THE month of February is pleasantly broken by holidays that offer patriotic and romantic reasons for entertaining. This is followed by St. Patrick's Day with its jolly suggestions of spring in its traditional green color scheme, and Easter, which is the season of luncheons and showers to announce engagements and welcome brides. Any of these occasions may be celebrated with a dinner or luncheon or a larger gathering of a more informal character where menu and decorations are important factors of the occasion, and will follow a certain color scheme, perhaps, or otherwise add to the interest and pleasure of the entertainment.

The citrus fruits are invaluable in any form of entertaining because of their flavor and appearance. The fruit itself is used in most of the foods and refreshments served on such occasions, while the fruit juices as flavoring appear in sauces, salad dressings and frostings. A garnish of lemon slices adds to both the attractiveness and flavor of many dishes. Slices of lemon and orange float in the punch bowl, sliced lemon is served with afternoon tea, lemon cut in fancy shapes accompanies many of the courses of a luncheon or dinner.

The citrus fruits offer opportunities for varying the usual service of many of the dishes often appearing at parties, adding novelty with the well-liked flavor. Thus to a quart of tea, freshly made and chilled, may be added the strained juice of four oranges. Add cracked ice, a few sprigs of mint and thin slices of lemon and serve. A delicious variation of the usual mint sauce may be made by adding three tablespoons of fresh mint chopped fine to a glass of currant jelly that has been well beaten. When well blended add the shredded rind of half an
orange. For an appetizing toast to serve with afternoon tea, mix the grated rind of one orange with four tablespoons of sugar. Add a little juice to blend so that the mixture will spread. Spread on hot buttered toast and run under gas flame to melt the sugar.

When using several oranges save the skins and cover with water for three or four hours. Strain and use this liquid for punch or other beverages. For an orangeade variation use the juice of one large orange and a teaspoon of maple syrup. Fill the glass with charged water. An excellent sweet dressing for a salad is made by blending equal parts of melted butter, lemon or orange juice and sugar or honey.

A color scheme is often effective in carrying out a decorative idea in entertaining. Oranges are useful when the plan is carried out in orange and white or orange and black. Orange and green, as well as orange and yellow, are also combinations for which this fruit is adapted. Combined with the fruit or juice of a red fruit as in some of the following recipes, the red color scheme especially adapted to St. Valentine’s day or Washington’s Birthday may be followed out.

The fruit cocktail may be served in a half shell of orange. Salads are often arranged in baskets made by cutting away two portions so that the lower half with a handle remains. Orange icing may be used on the cake, while the fruit itself may be used in any course that is desired.

The clear waxy skins of California oranges and lemons make them particularly suited to decorative purposes. These fruits lend color to any plan or arrangement in which they are included. The flavor of the fruit stimulates the appetite and blends deliciously with other foods, and a well balanced menu is assured if these fruits are used to offset the richer courses or those refreshments that do not contain all the elements necessary for a dietetic balance.

### APPETIZERS

#### Pomegranate Cocktail

(6 Servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 cup boiling water</td>
<td>1 1/4 cups orange juice</td>
</tr>
<tr>
<td>1 glass crabapple jelly</td>
<td>1/4 cup lemon juice</td>
</tr>
<tr>
<td>Grated rind 2 oranges</td>
<td>1/4 cup sugar</td>
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Pour boiling water over jelly and stir until dissolved. Cool. Add orange rind, orange and lemon juice, and sugar. Mix well. Pour into a freezer, pack with 8 parts ice and 1 part salt. Freeze and serve as a first course for luncheon or dinner.

#### Ginger Cocktail

(6 Servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>3/4 cup sugar</td>
<td>1/2 cup water</td>
</tr>
<tr>
<td>4 teaspoons minced preserved ginger</td>
<td>1 1/2 cups crushed pineapple</td>
</tr>
<tr>
<td>1 1/2 cups diced orange</td>
<td>Candied citron</td>
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</table>

Boil sugar and water five minutes. Add ginger and when cold pour over fruit. Let stand in a cold place one hour. Garnish with tiny strips of candied citron.

