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EC57-918 Fruit in Your Meals

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fruit

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EXTENSION SERVICE
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
AND U.S. DEPARTMENT OF AGRICULTURE
COOPERATING
W. V. LAMBERT, DIRECTOR

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fruit in your meals

Ethel Diedrichsen
Extension Nutritionist

Fruits have an important place in your family's diet. They give color, flavor and texture contrast to meals. They furnish vitamins and minerals but are generally low in calories. Citrus fruits are the best food source of vitamin C. Yellow fruits such as peaches, cantaloupe and apricots contain vitamin A. Liberal servings of apricots, peaches, rhubarb and dried fruits contribute a fair amount of iron. All fruits are important as a source of bulk in the diet.

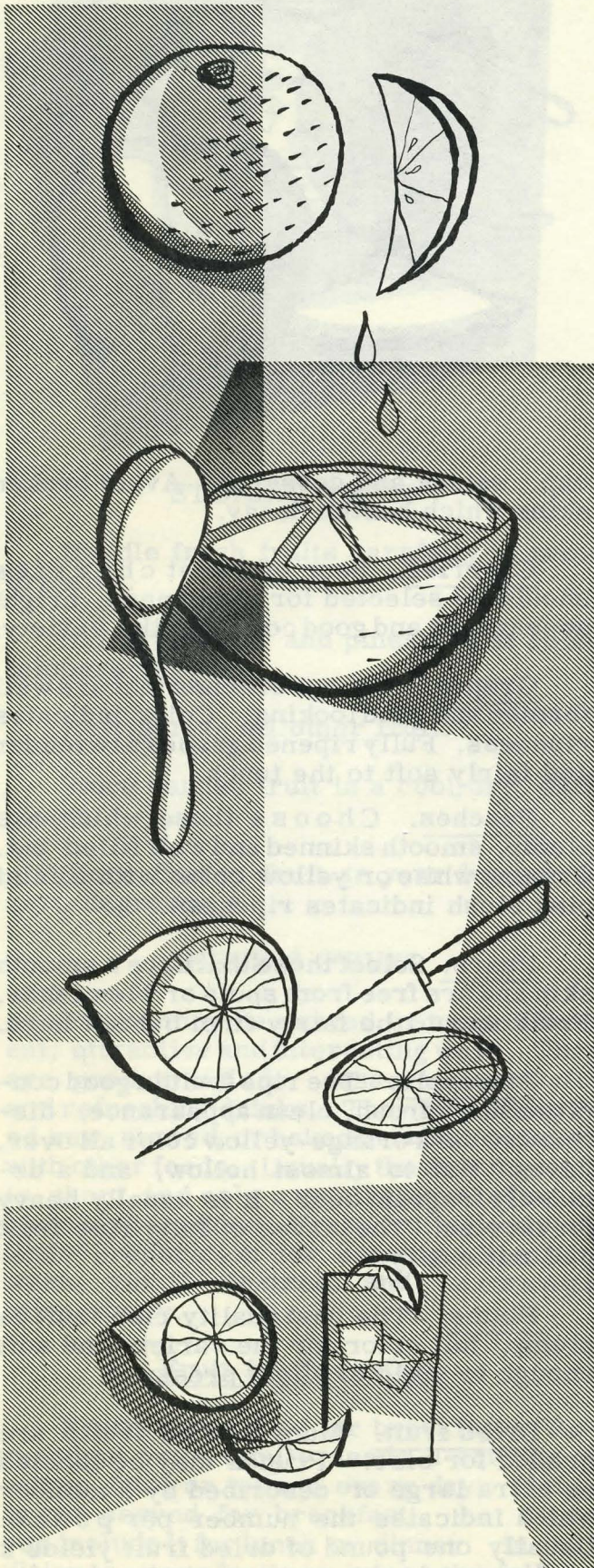
SELECTING FRUIT

To get the most for your money, choose the quality and variety of fresh fruit according to the way you plan to use it. Size does not always indicate the best eating quality. The following points will guide you in your selection:

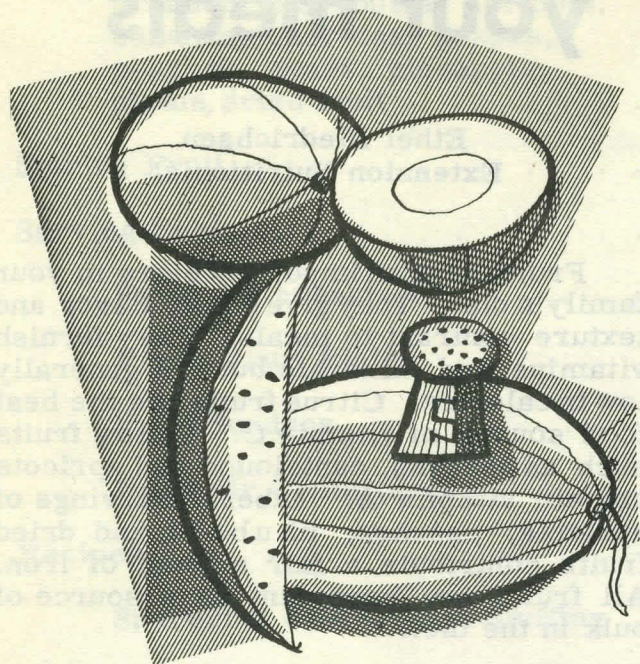
Citrus fruits. Choose oranges, grapefruit, tangerines, lemons and limes that are sound and firm to the touch, heavy for their size, and have a smooth skin free from decay. They should be well rounded and not spongy. A coarse, puffy, or light weight fruit may lack both juice and flavor. Color is not a sure guide to quality because coloring is sometimes added.

