



TURN ON TASTE

• RECIPE BOOK •





ReaLemon turns on taste in foods of all nations. Whether you cook in German, Spanish, Japanese or English . . . whether you prepare Italian food today and Greek cuisine tomorrow . . . you'll discover real, real flavor with ReaLemon.

The recipes in this book have been gathered from all over the world. They can enhance the reputation of an expert cook by giving her meals an international flair. And they've been so simplified that a beginner can trust them never to betray her secret.

You can trust ReaLemon, too. ReaLemon lemon and ReaLime lime juices are reconstituted so that every drop in every bottle is uniform in strength and flavor. And there's no squeezing, straining or waste. Just pour the amount you need.

So, no matter what language you cook in, turn on taste with real ReaLemon. It's real!



BORDEN INC
FOODS DIVISION / **REALEMON FOODS**
1200 WEST 37th STREET, CHICAGO, ILLINOIS 60609

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APPETIZERS, SALADS, DIPS

There's no need to limit yourself to ho-hum salad dressings or dull dips. Become a Latin-for-a-day by serving ensalada (Spanish) or salades (French) salads to your family. Or treat guests to vorspeisen (German) or opektika (Greek) appetizers.



HOLIDAY CRANBERRY SALAD

- | | |
|--|--|
| 1 pint cranberry juice cocktail | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon (1 envelope) unflavored gelatin | $\frac{1}{2}$ cup chopped apple |
| $\frac{1}{4}$ cup ReaLemon lemon juice | $\frac{1}{2}$ cup halved and seeded Tokay grapes |
| 2 tablespoons sugar | $\frac{1}{2}$ cup chopped celery |
| | $\frac{1}{4}$ cup chopped walnuts |

Heat 1 cup cranberry juice. Soften gelatin in ReaLemon; add hot cranberry juice, sugar and salt. Stir until gelatin is dissolved. Add remaining cranberry juice and cool. Chill until partially set. Add fruit, celery and walnuts. Pour into a 4-cup mold or into 6 individual molds. Chill until firm. Unmold and serve on greens with mayonnaise. *6 to 8 servings.*



FRUIT SALAD POTPOURRI

- | | |
|---|--|
| 2 cups apples, unpeeled and cubed | 1 can (11-ounce) mandarin orange sections, drained |
| 2 tablespoons ReaLemon lemon juice | $\frac{1}{2}$ cup slivered toasted almonds |
| 2 cups seedless grapes | 1 cup mayonnaise |
| 1 can ($2\frac{1}{2}$ cups) pineapple tidbits, drained | $\frac{1}{4}$ cup heavy cream, whipped |
| $\frac{1}{2}$ cup dark seedless raisins | 3 tablespoons ReaLime lime juice |
| | Maraschino cherries |

Toss cubed apples with lemon juice. Fold in grapes, pineapple tidbits, raisins, orange sections and almonds. Chill. Blend mayonnaise and whipped cream, stir in lime juice. Just before serving, fold into fruit.

GREEN BEANS OF THE SEA SALAD

- | | |
|---|--|
| 2 cans tuna fish, drained
and flaked | 3 tablespoons
ReaLemon
lemon juice |
| 1 large sweet onion
sliced into thin rings | 1 tablespoon wine
vinegar |
| 5 cups green beans,
2 (No. 2) cans | 1 tablespoon grated
parmesan cheese |
| 3 hard cooked eggs,
sliced | $\frac{1}{2}$ teaspoon oregano |
| 3 tablespoons olive oil | 4 crushed walnuts
(optional) |

Combine first four ingredients in large salad bowl and refrigerate. When ready to serve, pour olive oil into screw top jar. Add lemon juice and wine vinegar and cheese. Shake well. Pour over salad. Sprinkle oregano and crushed walnuts over top. Toss and serve.



SUMMER FRUIT FLIP

- | | |
|---|--|
| $\frac{1}{2}$ cup ReaLemon
lemon juice | 6 cups melon balls,
cantaloupe, honeydew,
watermelon |
| 1 cup after dinner
mints | 3 cups fresh pineapple
chunks |
| drop red food
coloring | |

Combine ReaLemon lemon juice and after dinner mints; simmer until mints dissolve. Add food coloring; pour over melon and pineapple. Refrigerate for several hours. Makes about 15 servings.

To make the fruit bowl, select a watermelon that has a round shape. Depending on its size, cut off the top of the watermelon $\frac{1}{2}$ or $\frac{1}{4}$ of the way down. Cut out red fruit from lid and inside of melon. Remove all seeds and use best part to make melon balls. Use knife to pink edges of "bowl" for decorative effect.

SWEET-SOUR SAUSAGES

- | | |
|--|---------------------------------------|
| 2 cans (5 ounces each)
Vienna sausage | 2 tablespoons
ReaLemon lemon juice |
| 1 cup apricot jam or
preserves | 4 teaspoons dry mustard |
| $\frac{1}{4}$ cup pickle relish | 2 teaspoons ginger |

Drain sausages, reserving broth, and cut in half. Combine broth, jam, relish, ReaLemon, mustard and ginger. Heat and stir until blended; add sausage and heat through. *Serve hot.*

ANCHOVY-CELERY DIP

- | | |
|---|---------------------------------------|
| $\frac{1}{2}$ pound cream cheese,
softened | 2 tablespoons
ReaLemon lemon juice |
| $\frac{1}{2}$ teaspoon celery seed | Dash of paprika |
| 3 tablespoons cream | 1 tablespoon anchovy
paste |
| 2 teaspoons minced
onion | |

Cream the cheese with cream until smooth. Add celery seed, onion, ReaLemon, paprika and anchovy paste. Blend until fluffy. *Garnish with chopped hard cooked egg.*

LEMON-CRANBERRY RELISH

- | | |
|------------------------------------|---|
| 1 pound fresh
cranberries | $\frac{1}{2}$ cup ReaLemon
lemon juice |
| $2\frac{1}{2}$ cups chopped celery | $1\frac{1}{2}$ cups sugar |
| 1 medium-sized apple | |

Put cranberries, celery and apple through food chopper. Add ReaLemon and sugar. Chill. *Makes 2 pints.*

SALATA (Greek Salad)

Rub salad bowl generously with crushed garlic. Toss mixed greens in bowl with sliced black olives and small squares of feta cheese. Make dressing by combining 1 part ReaLemon to 3 parts olive oil. Season with salt, pepper, oregano and dried mint to taste.

MAYONESE CASERA

- | | |
|----------------------------------|---------------------------------|
| 2 large egg yolks | 2 cups salad oil (or olive oil) |
| 2 tablespoons ReaLime lime juice | 1 teaspoon wine vinegar |
| 1 teaspoon salt | or 1 teaspoon boiling water |

Beat egg yolks, juice, and salt until light. Add oil drop by drop until half has been added, beating constantly. Add wine vinegar. Add balance of oil slowly, beating constantly. Substitute 1 teaspoon boiling water for the wine vinegar if you prefer a less tart flavor.

COCKTAIL DIP

- | | |
|---------------------------------|---|
| 8 ounces cream cheese, softened | 4 teaspoons ReaLemon lemon juice |
| $\frac{1}{2}$ cup sour cream | 1 tablespoon grated onion |
| $\frac{1}{4}$ cup horseradish | $\frac{1}{4}$ teaspoon monosodium glutamate |

Gradually blend all ingredients with cream cheese.

CHEESE WITH BACON SALAD

- | | |
|------------------------------------|---|
| 3 slices bacon, diced | $\frac{1}{2}$ cup grated cheddar cheese |
| 3 tablespoons ReaLemon lemon juice | $\frac{1}{2}$ head lettuce, broken into bite sized pieces |
| Salt to taste | |

Fry bacon until crisp. Add ReaLemon to hot bacon and drippings. Toss lettuce and grated cheese together and sprinkle with salt. Add lemon-bacon mixture and toss well. Serve immediately. *6 servings.*

CUCUMBER QUICKIE

Into your electric blender put 2 medium-sized cucumbers (rind left on) and 1 onion, both of which have been cut into chunks. Add 2 tablespoons sour cream, 1 slice of pimento, 2 tablespoons ReaLemon lemon juice, 2 teaspoons salt and a dash each of regular pepper and cayenne. Blend at high speed until thoroughly mixed. *Makes 3 cups.*

SALSEO DE GAMBAS

(Shrimp sauce as dip or salad dressing)

- | | |
|---------------------------------------|--|
| 1 8-ounce package cream cheese, cubed | 1 tablespoon ReaLime lime juice |
| 1 cup sour cream | 1 tablespoon olive oil |
| 2 tablespoons mayonnaise | $\frac{1}{4}$ teaspoon garlic salt |
| 1 teaspoon salt | 3 tablespoons dry California Sherry |
| $\frac{1}{2}$ teaspoon pepper | $\frac{1}{2}$ pound cooked shrimp, chopped |
| | 1 tablespoon chopped parsley |

Place ingredients through sherry in blender and whirl a few seconds. When well blended fold in shrimp. Serve with crisp celery, raw cauliflower and other vegetables as a dip. Or use over lettuce wedges for excellent salad dressing.



GUACOMOLE A MI GUSTO

(Guacomole as I like it)

- | | |
|---|--|
| 3 large ripe avocados | $\frac{1}{2}$ teaspoon garlic salt |
| 2 large firm tomatoes, peeled, seeded and quartered | 1 small onion, chopped fine |
| 2 tablespoons ReaLime lime juice | 2 tablespoons olive oil |
| 1 teaspoon salt | $\frac{1}{2}$ cup commercial sour cream |
| $\frac{1}{2}$ teaspoon tabasco | $\frac{1}{4}$ cup chopped toasted almonds (optional) |

Peel and mash avocados in bowl. Chop tomatoes fine and add. Sprinkle with ReaLime. Add salt, hot sauce, onion, olive oil and sour cream. Toss lightly, cover with transparent kitchen wrap. Just before serving add nuts and toss lightly. Serve on bed of lettuce surrounded by corn chips. Or use as salad dressing on tossed greens.

SOUPS

Whether it's a hearty Hungarian fish soup, or a brisk and zesty gazpacho, it needs ReaLemon lemon juice to turn on the taste. Have one of the plastic squeeze lemons on the table for an extra splash of flavor.