#### Frozen Fruit Cocktail

(6 Servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1/2 cup crushed pineapple</td>
<td>3/4 cup grapefruit pulp</td>
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<tr>
<td>2 cups orange pulp</td>
<td>2 cups powdered sugar</td>
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Drain juice from pineapple and add pulp to orange and grapefruit pulp. Add powdered sugar and stir until dissolved. Pour into mold and pack in four parts ice and one part salt. Let stand for three hours until frozen. Serve as an appetizer.

### PUNCHES AND DRINKS

#### Orange Punch

(12 Servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tr>
<td>2 cups orange juice</td>
<td>1 quart ginger ale</td>
</tr>
<tr>
<td>1 cup sugar</td>
<td>Cracked ice</td>
</tr>
</tbody>
</table>

Add orange juice to sugar and let stand several hours. Add ginger ale and serve with cracked ice.
Orange Mint Punch

(15 Servings)
1 pound sugar 1 quart water
2 cups water 1 pint ginger ale
4 lemons 6 sprays mint
2 oranges Ice

Boil sugar and water five minutes and add to strained juice of lemons and oranges. Add water and ginger ale. Wash mint and bruise the stems. Add to mixture and let stand in a cold place one hour. Pour into a punch bowl over ice.

Frozen Fruit Punch

(12 Servings)

Mix sugar, lemon rind and fruit juices. Add to this raspberry syrup, maraschino syrup and lukewarm water and blend thoroughly. Five or six drops of vegetable carmine may be added to give a deeper color. Mixture is then strained and placed in a freezer. Freeze and serve in punch glasses after the meat course at dinner.

Jellied Spring Salad

(6-8 Servings)
2 tablespoons gelatine
1/2 cup cold water
2 tablespoons sugar
2 lemons, juice of
1 lemon
Golden salad dressing

Soften the gelatine in the cold water, add the boiling water and sugar and stir until all is dissolved. Add lemon juice and grated rind, the spinach juice and salt. When this begins to thicken add the chopped cucumber and the pineapple. This salad may be served in eclair cases with Golden Salad Dressing.

Golden Salad Dressing

(6-8 Servings)
1/2 cup sugar
1/2 teaspoon dry mustard
1/2 teaspoon salt
2 egg yolks
1 cup orange juice
3 tablespoons lemon juice
Golden salad dressing

Mix sugar, mustard and salt. Add beaten egg yolks, stir well, add fruit juices and cook in a double boiler until thick and smooth. Stir constantly to avoid lumping. Beat the egg whites until stiff and fold in just before removing from the fire.

SALADS AND SALAD DRESSINGS

Orange Cocoa

(6 Servings)
4 cups milk 1/4 teaspoon soda
1/2 cup boiling water 1 orange, juice and
8 teaspoons cocoa grated rind
2 tablespoons sugar

Put milk in double boiler. Boil 1/2 cup water in a small saucepan, mix cocoa and sugar and stir into this and boil together three minutes. Pour in the double boiler with hot milk. Add soda to orange juice and rind and combine with the cocoa.

Lemon Meringue Pie

(6-8 Servings)
1/2 cup flour
1 cup sugar
1/2 cups boiling water
2 egg yolks
1 tablespoon butter
Grated rind 1 lemon Baked pie crust

Mix flour and sugar, add the boiling water slowly and boil for five minutes, stirring constantly. Cook over boiling water ten minutes, stirring occasionally. Beat the egg yolks and add the cooked mixture to them. Return to double boiler and add the butter, lemon juice and rind and cook until the mixture thickens. Cool and fill a baked crust. Cover with a meringue made by beating the egg whites and adding the powdered sugar. Brown in the oven.
CAKES AND FROSTINGS

