

Cooking From The Herald Kitchen

By Mildred Huskins
All signs point to warm weather ahead.

That means a change in meal plans from hot to cool with an emphasis on fresh looking dishes to tempt heat-wearied appetites. At the same time it's advisable to keep cool while staying cool by cutting down on cooking. You'll save fuel, too.

Be prepared with some menu ideas when the temperatures are rising. One suggestion is a main dish salad that can be made ahead of time. Do this in the morning or even the day before you serve. It will be chilled and ready to garnish just a few minutes before your luncheon guests arrive. Tarragon vinegar gives piquant accent to bland flavored chicken while sour cream provides a harmonious but tangy flavor. Serve it surrounded with tomatoes, cucumber slices

and strips of cheddar cheese. Warm rolls and butter, a milk beverage or cold tea and ice cream Tortoni will complete this warm weather menu. It's especially attractive for a luncheon on the patio.

When there's a lovely dessert like Ice Cream Tortoni tucked away in the freezer, you're ready for almost any occasion. This tortoni has a top and bottom crust of toasted almonds, melted butter and vanilla wafer crumbs. In the middle are layers of ice cream and apricot preserves. To serve, just peel off the foil and cut in squares.

Chicken Tarragon Salad
2 envelopes unflavored gelatin
1/2 cup cold milk
1 chicken bouillon cube
1 1/2 cups hot milk
1 cup sour cream
2 tablespoons tarragon vinegar

2 tablespoons prepared mustard

3/4 teaspoon salt
1/4 cup chopped celery
1/4 cup chopped pimiento
1 1/2 cups finely chopped cooked chicken

Soften gelatin in cold milk. Dissolve bouillon cube in heated milk; add gelatin and stir until dissolved. Place over low heat, if necessary, to dissolve gelatin. Chill until mixture begins to thicken. Stir in sour cream, vinegar, mustard and salt. Fold in celery, pimiento and chicken. Pour into a 4 1/2-cup salad mold. Cover and chill until firm. To unmold, loosen top edge with a knife dipped in warm water. Dip mold, just to rim, in warm (not hot) water 10 seconds. Shake gently, place plate over mold and invert. Remove mold and garnish with salad greens, sliced tomatoes, cucumber slices

and Cheddar cheese, cut in strips. Makes six servings.

Ice Cream Tortoni
one-third cup chopped toasted almonds
3 tablespoons butter, melted
1 cup fine vanilla wafer crumbs
1 teaspoon almond extract
3 pints vanilla ice cream, softened

1 jar (12 oz.) apricot preserves
Combine almonds, butter, crumbs and extract; mix well. Set aside one-fourth cup of crumb mixture for top. Sprinkle half of the remaining crumb mixture over bottom of an 8-inch square pan lined with foil. Spoon half the ice cream over crumb mixture; drizzle with half of the preserves and sprinkle with remaining crumb mixture. Repeat to use remaining ice cream and preserves. Sprinkle reserved crumb mixture over top. Store in freezer until ready to serve. Cut in squares. Note: For variation, in place of apricot, use peach preserves plus one-half teaspoon grated lemon peel. If making in advance, lift out ice cream in foil after frozen and completely wrap for freezer storage. Makes nine servings.

Have you been experimenting with Chinese and Japanese cooking? Well, no need to give it up until fall for this Ting Tang Chinese Salad will resound on your tastebuds like an Oriental gong. The maple-sweet and vinegar-sour dressing rings with ginger, garlic and soy sauce. And a sprinkling of sesame seeds goes in to zing up the texture. It all goes to make a light, tingling summer salad. The dressing can be made ahead of time and chilled; it requires only a quick stir before you pour it over the Chinese vegetables.

Ting Tang Chinese Salad
1/2 cup maple-blended syrup
1/4 cup vinegar
2 tablespoons vegetable oil
1 tablespoon toasted sesame seeds
1 tablespoon soy sauce
1/4 teaspoon garlic powder
1/4 teaspoon ginger
3 cups sliced celery cabbage
1 cup mushroom halves
1/2 cup green onion slices
1 can (8 oz.) water chestnuts, drained, halved
For sweet and sour dressing, combine all ingredients; blend well. Chill. For salad, toss together salad vegetables. Immediately before serving, stir dressing thoroughly. Pour dressing over salad; toss lightly. Serves six.

Southern Life Notes '76 Gain

In the report released last week, Southern Life Insurance Co., home offices in Greensboro, described the substantial growth gains made in all areas of the company's 1976 operations. Sales of \$262,162,365 were up 17 per cent from the previous year and represented the highest in the company's 50-year history. Insurance in force increased by \$119,055,401, compared to \$74-million the previous year, bringing the total in force to \$1,076,246,902.

At year-end, assets totaled \$113,121,515, against \$103,440,234 in 1975. Benefits paid or reserved for policyowners and beneficiaries were \$14,419,585.

The company's operating territory consists of 20 states and the District of Columbia. There are 965 individuals associated with the home office staff and three sales divisions working in 149 marketing areas.

Phil G. Sawyer, Jr., is the district manager of the local Southern Life office, located at Bank of North Carolina Bldg., South Broad Street, Edenton.



SUMMER SALAD — Tarragon vinegar supplies just the right accent to a creamy chicken mold which can be made ahead for a hot weather luncheon.

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