GAZPACHO

- | | |
|-------------------------------|----------------------------|
| 15 medium ripe tomatoes | Salt and pepper |
| 15 medium onions | $\frac{3}{4}$ cup ReaLemon |
| 3 small green peppers, seeded | lemon juice |
| 6 medium cucumbers | 1 cup minus 1 table- |
| water | spoon mayonnaise |
| | 3 cloves garlic crushed |

Peel tomatoes and chop onions, green peppers and cucumbers. Put vegetables in a saucepan. Add $1\frac{1}{2}$ to 3 cups water, depending on juice of the tomatoes. Simmer about 1 hour. Strain through a sieve, season with salt and pepper to taste. Stir in ReaLemon. Chill. In bowl, combine mayonnaise and crushed garlic. Whisk in sieved vegetables with a wire whip until mixture looks like a thick, smooth cream soup. Serve chilled, accompanied by a tray of sliced cucumbers, pimento, tomatoes, green peppers and small fried croutons. 12 servings.



HURRY-UP BOUILLABAISSE

- | | |
|--|---|
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{3}$ cup ReaLemon |
| $\frac{1}{2}$ cup chopped green pepper | lemon juice |
| 1 small clove garlic, crushed | $\frac{1}{2}$ teaspoon oregano |
| $\frac{1}{4}$ cup butter | 1 can (6 $\frac{1}{2}$ ounces) crabmeat |
| 2 cups tomato juice | 1 can (5 ounces) lobster |
| 1 cup water | 1 can (4 $\frac{1}{2}$ ounces) shrimp |

Cook onion, green pepper and garlic in butter until tender. Add tomato juice, water, ReaLemon and oregano; simmer 15 minutes. Drain canned seafood; break into chunks. Add to tomato juice mixture; heat through. 6 to 8 servings.

HUNGARIAN BRUNCH CHOWDER

- | | |
|---|--|
| 1 pound frozen sole fillets, thawed | $\frac{1}{2}$ teaspoon paprika |
| 1 quart soup stock, or 2 cans consomme and 2 cans water | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup ReaLemon lemon juice | 1 sprig green parsley |
| 3 tablespoons melted butter | 1 cheese-cloth bag containing 3 tablespoons caraway seeds, 6 peppercorns, $\frac{1}{2}$ clove of garlic, 1 small onion, cut in half, 1 bay leaf. |
| 3 teaspoons flour | |

In a large pan, combine soup stock, ReaLemon, fish, spices and cheese-cloth bag containing herbs. Bring to boil. Let fish simmer until it falls apart (about 30 minutes). Brown flour in butter—slowly add about one cup of soup. Pour thickened sauce into soup and stir carefully.

Serve in flat soup plates with a sprig of green parsley on top. Place a standing ReaLemon on the table. A splash of lemon juice is essential just before eating to really turn on taste.

QUICK CREOLE SHRIMP SOUP

- | | |
|---|---|
| 1 can (10 ounces) frozen cream of shrimp soup | $\frac{1}{3}$ cup ReaLemon lemon juice |
| 1 soup can water | $\frac{2}{3}$ cup packaged quick-cooking rice |
| | $\frac{1}{4}$ teaspoon salt |

Heat soup, water and ReaLemon to boiling. Stir in rice. Cover and remove from heat; let stand about 5 minutes. Stir and serve. *4 servings.*

CHICKEN SOUP WITH AVGOLEMONO SAUCE

- | | |
|--|------------------------------------|
| 5 cups of rich chicken broth, canned or homemade | 2 eggs |
| $\frac{1}{2}$ cup rice | 2 tablespoons ReaLemon lemon juice |

Bring broth to boil, add rice, continue to cook until rice is tender (about 20 minutes). Remove from heat and wait for boiling to stop. Beat eggs until light and lemon colored, gradually beating in the lemon juice. Continue beating as you add hot broth slowly to egg sauce. Return soup to heat and stir vigorously until thickened. *Six servings.*

Eggs

The French say oeufs, the Spanish huevos and the Japanese 卵. You may call them just plain eggs. They're always welcome—and since they're always on hand, you can whip up a splendid lunch or a magnificent dessert in an emergency. Here are two recipes you can rely upon.



TORTILLA AL RON (Rum Omelette)

- | | |
|-----------------------------|---------------------------------|
| 2 tablespoons light cream | 1 teaspoon ReaLemon lemon juice |
| 8 eggs | 2 tablespoons butter |
| 1 tablespoon sugar | 3 tablespoons apricot preserves |
| $\frac{1}{4}$ teaspoon salt | 2 tablespoons sugar |
| pinch nutmeg | 2 ounces rum |

Combine cream, eggs, sugar, salt and nutmeg. Beat vigorously for 1 minute. Add ReaLemon and beat a few seconds longer. Melt butter in a tortilla skillet, being careful not to burn it. Add egg mixture. As edges set, lift them so uncooked portion flows to the bottom. When eggs are set, spread preserves on half the tortilla.

Fold over, to form half a circle. Slide onto fireproof platter, folded side down. Sprinkle with sugar. Warm rum over candle flame and pour around tortilla. Pour flaming brandy into rum and it will ignite. *Makes 6 servings.*

HERBED EGGS IN PASTRY BOATS

- | | |
|---|--|
| Pastry mix for one-crust pie | 1 tablespoon chopped chives |
| 8 four-inch heavy aluminum foil circles | 1 tablespoon chopped parsley |
| $\frac{1}{2}$ cup melted butter | $\frac{1}{4}$ teaspoon chervil or tarragon |
| $\frac{1}{3}$ to $\frac{1}{2}$ cup ReaLemon lemon juice | 8 eggs |
| 1 cup grated Parmesan and Romano cheese | |

Prepare pastry according to directions on package. Roll pastry to $\frac{1}{8}$ inch thick; cut into 8 four-inch circles. Prick with a fork. Place pastry circle on aluminum foil circle; bend up 2 sides and pinch ends together to form a boat. Place on baking sheet and bake in a hot oven (450°F.) until golden, about 10 minutes. Combine remaining ingredients except eggs to make herbed sauce. Poach eggs. Arrange in pastry boats and serve with herbed sauce. *8 servings.*

FISH

Affluent America has only recently discovered what her European and Asian neighbors have known for years: fish and seafood make mighty good eating—and they're easy on the budget. These ReaLemon recipes can help you turn simple fish into a gourmet's delight. They'll appeal to the weight watchers in your house because they're low in calories and saturated fats and high in protein, vitamins and minerals.



SALMON LOAF

- | | |
|-----------------------------------|--|
| 2 cans (1 pound each) salmon | $\frac{1}{2}$ cup evaporated milk |
| 2 cups soft bread crumbs | $\frac{1}{2}$ cup ReaLemon lemon juice |
| $\frac{1}{2}$ cup chopped celery | $\frac{1}{4}$ cup melted butter |
| $\frac{1}{2}$ cup chopped onion | 1 teaspoon salt |
| $\frac{1}{3}$ cup chopped parsley | 1 teaspoon Worcestershire sauce |
| 2 eggs, slightly beaten | |

Drain and flake salmon. Combine remaining ingredients; add salmon and mix well. Pat into a 9 x 5-inch loaf pan or a $1\frac{1}{2}$ quart casserole. Bake in a moderate oven (375°) 35 to 40 minutes or until firm. Suggested garnish: parsley sprigs and sliced hard-boiled eggs. Serve with Lemon Mushroom Sauce. 6 to 8 servings.



ZITRONE FISCH (Lemon Fish, German Style)

- | | |
|------------------------------------|---------------------------------------|
| 2 tablespoons butter or margarine | 1 teaspoon basil |
| 2 tablespoons flour | 1 teaspoon instant minced onion |
| $1\frac{3}{4}$ cups water | 1 teaspoon chopped parsley |
| 3 tablespoons ReaLemon lemon juice | $\frac{1}{2}$ teaspoon paprika |
| 1 cube chicken bouillon | $\frac{1}{4}$ teaspoon allspice |
| 1 tablespoon sugar | $\frac{1}{4}$ teaspoon salt |
| | 1 pound fish fillets, fresh or frozen |

In a large skillet, beat together butter and flour. Gradually add water and ReaLemon, stirring constantly until thickened and smooth. Add bouillon cube and stir until dissolved. Add sugar, basil, onion, parsley, paprika, allspice and salt; simmer gently for 5 minutes.

Partially thaw frozen fish. Place fillets in skillet, cover and simmer for 25 minutes or just until fish flakes when tested with a fork. Arrange fillets on a bed of hot cooked rice and top with sauce. Serves 4.

POISSON DUCHESSE (Fish with Duchess Potatoes)

- | | |
|---|---|
| $\frac{1}{2}$ cup mayonnaise or salad dressing | $\frac{1}{4}$ cup ReaLemon lemon juice |
| 2 tablespoons ReaLemon lemon juice | $\frac{1}{4}$ cup butter |
| 2 tablespoons chopped chives or green onions | Duchesse Potatoes |
| 2 pounds halibut steaks (salmon or whitefish may be used) | $\frac{1}{2}$ cup shredded cheddar cheese, if desired |
| | Parsley |
| | Salt and pepper |

Combine mayonnaise, 2 tablespoons ReaLemon and chives; set aside. Place fish in shallow baking pan; sprinkle with salt and pepper. Sprinkle with $\frac{1}{4}$ cup ReaLemon and dot with butter. Bake in a hot oven (450°) 10 to 12 minutes. Remove fish to heat-proof platter or pan; spread with mayonnaise mixture. Using pastry bag with large star tip, pipe hot Duchess Potatoes* around fish at intervals. If desired, sprinkle potatoes with $\frac{1}{2}$ cup shredded cheddar cheese. Place 2 to 3 inches from heat in broiler and cook until potatoes are slightly browned. Garnish with parsley. 6 servings.

*Pommes de Terre Duchesse

- | | |
|----------------------------|--------------------------------|
| 2 cups hot mashed potatoes | 2 or 3 tablespoons heavy cream |
| 3 tablespoons butter | Salt, pepper, nutmeg to taste |
| 3 egg yolks | |
- Beat egg yolks one by one into the hot mashed potatoes, then add butter. Gradually beat in the cream, being sure you do not soften potatoes too much. Season to taste.

