before and make this at home, to be given credit on school work. Or divide the class into two sections. Allow one to make salads, one desserts, and serve each other the following day. Pupils may be allowed to make original garnish designs from oranges or lemons.

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

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