

### On The Front Burner

(Continued from page 4B)

**Filling:**  
 2 egg whites, room temperature  
 2/3 cup sugar  
 2 teaspoons grated lemon peel  
 1/4 cup lemon juice  
 5 drops yellow food coloring  
 1 cup whipping cream  
 Combine the egg whites, sugar, lemon peel and food color in mixer and whip until the whites begin to hold soft peaks. Add lemon juice and whip until the mixture thickens again. Whip cream and fold into lemon mixture. Turn into pie shell and chill. Serve with blueberry sauce.

**Sauce:**  
 2/3 cup sugar  
 1 tablespoon cornstarch  
 pinch of salt  
 2/3 cup water  
 2 cups blueberries  
 Combine sugar, cornstarch and salt until smooth. Add water; cook and stir until thick. Cook 2 minutes more. Add 2 cups blueberries; return to boiling. Remove from heat and chill. Yield: 6 to 8 servings.

**MARINATED CARROTS**  
 (Mary Benkosky)  
 (Extension Homemakers Salad Luncheon)  
 2 lbs. sliced carrots  
 1 green pepper cut up  
 1/2 cup oil  
 3/4 cup vinegar  
 1 teaspoon worcestershire sauce  
 1 medium onion cup up  
 1 can tomato soup  
 1 cup sugar  
 1 teaspoon prepared mustard  
 1 teaspoon each salt and pepper  
 Cook carrots until tender, drain and cool. Mix with other ingredients. Marinate for 12 hours. Can add green beans if desired.

**TINY MEATBALLS**  
 (Rose Sturgeon)  
 (Microwave Users Luncheon)  
 1 lb. lean ground beef  
 1 small onion, finely minced  
 1 egg, lightly beaten  
 1 teaspoon salt  
 1/4 teaspoon ground allspice  
 1/2 lb. ground pork  
 1 cup milk  
 1 cup dry bread crumbs  
 1/4 teaspoon pepper  
 2 teaspoons soy sauce  
 In large mixing bowl combine ingredients and blend well. Form into small balls, about 1 inch in diameter. Arrange half the meatballs in a single layer in a microproof baking dish. Cook, uncovered on 90 (saute) 5 to 6 minutes. Place in chafing dish to keep hot. Cook remaining meatballs and add to chafing dish. Serve hot. Use toothpicks to spear meatballs and dun in Curry Dipper (recipe below). These may be prepared in advance and reheated just before serving on high (max. power) 2 to 3 minutes. Makes about 60 meatballs.

**CURRY DIPPER**  
 1 can (10 3/4 oz.) cream of mushroom soup, undiluted  
 1 teaspoon lemon juice  
 1 1/2 tablespoons curry powder  
 1 clove garlic, minced  
 In 4-cup glass measure, stir in all ingredients together until well mixed. Cook on high (max. power) 2 minutes, or until hot. Serve hot with Tiny Meatballs, cubed sirloin, shrimp, or scallops. Makes 1 1/4 cups.

**SQUASH CASSEROLE**  
 (Marylian Fowler)  
 (Microwave Users Luncheon)  
 4 summer squash sliced thinly  
 1/4 teaspoon sage  
 dash of pepper  
 1 large onion chopped  
 1/2 teaspoon salt  
 Put into buttered casserole, microwave on high for 15 minutes. Stir every 5 minutes. Mash squash and add 1 can cream of mushroom soup, 1/2 cup herb dressing mix. Top with 1/2 cup grated sharp cheese and 1/4 of dressing mix. Cover and microwave on high for 2 minutes.

I was glad to learn that Betty McLean (Mrs. Stewart Ritchie) in Charlotte read *The News-Journal* and enjoys On the Front Burner. Betty, we would love to have one of your recipes.

### Frye Arrives For Texas Duty

Lt. Col. John W. Frye Jr., son of John W. Frye of Rural Route 2, Aberdeen, has arrived for duty at Randolph Air Force Base, Texas. Frye, a deputy commander with Foreign Military Training, was previously assigned at Howard Air Force Base, Panama. His wife, Doris, is the daughter of Annette Seawell of Rural Route 1, West End. The colonel received a master's degree in 1966 through the Air Force Institute of Technology.

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 FLAV-O-RICH  
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