SCANDINAVIAN SHRIMP SCANDI

- | | |
|--|--|
| 2 pounds cooked, cleaned shrimp | 2 tablespoons capers and juice |
| 1 large onion, sliced | $1\frac{1}{2}$ teaspoons salt |
| $1\frac{1}{2}$ cups salad oil | 1 teaspoon dill weed |
| $\frac{3}{4}$ cup ReaLemon lemon juice | $\frac{1}{4}$ teaspoon mono-sodium glutamate |

Alternate cleaned shrimp and onions in a mixing bowl. Combine ReaLemon with remaining ingredients and pour over shrimp. Cover and chill overnight. Drain; serve in lettuce-lined salad bowl. 8 servings.

LEMON MUSHROOM SAUCE

- | | |
|------------------------|----------------------|
| 1 can (10½ ounces) | ¼ cup water |
| mushroom soup | ¼ teaspoon |
| 2 tablespoons ReaLemon | Worcestershire sauce |
| lemon juice | ⅛ teaspoon dill weed |

Combine all ingredients and heat.
Delicious over any fish or seafood.



FILLETS DE PESCADO MADRID (Filet of sole Madrid)

- | | |
|------------------------------------|--------------------------------------|
| 6 filets of sole (3 pounds) | 6 filets of anchovies |
| ½ cup California Sauterne | 2 tablespoons butter |
| Salt and pepper to taste | 1 tablespoon flour |
| 2 tablespoons ReaLemon lemon juice | 1 cup milk |
| | ½ cup cream |
| | 3 tablespoons grated parmesan cheese |

Marinate fish which has been salted and peppered to taste in wine for one hour. Place in buttered glass baking dish, dot with butter, sprinkle with ReaLemon, pour marinade over and bake at 350° about 30 minutes. In a skillet, melt butter and brown flour lightly in it. Remove from heat. Add milk and cream gradually, stirring constantly. Return to heat and cook, stirring occasionally, until sauce thickens.

Remove fish from oven. Place filet of anchovy over each filet of sole. Pour white sauce over it, sprinkle with parmesan cheese. Brown under broiler until delicately golden. Serve with yellow rice (p. 30). *Makes 6 servings.*

DIETERS' FILLET OF SOLE WITH MUSHROOMS

- | | |
|---|------------------------------|
| 1 pound frozen fillet of sole, thawed | 1 tablespoon water |
| 1 can (3 ounces) sliced mushrooms, or ¼ pound fresh mushrooms | 1 tablespoon chopped parsley |
| 3 tablespoons ReaLemon lemon juice | ½ teaspoon dry mustard |
| | ½ teaspoon salt |
| | ⅛ teaspoon pepper |

Dry fillet of sole with paper toweling. Place fillets in greased 2½ quart shallow baking dish. If using fresh mushrooms, slice lengthwise and lightly brown in a small amount of butter. Top fillets with mushrooms. Mix ReaLemon, water, parsley, dry mustard, salt and pepper. Pour over fillets and mushrooms. Cover and bake in a moderate oven (375° F.) 20 to 25 minutes, or until fish flakes. *4 servings.*

NOTE: Other lean fish filets may be substituted for sole, such as halibut, haddock and cod.

WILD RICE SHRIMP CASSEROLE

- | | |
|--|----------------------------------|
| ¼ cup chopped green pepper | 1 teaspoon Worcestershire sauce |
| 2 tablespoons chopped onion | ½ teaspoon dry mustard |
| 2 tablespoons butter or margarine, melted | ½ teaspoon salt |
| 1 can (10½ ounces) condensed mushroom soup | 2 cups cooked wild rice unsalted |
| 2 tablespoons ReaLemon lemon juice | ¾ cup cubed cheddar cheese |
| | ½ pound uncooked shrimp, cleaned |
| | Fresh parsley |

Saute green pepper and onion in melted butter or margarine until softened. Mix mushroom soup, ReaLemon, Worcestershire sauce, dry mustard and salt. Add green pepper, onion and soup mixture to cooked rice. Add cubed cheese and shrimp; mix thoroughly. Place in greased 1½-quart baking dish. Cover and bake in a moderate oven (375°) 30 to 35 minutes. Remove cover during last 15 minutes. Garnish top with fresh parsley. *4 servings.*

NOTE: Wild and white rice mixed may be substituted for wild rice.

FOOLPROOF FISH

- | | |
|---------------------------------|---|
| Frozen fish fillets
(thawed) | Salt and pepper |
| 1 teaspoon butter per
fillet | 1 teaspoon ReaLemon
lemon juice for each
fillet |

Center each fillet on a large square of aluminum foil. Top with salt and pepper, butter and ReaLemon. Make an envelope around the fish, and cook in a 350° oven or under the grill for 15 minutes, or until fish flakes easily when tested with fork.

LOBSTER NEWBURG

- | | |
|-------------------------|-----------------------------------|
| ½ cup butter | 3 cans (5 ounces each) |
| ¼ cup flour | lobster, cut into small
pieces |
| 3 cups light cream | ¾ teaspoon salt |
| 6 beaten egg yolks | ⅓ cup ReaLemon
lemon juice |
| ½ cup California sherry | Toast points or rice |

Melt butter in a chafing dish or skillet. Blend in flour; add cream gradually. Cook and stir over low heat until thick. Blend a small amount of sauce into egg yolks; stir eggs into remaining sauce. Add sherry. Cook slowly, stirring constantly until thickened. Add lobster and salt; heat thoroughly. Add ReaLemon. Serve over toast points or rice. *10 servings.*

NOTE: Shrimp may be substituted for lobster.

TUNA PUFF-UP

- | | |
|---|----------------------------------|
| 1 can (10½ ounces)
cheese soup | 3 egg yolks, beaten |
| ⅓ cup milk | 2 tablespoons minced
parsley |
| 2 cups cooked rice | 2 tablespoons chopped
pimento |
| 1 can (6½ to 7 ounces)
tuna, drained | 3 egg whites, stiffly
beaten |
| ¼ cup ReaLemon
lemon juice | |

Combine soup and milk; heat. Add rice and tuna. Combine ReaLemon, egg yolks, parsley and pimento; add to soup mixture. Gently fold into egg whites. Pour into a greased 10 x 6 x 1½-inch baking dish. Bake in a slow oven (325° F) about 30 minutes, or until done. *6 servings.*

NOTE: Cook rice in unsalted water.

Meat & Poultry

Each nation favors certain meats—and seasons them in preferred ways. Italians, for instance, overwhelmingly choose veal—and usually flavor it with wine, tomatoes and garlic. The Greek cook prefers lamb—most often with mint or dill as her choice of herbs. Spanish women will use hot or sweet peppers and saffron with their chicken or beef. The one universally accepted seasoning—no matter what the nationality of the cook—is lemon juice. Turn on the taste of your main dish foods with ReaLemon, too.



TURKEY ROLL SCANDINAVIAN

- | | |
|---|-------------------------------|
| 1 (2 lbs. 6 oz.) frozen boneless turkey roast, partially thawed | 1/2 cup ReaLemon lemon juice |
| 1/4 cup butter | 1 cup heavy cream |
| 2 tablespoons vegetable oil | 1 teaspoon cloves |
| 1 small onion, diced | 2 apples, cored and quartered |
| 1 can (10 1/2-ounces) chicken bouillon broth | 1 cup plumped pitted prunes |
| | 1 cup carrot coins |
| | Salt and pepper |

Remove turkey roast from its baking container. Brown in melted butter and oil until all sides are golden. Remove from pan. Saute onion in butter. In a small baking pan, pour in chicken broth, ReaLemon, cream and cloves. Add turkey roast and onions. Cover with a lid or foil. Bake at 350 degrees for 1 1/2 hours. Add apples, prunes and carrots, cover and continue baking for another 1/2 hour. Season and serve.



ORIENTAL FRUIT GLAZE FOR PORK

A pork roast gains new flavor when glazed a half-hour before it is done with a mixture of 3/4 cup applesauce, 1/4 cup pineapple preserves and a tablespoon of ReaLemon lemon juice.

BOLICHE ASADO (Stuffed Eye of Beef Round)

- | | |
|---|--------------------------------------|
| 4 to 5 pound eye of round roast | 1/2 pound slab smoked bacon |
| 2 Chorizos (Spanish sausages) | 1/4 cup stuffed olives |
| | * * * |
| 1/4 cup olive oil | 1 bay leaf |
| 2 large onions, chopped | 1 teaspoon salt |
| 1 celery rib, chopped | 1/2 teaspoon pepper |
| 1/2 small green pepper, chopped | 1/2 cup California Burgundy |
| 1 large York apple, chopped | 3 tablespoons ReaLemon lemon juice |
| 1 large ripe tomato, peeled, quartered and seeded | 12 small new potatoes, peeled |
| 1/2 teaspoon crushed oregano | 8 carrots, scraped and cut in thirds |

Have your butcher make a pocket through the center of the roast, lengthwise. Put chorizos, bacon and olives through food chopper and stuff mixture into the pocket, distributing it evenly the length of the roast. Small skewers will close the opening during cooking.

Using a roasting pan with a cover, heat olive oil. Sear roast on all sides, making sure it is brown (about 15 minutes). To the roasting pan, without removing meat, add chopped fruit and vegetables, oregano, bay leaf, salt and pepper. Saute until onion is transparent. Add wine and cover. Place in preheated, 300° oven and cook for approximately three hours or until roast is fork tender. Uncover at intervals to baste and turn roast. When meat is done, cool completely on cutting board before attempting to carve.

While meat is cooling, strain pan sauce through sieve, forcing as much of the vegetable through as possible. Cool in refrigerator if there is time and peel excess fat from top. Otherwise, skim excess fat from top of sauce. Return sauce to roasting pan, add 1/2 cup water, bring to boil, then reduce heat and simmer.

Slice the cooled roast into thin slices and replace in sauce in form of whole roast. Surround with new potatoes and carrots, sprinkle with ReaLemon, baste well with pan sauce, cover and continue cooking at 325° until potatoes and carrots are done. Serve with moros and cristianos and ripe fried plantains (when available) or bananas. Makes 6 to 8 servings.