Lemon Cream Cake
(12 Servings)

- \( \frac{1}{2} \) cup butter
- 3 teaspoons baking powder
- 2 cups sugar
- 3 egg yolks
- 1 lemon rind and juice
- 1 cup milk
- 2 eggs
- 3 egg whites
- \( \frac{1}{2} \) cup water

Cream butter and sugar, add beaten egg yolks and milk. Stir in sufficient flour to make a stiff batter and the beaten egg whites. Last of all add baking powder. Bake in layers and put together with a filling. Mix grated lemon rind and juice, eggs, cornstarch and water and let the mixture come to a boil, stirring until it thickens. Cool and spread between the layers of the cake.

Orange Cocoa Frosting
(1 Cake)

Grated rind 1 1/2 tablespoons cocoa
orange 1/4 cup orange juice
1/2 cup powdered sugar 1/4 cup candied orange peel

Add grated rind to sugar and cocoa mixed. Soften with enough orange juice to melt the sugar. Stir in the finely chopped orange peel and spread on cake.

FROZEN DISHES

Frozen Orange Pudding
(8-10 Servings)

1 cup milk
2 egg yolks
2 cups sugar
1 cup water
2 cups orange juice

Scald milk in double boiler. Beat eggs until light. Add scalded milk and stir until well mixed. Return to double boiler and cook until custard is thick enough to coat spoon, stirring constantly. Remove from fire and cool. Boil sugar and water together slowly ten minutes. Cool and add orange juice. Combine with custard. Fold in stiffly whipped cream, candied orange peel and nuts. Put into freezer and freeze like ice cream.

Orange Layer Cake
(12 Servings)

- \( \frac{1}{2} \) cup butter
- \( \frac{1}{2} \) cup orange juice
- 1 1/2 cups sugar
- 1 cup orange icing
- 3 eggs
- 3 cups flour
- 3 teaspoons baking powder

Cream butter and sugar together. Add well beaten eggs and mix well. Mix and sift flour, baking powder and salt and add alternately with the orange juice to first mixture. Beat thoroughly. Pour into three greased layer cake pans and bake in a hot oven, 400 degrees F. twenty to twenty-five minutes. Cool and spread with Orange Icing and decorate with orange sections.

Orange Icing
(1 Cake)

1 egg
1/4 orange, juice and grated rind
3 cups confectioners’ sugar

Beat egg and add orange juice and rind. Add confectioners’ sugar until mixture is of right consistency to spread. Beat until smooth.

Lemon Honey Sherbet
(10-12 Servings)

1 quart milk
1 cup strained honey
3/4 cup sugar
3/4 teaspoon salt
3 lemons, juice of
3 tablespoons sugar
2 egg whites

Heat milk but do not scald it. Add honey sugar and salt and allow the mixture to cool. Pack it into the freezer and turn until it begins to freeze. Then add juice of lemons. Turn freezer until the sherbet is nearly frozen. Add sugar to stiffly beaten egg whites and stir into the sherbet. Finish freezing and pack for an hour or two before serving.

QUESTIONS FOR REVIEW

Name holidays in February that suggest entertaining. Name a holiday in March that is celebrated with green decorations. Later season that is appropriate for announcement luncheons and showers for brides.

For what are the citrus fruits invaluable in entertaining? In what way are they used?

Name foods with which lemon garnishes are usually served.

How may orange skins be used after the pulp has been removed?

Name color schemes in which the citrus fruits are used as decorations.

Give reason why the citrus fruits effect a balance in the menu.

Suggestion to the Teacher: Have each pupil describe an original plan of decoration for a party, using oranges and lemons. Have each pupil also submit a menu for some form of entertainment, including one dish made from the citrus fruits. Encourage them to try this dish at home and give them credit for their work. Perhaps some of class members or the class itself will be giving a party. If so, menu may be discussed in class, using some of the recipes given in this bulletin.

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

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Los Angeles, California

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