POT-ROAST DEUTSCHLAND

- | | |
|--|---|
| 4 to 5 pound beef chuck
or rump roast | $\frac{1}{2}$ cup ReaLemon
lemon juice |
| 2 tablespoons
shortening | $\frac{1}{3}$ cup sugar |
| 1 teaspoon salt | $\frac{1}{3}$ cup honey |
| $\frac{1}{4}$ teaspoon pepper | 2 medium onions,
thinly sliced |
| $\frac{1}{2}$ teaspoon cloves | water |
| | 2 teaspoons cornstarch |

Using Dutch oven, heavy skillet or kettle with tight-fitting lid, brown meat on all sides in shortening. Pour off drippings. Season meat with salt, pepper and cloves. Mix ReaLemon, sugar and honey and add to meat. Add onions. Cover tightly and cook slowly over low heat or in a slow oven (300°F.) about 3 to 3½ hours, or until tender. Remove meat to heated platter. Measure cooking liquid and add enough water to make 2 cups liquid. Thicken with cornstarch. Serve sweet-sour gravy over meat slices and noodles. *6 to 8 servings.*

HONEY-LEMON GLAZED DANISH HAM

- | | |
|-------------------------|---|
| 1 whole Danish ham | $\frac{1}{4}$ cup ReaLemon
lemon juice |
| $\frac{1}{2}$ cup honey | 1 cup brown sugar |

Place ham fat side up on rack in open roasting pan. Roast according to package directions. During last 30 minutes of cooking, baste ham three times with glaze. To make glaze combine honey, ReaLemon and brown sugar; boil until slightly thickened.

Note: When baking a half ham, cut the quantity of glaze in half.

CANTONESE LEMON SPARERIBS

- | | |
|---|---|
| 2 pounds spareribs | 1 can (1 lb., 4 oz.)
crushed pineapple |
| 3 tablespoons brown
sugar | 2 tablespoons dried
onion flakes |
| 2 tablespoons
cornstarch | 1 chicken or beef
bouillon cube |
| $\frac{1}{4}$ cup ReaLemon
lemon juice | $\frac{1}{2}$ cup water |

Drain and reserve pineapple, pouring juice into a saucepan with $\frac{1}{2}$ cup water. Bring mixture to boil, and dissolve bouillon cube. Add brown sugar, cornstarch, salt, ReaLemon, onion flakes, and cook until sauce thickens, stirring constantly.

Cut ribs into sections which fit easily on barbeque grill, and cook for 1 hour 20 minutes, turning occasionally. Brush ribs with glaze. During last 20 minutes of cooking time, when ribs are tender and turned for last time, spoon on crushed pineapple and allow it to brown. *Makes 4 servings.*

HAM SLICE SANDWICH

- | | |
|---|--|
| $1\frac{1}{2}$ cups mashed cooked
sweet potatoes | 2 center-cut ham slices,
cut $\frac{1}{2}$ inch thick |
| $\frac{1}{2}$ cup brown sugar | whole cloves, if
desired |
| $\frac{1}{4}$ cup ReaLemon
lemon juice | $\frac{1}{4}$ cup ReaLemon
lemon juice |
| $\frac{1}{2}$ cup applesauce | $\frac{1}{2}$ cup brown sugar |
| $\frac{1}{4}$ teaspoon cinnamon | 2 tablespoons pan
drippings |

Combine sweet potatoes, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup ReaLemon, applesauce and cinnamon. Spoon on top of one ham slice. Place second slice over sweet potato mixture. Stud edge of ham slices with cloves, if desired. Bake in a slow oven (325°) 45 minutes. Combine $\frac{1}{4}$ cup ReaLemon, $\frac{1}{2}$ cup brown sugar and drippings. Spoon over ham slice and continue baking 15 minutes. To serve, carve down through both ham slices and filling, slicing it as you would a loaf of bread. *6 servings.*

HUNGARIAN MEAT BALLS

- | | |
|--|---|
| 2 tablespoons butter
or margarine | $\frac{1}{3}$ cup ReaLemon
lemon juice |
| $1\frac{1}{3}$ cups chopped onion | 2 pounds ground beef |
| $\frac{2}{3}$ cup green pepper,
chopped | 2 eggs, slightly beaten |
| 1 clove garlic crushed | 1 teaspoon salt |
| 2 cans ($10\frac{1}{2}$ ounces
each) tomato soup | $\frac{1}{4}$ teaspoon pepper |
| 1 can ($10\frac{1}{2}$ ounces)
consomme | $\frac{1}{4}$ teaspoon basil |
| | 2 tablespoons
shortening |

Melt 2 tablespoons butter or margarine in skillet and add chopped onions, green pepper, and garlic. Cook slowly until vegetables are tender and slightly golden. Add tomato soup, consomme and ReaLemon. Simmer slowly 10 minutes. Place ground beef in large bowl. Add eggs, salt, pepper and basil; mix thoroughly. Shape into 1-inch balls. Brown slowly in shortening. Place meat balls in a 4-quart baking dish. Pour sauce over. Cover and bake in moderate oven (350°F.) 30 minutes. Serve over noodles. *8 servings.*

CHINESE BARBECUED PORK STEAKS

- | | |
|--|---|
| 6 pork steaks or chops
cut $\frac{1}{2}$ to $\frac{3}{4}$ inch
thick | $\frac{1}{4}$ cup soy sauce |
| $\frac{1}{4}$ cup ReaLemon
lemon juice | $\frac{1}{4}$ cup honey |
| $\frac{1}{4}$ cup prepared mustard | 2 teaspoons
Worcestershire sauce |
| | $\frac{1}{2}$ teaspoon ground
ginger |

Marinate pork 3 to 4 hours in refrigerator in mixture of ReaLemon, mustard, soy sauce, honey, Worcestershire sauce and ginger. Turn occasionally. To grill, place meat on grill about 5 inches from glowing coals. Cook about 20 to 25 minutes, or until done, turning occasionally and basting with additional sauce. *6 servings.*

To cook meat indoors, place marinated pork on rack in shallow roasting pan. Bake in a moderate oven (350°F.) 45 to 50 minutes, or until done. Turn and baste with sauce occasionally during cooking.

For a very fast method, do not marinate meat. Broil pork steaks, basting with sauce during broiling. Surface of meat should be 3 to 4 inches from heat. Broil 15 to 20 minutes, or until done.

LEMON TANGLED MEAT PATTIES

- | | |
|---|---------------------------------------|
| 1 pound ground beef | 2 tablespoons chopped
green pepper |
| 1 cup dry bread crumbs | 1 tablespoon chopped
onion |
| $\frac{1}{4}$ cup catsup | 2 tablespoons
ReaLemon lemon juice |
| 1 egg, slightly beaten | 8 strips bacon |
| $\frac{3}{4}$ teaspoon salt | |
| $\frac{2}{3}$ cup coarsely grated
cheddar cheese | |

Combine ground beef, bread crumbs, catsup, egg, salt, cheese, green pepper and onion. Mix thoroughly but lightly with a fork. Let stand 5 to 10 minutes to stiffen. Add ReaLemon. Divide into 8 even portions and shape into patties. Wrap a strip of bacon around each and fasten with a tooth pick. Place patties on broiler rack, so the top surface of patties is 2 to 3 inches from the heat. Broil 6 to 8 minutes on each side, or until done. *4 servings.*



SCALOPPINE DI VITELLO (Veal Scallopini)

- | | |
|---|--|
| $1\frac{1}{2}$ pounds veal, cut thin | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{1}{2}$ cup olive oil | 1 drop garlic juice |
| $\frac{1}{4}$ cup ReaLemon
lemon juice | Flour |
| 1 teaspoon prepared
mustard | Butter |
| 1 teaspoon cracked
pepper | 1 cup beef bouillon |
| 1 teaspoon paprika | 1 large onion, sliced |
| 1 teaspoon salt | $\frac{1}{2}$ cup dry white wine |
| | $\frac{1}{2}$ cup sliced stuffed
olives |
| | 1 4-ounce can
mushrooms |

Marinate veal for about 2 hours in mixture of olive oil, ReaLemon, mustard, pepper, salt, nutmeg and garlic juice. Remove veal from marinade. Dredge veal pieces in flour and brown in butter on both sides. Combine beef bouillon and marinade; pour over browned veal. Add sliced onion and simmer for 15 minutes. Add wine, olives and mushrooms; continue simmering 15 additional minutes. *Makes 4-6 servings.*

SAUERBRATEN MEAT BALLS

- | | |
|--|---|
| 1 pound ground beef | 3 beef bouillon cubes |
| $\frac{3}{4}$ cup soft bread crumbs | $\frac{1}{2}$ cup brown sugar |
| $\frac{1}{4}$ cup finely chopped onion | $\frac{1}{4}$ cup dark seedless raisins |
| 2 tablespoons ReaLemon lemon juice | $\frac{1}{4}$ cup ReaLemon lemon juice |
| 2 tablespoons water | $\frac{3}{4}$ cup gingersnap crumbs |
| $\frac{1}{2}$ teaspoon salt | 1 package (8 ounces) noodles |
| Dash pepper | 1 teaspoon poppy seeds |
| $2\frac{1}{4}$ cups water | |

Combine meat, bread crumbs, onion, 2 tablespoons ReaLemon, 2 tablespoons water, salt and pepper. Shape into 1-inch balls. Brown meat balls in small amount of hot fat.

Remove meat balls; add $2\frac{1}{4}$ cups water to drippings and bring to a boil; stir in bouillon cubes, sugar, raisins, $\frac{1}{4}$ cup ReaLemon and gingersnap crumbs.

Add meat balls; cook uncovered over low heat 10 minutes. Turn meat balls, spooning sauce over; cook 5 minutes, stirring occasionally.

Cook noodles according to package directions. Drain and top noodles with poppy seeds. Serve meat balls and sauce over noodles. *Makes 5 to 6 servings.*



LAMB WITH ARTICHOKE, AVGOLEMONO

- | | |
|---|---|
| 2 packages frozen artichokes | 2 to 3 medium onions, chopped |
| ReaLemon lemon juice | Salt, pepper, chopped fresh dill to taste |
| Flour | 5 green onions, chopped, leaves and all |
| 3 pounds lean shoulder of lamb, cut in 3 inch cubes | 3 eggs |

Cook artichokes according to directions, then marinate in 2 tablespoons lemon juice for at least an hour. Saute in butter. Dredge lamb in flour and brown thoroughly with onions in butter. Add 2 cups water, salt, pepper, dill and 2 tablespoons ReaLemon. Bring mixture to boil, cover and simmer for an hour. Drain and add artichokes and chopped green onions and continue cooking for an hour or until meat is done. Remove from heat and allow to cool while making the avgolemono sauce.

Beat eggs until light and lemon colored. Gradually add 2 tablespoons flour and 3 tablespoons ReaLemon. Very slowly add liquid from casserole to egg mixture, stirring constantly, until about 1 cup of hot liquid has been added. Pour into stew slowly, stirring gently until sauce mixes with liquid in casserole. Serve immediately. *6 servings.*

ROSEY LEMON CHICKEN LORRAINE

- | | |
|---|--|
| 6 lbs. ready-to-cook broiler chickens, halved or cut-up | 1 teaspoon salt |
| $\frac{1}{2}$ cup butter, softened | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{4}$ cup ReaLemon lemon juice | 1 cup currant jelly |
| | $\frac{1}{2}$ cup ReaLemon lemon juice |

Arrange chicken, skin side up, in a greased jelly-roll or shallow baking pan. Combine butter and $\frac{1}{4}$ cup ReaLemon and mix well. Spread over chicken pieces. Season with salt and pepper. Bake at 375° for 45 minutes. Combine currant jelly and remaining ReaLemon in a saucepan and heat until jelly melts. Brush over chicken and continue baking for 15 to 20 minutes, brushing frequently with the sauce. *Serves 6.*

NOTE: Excellent served over rice—drizzled with any remaining sauce.

Vegetables

An essential part of the balanced diet, vegetables are all too often ignored by the American housewife who, (like her English counterpart) merely boils and serves. A flavorful lemon sauce works wonders in motivating even vegetable-hating youngsters to consume their daily quota of natural vitamins and minerals.



MOROS Y CRISTIANOS (Fried white rice and black beans)

- | | |
|---|-------------------------------------|
| 1 cup black beans | 1 teaspoon oregano, crushed |
| 1 whole small onion | 2 tablespoons |
| 1 bay leaf | ReaLemon |
| 1 small ripe tomato, whole | lemon juice |
| 1 tablespoon salt | 1 tablespoon salt |
| $\frac{1}{4}$ cup olive oil | $\frac{1}{2}$ teaspoon hot sauce |
| $\frac{1}{2}$ medium onion, chopped fine | $1\frac{1}{2}$ cups long grain rice |
| $\frac{1}{2}$ medium green pepper, chopped fine | 2 tablespoons olive oil |
| 1 garlic clove, minced | 1 crushed garlic clove (unpeeled) |
| | 2 tablespoons |
| | California sherry |

Pick over the beans and discard foreign particles. Wash thoroughly. Cover with water, 2 inches above beans, and soak overnight. Next day, pour beans, water and all, into a soup kettle. Add the whole onion, bay leaf and whole tomato. Add enough water if necessary to cover beans 1 inch above. Bring to a rapid boil, cover; lower heat and cook until beans are soft (do not add salt to beans until beans are cooked).

When beans are cooked, add 1 tablespoon salt and cook 5 minutes longer.

Use only a wooden spoon to stir the beans. Drain the beans and measure the liquid. If liquid does not measure $2\frac{1}{2}$ cups, add water to obtain correct amount. Reserve the beans and liquid.

Heat the oil in a skillet. Add the chopped onion and green pepper. Saute until onion is limp. Add the garlic and oregano. Cook 10 minutes longer.

Combine ReaLemon, salt and hot sauce. Stir into the saute and mix well. Add the rice and fry gently with the saute for about 10 minutes.

Add the beans and the $2\frac{1}{2}$ cups of liquid. Bring to a boil, stir once, cover and place in oven at 325° for 20 minutes. Remove from oven.

In a skillet, heat the oil with the crushed unpeeled garlic. When garlic is golden, remove from oil. Add 2 tablespoons dry sherry to hot oil and immediately dribble over the casserole. Cover and allow to stand $\frac{1}{2}$ hour before serving.

ARROZ AMARILLO (Yellow Rice)

- | | |
|-------------------------------|---|
| 2 tablespoons butter | 1 tablespoon |
| 2 tablespoons olive oil | ReaLemon |
| 2 tablespoons chopped onion | lemon juice |
| 2 tablespoons chopped celery | 2 cups long grain rice |
| 1 teaspoon salt | $\frac{1}{4}$ teaspoon powdered saffron |
| $\frac{1}{2}$ teaspoon pepper | $3\frac{1}{2}$ cups hot chicken broth |
| | $\frac{1}{2}$ cup California Sauterne |

Melt butter in skillet and mix with olive oil. Add onion, celery, salt and pepper to skillet and cook until onion is limp. Add ReaLemon and stir well. Add the rice and cook, stirring occasionally, for about 10 minutes.

Add powdered saffron to hot chicken broth and dissolve. Add rice mixture and transfer to covered casserole. Cook at low heat for approximately 20 minutes. Remove from heat, uncover and pour sauterne over rice. Cover and let stand about 20 minutes before serving. *Makes 6 to 8 servings.*

BROCCOLI CON ALMENDRA (Broccoli with Almonds)

- | | |
|-------------------------------------|---------------------------------------|
| 2 10-ounce packages frozen broccoli | $\frac{1}{4}$ cup California Sauterne |
| $\frac{1}{4}$ pound butter | $\frac{1}{4}$ teaspoon pepper |
| 1 medium onion | 1 tablespoon ReaLemon |
| $\frac{1}{2}$ cup slivered almonds | lemon juice |

Cook broccoli in very little water with 1 teaspoon salt. Drain and arrange in shallow oven-proof pan. Melt butter in skillet, add finely chopped onion. When onion is soft, add slivered almonds and cook until almonds are golden.

Combine wine, white pepper and lemon juice and blend into onion mixture. Pour over broccoli and place in 450° oven for ten minutes. *Makes 6 servings.*

ROTER RUBENKREN (Beets with Horseradish)

- | | |
|--|-----------------------------------|
| 1 can ($2\frac{1}{2}$ cups) sliced or diced beets | 3 tablespoons |
| 1 tablespoon cornstarch | ReaLemon lemon juice |
| $\frac{1}{4}$ cup light brown sugar | 1 tablespoon butter |
| $\frac{1}{2}$ teaspoon salt | 1 tablespoon prepared horseradish |

Drain beets and reserve juice. Combine cornstarch, sugar, salt and ReaLemon. Add beet juice and cook until thickened. Add butter, horseradish and beets. Heat. *Makes 4 servings.*



FAZOLOVE LUSKY NA SAURE RAHMSAUCE (Green Beans with Lemon-Sour Cream Dressing)

- | | |
|--|--|
| 2 packages (9 ounces each) frozen French-style green beans | 1 cup dairy sour cream |
| 1 can (3 ounces) mushroom stems and pieces, drained | $\frac{1}{4}$ cup ReaLemon lemon juice |
| | $\frac{1}{2}$ teaspoon onion salt |
| | Lettuce |

Cook green beans according to package directions; drain and cool. Add mushrooms. Mix together sour cream, ReaLemon and onion salt. Combine with vegetables and chill. To serve, place in a lettuce-lined salad bowl. *6 servings.*

NOTE: For a hot dish, mushrooms, sour cream, ReaLemon and onion salt may be added to beans right after cooking. Reheat in covered 2-quart baking dish.

GOLDEN BROCCOLI

- | | |
|--|--|
| 1 pound fresh broccoli,
or 1 package (10
ounces) frozen
broccoli spears | 2 tablespoons
ReaLemon
lemon juice |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ can (10 $\frac{1}{2}$ ounce can)
cream chicken soup |
| Paprika | $\frac{1}{4}$ cup grated cheddar
cheese |

Wash and trim fresh broccoli. Cut stalks into large pieces. Cook in salted water until tender. Place in shallow oven-proof serving dish. Sprinkle with ReaLemon, then cover with soup. Sprinkle grated cheese on top; sprinkle paprika lightly over cheese. Place under broiler for 8 to 10 minutes, or until golden brown. *4 servings.*

LEMONY GLAZED SQUASH

- | | |
|---|---------------------------------|
| 2 acorn squash | $\frac{2}{3}$ cup brown sugar |
| $\frac{1}{2}$ cup water | 3 tablespoons butter,
melted |
| $\frac{1}{3}$ cup ReaLemon
lemon juice | |

Wash squash and cut in quarters lengthwise; remove seeds. Place squash cut side down in a shallow baking dish. Add water, cover and bake in a moderate oven (350°) 35 to 40 minutes. Combine ReaLemon, brown sugar and butter. Turn squash cut side up and pour lemon mixture over squash. Continue baking uncovered 20 minutes or until tender, basting occasionally to glaze. *4 to 6 servings.*

DUTCH CARROT COINS

- | | |
|---------------------------------------|---------------------------------------|
| 2 cups cooked carrot
coins | 2 tablespoons
ReaLemon lemon juice |
| $\frac{1}{4}$ cup orange
marmalade | 1 tablespoon butter or
margarine |
| | Salt and pepper |

Drain carrots. Heat together marmalade, lemon juice, butter and seasonings; stir to blend. Fold in carrot coins and simmer until heated through, stirring occasionally. *Serves 4.*

POLKA DOT POTATOES

- | | |
|---|---|
| 2 medium sized Idaho
potatoes, diced | 1 tablespoon brown
sugar |
| 4 large carrots, diced | $\frac{1}{4}$ cup ReaLemon
lemon juice |
| 2 tablespoons butter | |

Boil diced potatoes and carrots until tender, about 10 to 15 minutes. Drain thoroughly. Blend brown sugar with melted butter; add ReaLemon and stir thoroughly. Blend sauce with potatoes and carrots. Serve immediately. *4 servings.*



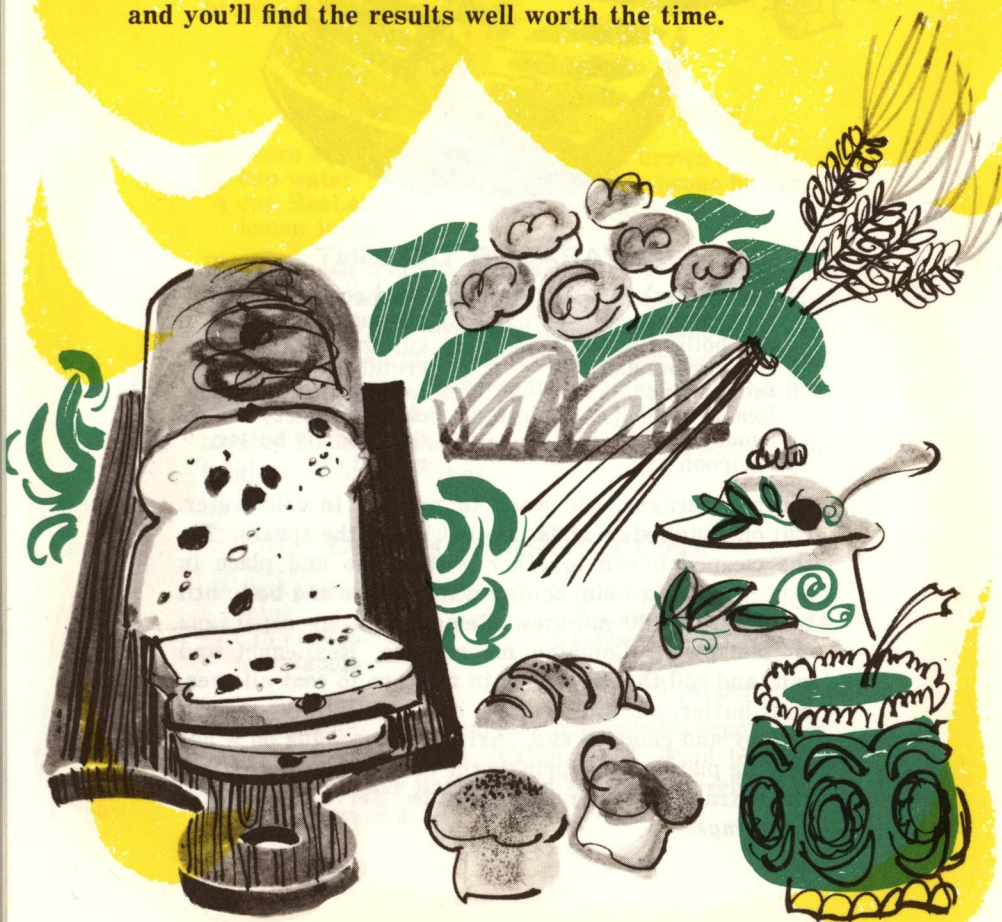
ASPARAGUS DELIGHT

- | | |
|--|---|
| 1 pound fresh
asparagus | 1 hard cooked egg,
chopped |
| 1 cup boiling water | $\frac{1}{2}$ cup fine, dry bread
crumbs |
| $\frac{1}{3}$ cup mayonnaise | 2 tablespoons finely
chopped celery |
| 3 tablespoons
ReaLemon
lemon juice | 2 tablespoons butter,
melted |
| $\frac{1}{2}$ teaspoon salt | |

Clean asparagus, and wash thoroughly in cold water. Cut off tough stem ends. Do not break the spears. Tie the cleaned bunch together with twine and place in saucepan. Add 1 cup boiling water, cover and boil until tender, 15 to 20 minutes. Remove and lay asparagus on hot plate. Combine mayonnaise, ReaLemon and salt, and roll the asparagus in mixture to coat all over. Melt butter, add the crumbs, and toss lightly; mix in parsley and chopped egg. Arrange asparagus on a hot serving platter, and sprinkle the crumb mixture loosely and attractively over the tip ends. Serve piping hot. *4 servings.*

BREAD & ROLLS

Quick breads become uniquely your own creation when you use a few of the tricks suggested in these well tested ReaLemon recipes. They take only a few extra minutes—and you'll find the results well worth the time.



LEMON BUBBLE BUNS

- | | |
|--------------------------|----------------------------|
| 1 package hot-roll mix | $\frac{1}{2}$ cup ReaLemon |
| $\frac{1}{2}$ cup butter | lemon juice |
| | 1 cup sugar |

Prepare hot-roll mix as directed on package. When time to shape, divide and form dough into 1-inch balls. Combine butter and ReaLemon; heat until butter melts. Dip each piece of dough in lemon-butter mixture and roll in sugar. Arrange 3 or 4 each in well-greased muffin pans. Brush with any remaining lemon butter and sprinkle with sugar. Bake at 375 degrees for about 20 to 25 minutes.



LONDON LEMON-RAISIN TEA BREAD

- | | |
|-----------------------------|----------------------------------|
| $\frac{1}{2}$ cup ReaLemon | $\frac{3}{4}$ teaspoon cinnamon |
| lemon juice | $\frac{1}{4}$ teaspoon cloves |
| $\frac{1}{4}$ cup water | $\frac{1}{4}$ teaspoon nutmeg |
| 1 cup light raisins | $\frac{1}{2}$ cup butter |
| 2 cups flour | 1 cup sugar |
| 2 teaspoons baking powder | 3 eggs |
| $\frac{1}{2}$ teaspoon salt | $1\frac{1}{2}$ teaspoons vanilla |
| | $\frac{1}{2}$ cup milk |

Pour ReaLemon bottled lemon juice and water over raisins; let them soak until most of the liquid is absorbed. Sift flour, baking powder, salt and spices together. Cream butter until soft and creamy; add sugar gradually. Beat eggs into mixture, one at a time. Add vanilla to milk. Add flour mixture, alternately with milk to creamed mixture, mixing well. Fold in raisins and liquid. Spoon into a well greased 9 x 5 x 3-inch loaf pan. Bake in 350° oven for 1 hour, 15 minutes. Cool. Slice very thin.

SUGAR 'N' SPICE MUFFINS

- | | |
|---|---|
| 2 cups sifted
all-purpose flour | $\frac{3}{4}$ teaspoon salt |
| 2 tablespoons sugar | $\frac{1}{3}$ cup shortening |
| $1\frac{1}{2}$ teaspoons baking
powder | 1 egg |
| 1 teaspoon soda | $\frac{1}{2}$ cup milk |
| | $\frac{1}{4}$ cup ReaLemon
lemon juice |
| $\frac{1}{2}$ cup melted butter | $\frac{1}{2}$ cup sugar |
| 2 tablespoons
ReaLemon lemon juice | 1 teaspoon cinnamon |

Sift dry ingredients (flour, sugar, baking powder, soda, salt); cut in shortening. Mix egg and milk. Add to flour mixture and $\frac{1}{4}$ cup ReaLemon. Mix quickly, only until dry ingredients are moistened. Fill 12 greased muffin pans $\frac{2}{3}$ full. Bake in a hot oven (450°) 20 minutes. Combine melted butter and 2 tablespoons ReaLemon. Mix $\frac{1}{2}$ cup sugar and cinnamon. Remove muffins from pan and dip hot muffin in butter mixture. Roll in sugar and cinnamon. *Makes 12 muffins.*



PETITE SUGAR CAKES

- | | |
|--|---|
| $\frac{1}{2}$ cup butter or
margarine | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup sugar | $\frac{1}{3}$ cup ReaLemon
lemon juice |
| $\frac{1}{4}$ cup brown sugar,
packed | $1\frac{1}{2}$ cups Bordo diced
dates |
| 2 tablespoons milk | * * * |
| 2 eggs | 2 tablespoons sugar |
| $1\frac{3}{4}$ cups all-purpose
flour | 2 tablespoons brown
sugar |
| 2 teaspoons baking
powder | 1 teaspoon cinnamon |

Cream butter or margarine, $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ cup brown sugar until light and fluffy. Add milk and beat in eggs, one at a time. Combine flour, baking powder and salt; stir into egg mixture. Add ReaLemon and beat well for about 2 minutes. Fold in dates. Spoon batter into well-greased muffin pans $\frac{2}{3}$ full. Sprinkle with mixture made of sugar, brown sugar and cinnamon. Bake at 375 degrees for 15 minutes or until done. *Makes 18 medium-sized muffins.*

DESSERTS

There's probably no more popular dessert flavor than lemon. Here's an array of ReaLemon desserts that range from a practically-calorie-free Dieter's Souffle to a devastatingly rich and delicious Mardi Gras Pie. Try them all.



PARFAIT CITRON (Lemon Parfait with Fresh Fruit)

- | | |
|-------------------------------|------------------------------|
| 1 envelope unflavored gelatin | 1 1/3 cups milk |
| 1/2 cup sugar | 2/3 cup ReaLemon lemon juice |
| 1/8 teaspoon salt | 1/3 cup sugar |
| 2 eggs, separated | 1 pint sugared fruit |

Combine gelatin, 1/2 cup sugar, salt, slightly beaten egg yolks and milk. Cook over low heat until mixture thickens. Remove from heat and slowly add ReaLemon. Cool. Chill until mixture begins to thicken. Beat egg whites until fluffy. Slowly add 1/3 cup sugar and continue to beat until stiff. Fold lemon mixture into egg whites. Spoon into parfait glasses alternately with fruit. Top with whipped cream. *4 to 6 servings.*

FIYUELOS EN SALSA NARANJA (Spanish Pancakes in Orange Sauce)

- | | |
|----------------------------------|---------------------------------|
| 1/2 cup sifted all-purpose flour | 1 teaspoon ReaLemon lemon juice |
| 1 tablespoon sugar | 1 tablespoon melted butter |
| 1/4 teaspoon salt | |
| 3 eggs | 1/4 cup olive oil |
| 1/2 cup milk | 1/4 cup melted butter |
| 1/2 cup water | |

Combine flour, salt and sugar. Beat eggs until frothy and add milk and water. Blend well. Pour liquid all at once into flour mixture. Beat until smooth. Add lemon juice and melted butter and stir to blend well. Batter should be thin.

In cast iron or heavy skillet (6 1/2 inches), heat the oil with a small cube of bread. When bread is brown, discard and remove from heat. Mix melted butter with oil and reserve. Brush skillet lightly with mixture before each fiyuelo is baked.

Place skillet over low flame and brush bottom with enough oil mixture to coat well. When a drop of water sizzles upon contact it is ready to receive batter. Pour about 2 tablespoons of batter into skillet and tilt until bottom is completely covered. Bake until underside is golden brown and top is dry. Flip over quickly with spatula and fingers and bake until other side is golden brown. Remove to chafing dish in which you have already prepared orange sauce.

SPANISH ORANGE SAUCE

- | | |
|---|---|
| 1/4 cup butter | 2 ounces fundador (Spanish brandy) |
| 1/2 cup sugar | (If you do not wish fiyuelos to flame, substitute 1 teaspoon brandy extract or 2 teaspoons California sherry for above, and add 1/4 cup sugar, 1/4 cup orange juice and 1 tablespoon ReaLemon lemon juice.) |
| 1/2 cup orange juice | |
| 2 strips orange rind (or 1/2 teaspoon orange extract) | |
| 2 tablespoons ReaLemon lemon juice | |
| 1/8 teaspoon nutmeg (Optional) | |
| 2 ounces cointreau | |
| 2 ounces curacao | |

Melt butter in handsome chafing dish (or copper bottomed skillet). Add 1/4 cup sugar, ReaLemon, orange and orange rind and cook, stirring constantly, until sugar melts. With a fork, press down on rind to release essence. Add one ounce cointreau and nutmeg, mix to blend and cook until syrupy.

As fiyuelos are baked, place each in hot sauce. Using a spoon and fork, saturate both sides, then fold in half and again in half to form a wedge. Push to one side of chafing dish. Repeat, arranging fiyuelos around edge of chafing dish, slightly overlapping each other. Sprinkle all with remaining 1/4 cup sugar and pour curacao, cointreau and brandy over all. Flame by tilting chafing dish until edge is even with flame of burner. Or, warm some brandy over a candle flame in a silver spoon, tipping it so that it catches fire. Pour flaming brandy into chafing dish and it will ignite instantly and beautifully. *Makes six servings.*

BANANA-LEMON SMOOTHIE

- | | |
|-----------------------------|----------------------------------|
| 2 medium-sized ripe bananas | 1/4 cup ReaLemon lemon juice |
| 1/4 cup heavy cream | 3 to 4 cups confectioners' sugar |

Mash bananas and put through a sieve or beat until smooth. Add heavy cream and lemon juice; beat well. Gradually add confectioners' sugar, beating until mixture is creamy smooth. Chill. *Makes about 2 1/4 cups.*

Use as topping for sponge cake, gingerbread, chocolate cake squares. Gives bakery cakes home-made flavor.

GERMAN ZITRONE KUCHEN (Lemon Cake)

- | | |
|--|---|
| 1 ten-inch sponge,
chiffon or angel food
tube cake | $\frac{1}{2}$ cup ReaLemon
lemon juice |
| $1\frac{1}{4}$ cups sugar | 1 tablespoon butter,
melted |
| $\frac{1}{4}$ cup cornstarch | 1 tablespoon
ReaLemon
lemon juice |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup sliced almonds |
| 1 cup water | 2 cups whipping cream |
| 6-8 drops yellow food
coloring | $\frac{1}{2}$ cup confectioners'
sugar |
| 3 tablespoons butter | |

In a saucepan mix thoroughly sugar, cornstarch and salt. Gradually blend in water; stir in food coloring. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil 1 minute. Remove from heat; blend 3 tablespoons butter and $\frac{1}{2}$ cup ReaLemon. Cover and cool.

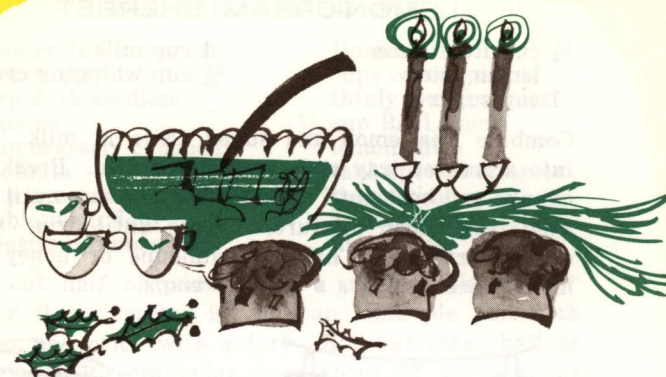
Combine 1 tablespoon each melted butter and ReaLemon. Add sliced almonds; stir to coat. Spread in shallow pan; toast in 350° oven until golden brown, about 10 minutes. Sprinkle with sugar. Beat whipping cream until cream begins to thicken; add sugar and continue beating until stiff.

Slice cake crosswise into four equal layers. Spread bottom three layers with lemon filling; stack layers. Frost top and sides with sweetened whipped cream; sprinkle almonds over entire cake. Chill thoroughly, about 2 hours, in refrigerator for easy slicing and serving. Cake may be made ahead and held overnight in refrigerator.

MARDI GRAS LEMON PIE

- | | |
|---|---|
| 1 9-inch graham crust | 1 cup miniature
marshmallows |
| 1 pint vanilla ice cream | $\frac{1}{4}$ cup ReaLemon
lemon juice |
| 1 can (1 lb. 1 oz.)
fruit cocktail drained | 3 tablespoons honey |

Chill graham crust in freezer. Soften ice cream and fold in fruit cocktail, miniature marshmallows, ReaLemon and honey. Spoon into crust and freeze at least 2 hours or until firm. *Serves 6.*



MINIATURE FRUIT CAKES

- | | |
|---|--|
| 1 cup butter | $\frac{1}{3}$ cup ReaLemon
lemon juice |
| 1 cup sugar | $\frac{1}{2}$ cup sour cream |
| 3 eggs | 1 package (1 pound)
candied fruit mix
(2 cups) |
| $2\frac{1}{4}$ cups sifted
all-purpose flour | 2 cups raisins |
| $2\frac{1}{2}$ teaspoons baking
powder | $\frac{1}{2}$ cup chopped candied
cherries |
| 1 teaspoon salt | $\frac{1}{2}$ cup chopped candied
pineapple |
| 1 teaspoon cinnamon | 2 cups chopped walnuts |
| $\frac{1}{2}$ teaspoon nutmeg | |
| $\frac{1}{8}$ teaspoon cloves | |

Cream together butter and sugar. Add eggs one at a time, beating well after each addition. Sift together flour, baking powder, salt, cinnamon, nutmeg and cloves. Add alternately to creamed mixture with ReaLemon. Beat well. Stir in sour cream. Add fruits and nuts; mix thoroughly. Place $1\frac{3}{4}$ x 1-inch paper liners into tiny muffin pans. Fill with cake batter, using a rounded tablespoon per cup. (The cakes will rise very little). Bake in a moderate oven (350°) 25 minutes or until done.

Let cakes stand a few hours. Then brush with lemony glaze: To make glaze, add 1 tablespoon ReaLemon to $\frac{1}{4}$ cup light corn syrup; bring to boil. *Makes 8 dozen cakes.*

NOTE: These cakes should be served soon after they are baked. Do not store them longer than two to three weeks.

LEMON-CREAM SHERBET

¼ cup ReaLemon
lemon juice
1 cup sugar

1 cup milk
¾ cup whipping cream

Combine ReaLemon and sugar. Stir in milk. Pour into a freezer tray and freeze until firm. Break into chunks and beat until smooth. Whip cream until stiff. Fold into lemon mixture. Freeze until firm. Serve over quartered or halved cantaloupe or honey dew melon slices. *Makes 6 to 8 servings.*



LEMON-CANTALOUPE SHERBET

1¼ cups milk
1 cup sugar
1 ripe cantaloupe
⅓ cup ReaLemon
lemon juice

3 egg whites
1 cup heavy cream
honeydew wedges

Heat milk and sugar until sugar is dissolved. Cool. Pour into a freezing tray and freeze partially. Scoop the pulp from the cantaloupe and chop very fine, either with a blender or chopper. Spoon the frozen mixture into a cold bowl and beat until light and fluffy but still thick. Add the cantaloupe puree and ⅓ cup ReaLemon while beating.

Pour into two freezing trays and partially freeze again. Beat the whites of 3 eggs until stiff, but not dry. Whip 1 cup heavy cream and fold into the whites. Spoon the partially frozen mixture into a cold bowl and beat only to soften. Carefully fold in the egg-white-cream mixture and return to the freezing trays. Freeze until firm. *Makes about 1 quart sherbet. Serve on honeydew wedges and garnish with berries. Makes 8 servings.*

FRENCH APPLE PIE

Pastry for two-crust
9-inch pie
½ cup dark seedless
raisins
½ cup coarsely chopped
walnuts
½ cup granulated sugar
1 tablespoon flour
½ teaspoon cinnamon

Dash salt
4 cups cored, pared,
thinly sliced apples
½ cup ReaLemon
lemon juice
1 tablespoon butter or
margarine
Melted butter or
margarine

Roll out half of pastry into a circular shape 1½" larger than inverted 9" pie pan; line pie pan with pastry and prick with a fork. Roll out other half of pastry into a rectangular shape about 12" x 6" and cut into 10 long strips, each ½" wide. Mix raisins and walnuts. In separate bowl, combine sugar, flour, cinnamon and salt. In pastry lined pie pan, arrange half of apples, sharp edges facing in; sprinkle with half of raisin-walnut mixture, then half of sugar mixture. Repeat. Sprinkle apples with ReaLemon; dot with 1 tablespoon butter. Twist pastry strips and make lattice top; flute edges. Brush strips with melted butter. Bake in a 425° oven, 30 to 35 minutes or until crust is browned. Serve warm, or cooled and topped with vanilla ice cream.

LEMON FROSTED WALNUT CAKE

2 cups sifted cake flour
1 tablespoon instant
coffee
1 teaspoon salt
½ cup finely chopped
walnuts

½ cup butter or
margarine
1¼ cups sugar
2 teaspoons vanilla
¼ cup ReaLemon
lemon juice
¾ cup light cream

Sift together flour, instant coffee, baking soda and salt. Combine with nuts. Cream butter or margarine and sugar. Add vanilla and beat thoroughly. Add eggs and beat until fluffy. Combine ReaLemon lemon juice and cream. Add dry ingredients to creamed mixture alternately with liquid, adding dry ingredients first and last. Beat thoroughly after each addition. Pour batter into two greased 8-inch round layer cake pans. Bake at 375° for 30 minutes. Cool before frosting.

See frosting recipe on page 44.

LEMON FROSTING FOR WALNUT CAKE

- | | |
|--|-------------------------|
| 3½ cups sifted
confectioners' sugar | ReaLemon lemon
juice |
| ½ cup butter, softened | ¼ cup chopped walnuts |
| 1 egg | Walnut halves |

Put sugar, butter and egg into mixing bowl and beat until blended. Add enough ReaLemon (1 teaspoon at a time) to make a mixture of spreading consistency. Spread frosting mixture between layers and over cake and cake sides. Put chopped walnuts on sides of cake. Decorate top of cake with walnut halves or chopped walnuts.

DIETER'S LEMON SOUFFLE

- | | |
|--|--------------------------------------|
| 1½ envelopes (1½
tablespoons)
unflavored gelatin | ⅔ cup ReaLemon
lemon juice |
| 1½ cups cold water | ½ cup nonfat dry milk |
| 2 eggs, slightly beaten | ½ cup cold water |
| 1½ teaspoons noncaloric
liquid sweetener | ¼ cup sugar |
| | 5 to 6 drops yellow
food coloring |

Soften gelatin to 1½ cups cold water; stir in eggs. Cook over low heat, stirring constantly, until gelatin dissolves; remove from heat. Add sweetener and ReaLemon; chill until partially set. Mix nonfat dry milk with ½ cup cold water; whip until soft peaks form. Gradually add sugar, continuing beating to stiff peaks. Beat in food coloring to tint pale yellow. Fold into gelatin mixture.

Prepare a 1-quart souffle dish by cutting a strip of brown paper or foil about 4 inches wide and long enough to go around sides of dish. Fasten strip to outside of dish with tape, allowing it to extend about 2 inches above dish. Brush inside of strip with oil. Spoon gelatin mixture into souffle dish and chill until firm. Remove tape and peel paper collar away carefully. This souffle may also be made in a 2-quart bowl or mold. Decorate with sugared flowers, if desired. *8 to 10 servings.*

To prepare sugared flowers: Brush flower petals lightly with slightly beaten egg white. Dip in and sprinkle with sugar.

POMMES AUX CREME CHANTILLY (Apples with Whipped Cream)

- | | |
|-------------------------------|---------------------------------------|
| 6 large York apples | ¼ cup chopped walnuts |
| 2 juice oranges | ½ pint whipping cream |
| ¾ cup sugar | 2 tablespoons
confectioners' sugar |
| ¾ cup water | 1 teaspoon vanilla |
| ⅓ cup ReaLemon
lemon juice | |

Wash apples, remove cores and cut away an inch of peel around stem end. Squeeze oranges and grate rind. Place sugar and water in large skillet and boil for several minutes. Stand apples up in this liquid, cover tightly, and cook slowly 15 minutes or until tender when tested with a fork.

Transfer apples to a shallow baking pan. Continue cooking syrup in skillet ten minutes longer. Then add ReaLemon, orange juice, orange rind, and chopped nuts. Pour over apples and broil 10 to 15 minutes or until golden, basting frequently. Tops of apples should be 3 to 4 inches from heat.

Whip cream in chilled bowl until a bit dropped softly holds its shape. Gently fold in sugar and vanilla. Top cooled (not cold) apples with whipped cream. *6 servings.*

LEMON CHESS TARTS

- | | |
|--|-----------------------------------|
| 12 small baked pastry
tart shells (may be
made in petal shape) | 1 cup chopped candied
fruit* |
| 2 eggs, beaten | ½ cup coarsely chopped
walnuts |
| 1 cup butter | 1 teaspoon vanilla |
| ⅓ cup ReaLemon
lemon juice | Whipped cream, if
desired |
| ¼ teaspoon salt | |

In a heavy saucepan, combine eggs, sugar, butter, ReaLemon and salt. Cook slowly, stirring constantly, until thickened. Add candied fruit; cool. Chill several hours or overnight, until mixture mounds when spooned. Before serving, stir in walnuts and vanilla. Spoon into tart shells. Top with whipped cream, if desired. *Makes 12 tarts.*

*½ cup seedless raisins and ½ cup chopped dates may be substituted for the candied fruit.

Beverages

Cool it on a hot day—or sock-it-to your guests with a warm and mellow holiday punch. Just be sure you have ReaLemon and ReaLime on hand to turn on taste. Also notice how a splash of ReaLemon improves the taste of hot or iced tea.



PONCHE A PUNETAZOS (Sock-it-to'em Punch)

- | | |
|--|---|
| 2 large cans unsweetened pineapple juice (46 ounces) | 2 quart size bottles California Champagne |
| 1 pint orange juice | 1 8-ounce bottle maraschino cherries with stems (drained) |
| Mint leaves | |
| 2 ounces ReaLime lime juice | 1½ cups light rum |
| 1 1-pound can pineapple tidbits | |

Mix 1 can of pineapple juice with a handful of fresh mint leaves. Pour into a round plastic container 8 inches in diameter and 4 inches deep. Freeze to form a round block of ice. Chill all ingredients at least overnight.

Just before serving, remove the block by placing the container in warm water for a few seconds. Place the block of ice in the center of the punch bowl. Add all the ingredients, pouring over the ice. Stir gently to mix well. *Makes 40 four-ounce servings.*

BRAZILIAN GOLD

- | | |
|------------------------------|--|
| 3 cups water | 1 12-ounce can frozen orange juice concentrate |
| 1½ cups ReaLemon lemon juice | |
| 2 No. 2 cans pineapple juice | 2 12-ounce cans apricot nectar |
| | ¾ cup sugar |
| | Ice |

Combine water, ReaLemon, pineapple juice, orange juice, apricot nectar and sugar. Stir until sugar dissolves. Chill. Serve over ice. *Makes 4 quarts.*

FLORENTINE FIZZ

- | | |
|--|------------------------------------|
| 1 6-ounce can frozen grape juice concentrate | 3 tablespoons ReaLemon lemon juice |
| 1½ cans water | 1 egg white, beaten until frothy |
| | 1 cup crushed ice |

Combine grape juice concentrate, water, ReaLemon and frothy egg white; mix well. Pour over crushed ice. *Makes 3 cups.*



LONDON LEMON-TEA PUNCH

- | | |
|-------------------------|--------------------|
| 3 tablespoons tea | 2 cups ReaLemon |
| 2 cups boiling water | or ReaLime juice |
| 2 cups light corn syrup | 8 cups ice water |
| | 2 quarts gingerale |

Steep tea in boiling water 5 minutes. Strain. Add corn syrup and ReaLemon or ReaLime; mix well. Chill. Just before serving, add ice water and gingerale. Pour over ice in punch bowl. Garnish with strawberries and sprigs of mint. *Makes about 30 four-ounce servings.*

VIENNA STRAWBERRY BOWLE

- | | |
|--|------------------------------------|
| 1 quart strawberries,
washed and hulled | ½ cup ReaLemon
lemon juice |
| 1 pound sugar | 3 bottles Rhine wine,
well iced |

Place strawberries in a bowl and add lemon juice and sugar. Shake bowl slightly to mix ingredients. Refrigerate for approximately eight hours. (Chilling with sugar and lemon juice releases the strawberry juice and heightens the fruit flavor.) When ready to serve, put the strawberry combination in a large punch bowl and add the wine. Do not add ice.

SPARKLING PARTY PUNCH

- | | |
|---|---------------------------------------|
| 1 cup ReaLemon
lemon juice | 1 package (16 ounces)
frozen whole |
| 1 cup orange juice | strawberries, partly |
| ¾ cup light corn syrup | thawed; or 1 pint |
| 2 cups (1 pint)
ginger ale, chilled | fresh strawberries |
| 2 cups (1 pint)
sparkling water, chilled | |

Combine bottled lemon juice, orange juice and corn syrup. Add chilled sparkling water and gingerale. Serve over ice with the strawberries. *Makes 6 tall glasses or 10 punch cups.*

Calorie Chart

MEAT

3½ ounces cooked meat:	
Beef Standing Rib Roast	285
Porterhouse Steak	242
Beef Round Steak	234
Beef Blade Pot-Roast	298
Beef Stew	260
Ground Beef, chuck	263
Veal Rump Roast	175
Pork Loin Chop	250
Pork Sirloin Roast	227
Cured Ham, butt	205
Lamb Leg Roast	195
Lamb Blade Chop	280
Liver, beef	195
Bacon, 1 strip	34
Frankfurter, 1	124
Bologna, 1 oz. slice	66

FISH

Average 3½ oz. serving moderately lean fish (cod, haddock, halibut) broiled	200
Tuna, 3 oz. canned	170
Shrimp, fresh 12 med.	105

POULTRY AND EGGS

Chicken, 4 oz. roast white meat	166
Chicken, 4 oz. roast dark meat	202
Turkey, 4 oz. roast white meat	246
Egg, 1 med.	77

DAIRY PRODUCTS

Milk, 1 cup skim	87
Milk, 1 cup whole	166
Cream, light, 1 tbsp.	30
Cheddar or Swiss Cheese, 1 oz.	110
Cottage Cheese, ½ cup	108
Ice Cream, ½ cup	150

BREADS AND CEREALS

Rye Bread, 1 slice	57
White Bread, 1 slice	63
Whole Wheat Bread, 1 slice	55
Roll, plain, 1 med.	118
Sweet Roll, 1 med.	178
Pancake (4" diam.)	60
Bran flakes, 1 cup	115
Corn flakes, 1 cup	96
Oatmeal, ½ cup cooked	75
Macaroni, Spaghetti, ½ cup	107
Egg Noodles, ½ cup	55
Rice, white, ½ cup	100

FRUIT

Apple, 1 med.	75
Banana, 1 med.	90
Berries, fresh ½ cup	42
Cantaloupe, ½	37
Grapefruit, ½ med.	75
Orange, 1 med.	70
Orange juice, ½ cup	55
Peach, fresh	45
Pear, fresh	45
Watermelon, ¾ x 10" slice	45
REALEMON, 1 tablespoon	4
REALIME, 1 tablespoon	4
REALFIG, ½ cup	96
REALPRUNE, ½ cup	96

VEGETABLES

Beans, green, ½ cup	14
Beans, lima, ½ cup	76
Broccoli, ½ cup	22
Carrot, ½ raw	11
Corn, ½ cup canned	70
Lettuce, 1/6 head	11
Peas, green, ½ cup	55
Potato, 1 med. baked	105
Sweet potato, 1 med. baked	183
Tomato, 1 med.	30

DESSERTS

Cakes:	
Angel food, 2" wedge	110
Rich, plain icing, 3" wedge	380
Pies, 4" wedge:	
Apple	330
Custard	265
Lemon Meringue	300
Cookie, plain, 3" diam.	110
Candy, chocolate cream	55
Gelatin Dessert, ½ cup	75
Pudding, vanilla, ½ cup	140
Sherbet, ½ cup	120

FATS, OILS, DRESSINGS

Butter or margarine, 1 tbsp.	100
Mayonnaise, 1 tbsp.	90
Mayonnaise-type, French, Russian	
Dressing, 1 tbsp.	60
Salad or cooking oil, 1 tbsp.	125

MISCELLANEOUS

Sugar, 1 tsp.	16
Jam, preserves, 1 tbsp.	55
Olives, 1 large green	7
Pickles, dill, 4"	11
Potato chips, 10	108
Peanuts, ¼ cup shelled	200



TURN TASTE

» RECIPE BOOK «

REALEMON FOODS

1200 WEST 37th STREET,
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