Melons. A ripe cantaloupe is heavy for its size and has a delicate characteristic aroma. Look for netting which covers the melon thickly and stands out like a cord. The color of the skin beneath the netting should have a yellow tinge.

A fully ripe honeydew should be creamy white or pale yellow all over, with distinct and pleasing fragrance.



The ripeness of a watermelon is difficult to determine without plugging. Usually, ripe watermelons are firm, symmetrical, fresh and attractive in appearance, of good color and the rind has a "bloom" which gives it a velvety look. A dull, hollow sound when thumped generally indicates ripeness.



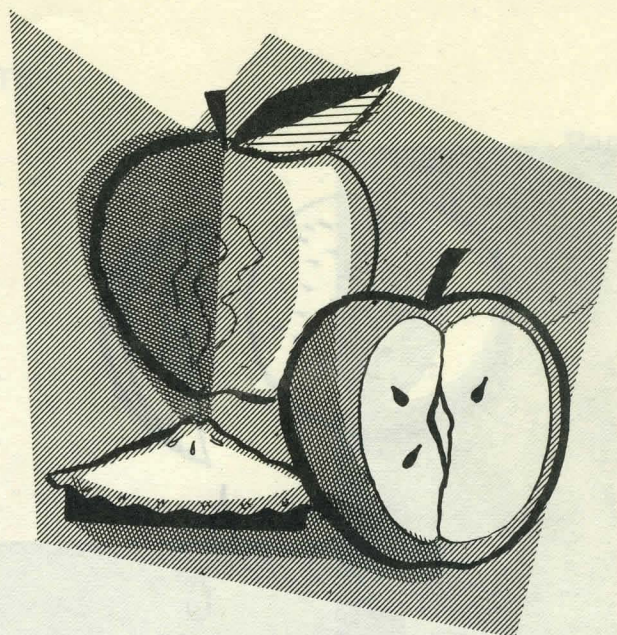
Berries. Choose those that are firm, fresh and have good color. Strawberries should have a light green cap attached. All other should be free of hulls.

Cranberries. These vary in color from bright to very dark red and are packaged fresh in transparent bags. They may also be purchased frozen or canned as sauce or jelly.

Apples. Medium sized apples are often most economical. Select those that have good color, are firm and free from spots and blemishes. Tart firm apples are generally best liked for cooking; sweeter apples for eating raw.

Apricots. The best quality apricots are plump, firm and golden yellow.

Bananas. The color and condition of the skin are good indications of the use that should be made of bananas. When the skin is all yellow, the banana is firm enough to cook and ripe enough to be eaten uncooked. If the peel is yellow but flecked with brown, the banana is fully ripe and ideal for serving with cereals, in fruit



cup, salads and desserts. Avoid broken skins which hasten decay.

Cherries. Sour or sweet cherries should be selected for plumpness, bright appearance and good color for the variety.

Grapes. Choose bunches that are well formed and good looking. Color indicates ripeness. Fully ripened grapes are tender and fairly soft to the touch.

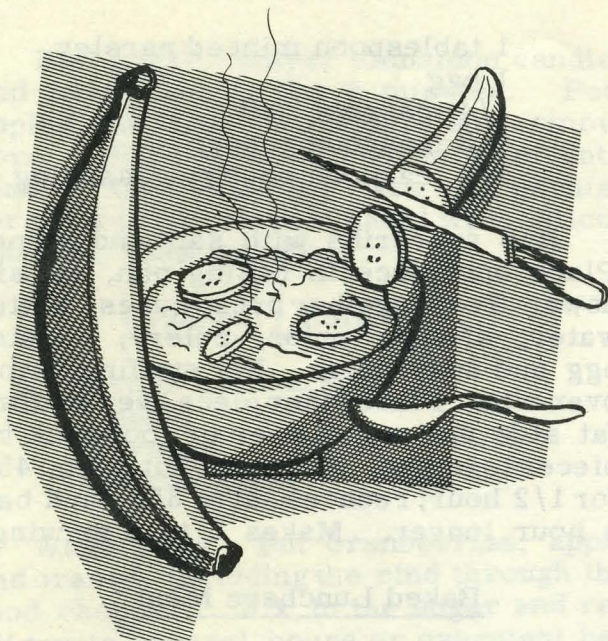
Peaches. Choose those which are plump, smooth skinned and well filled out. Creamy white or yellow color with a faint pink blush indicates ripeness.

Pears. Select those that have a smooth skin and are free from spots or blemishes. Fruit should be fairly firm but not hard.

Pineapple. The ripe fruit in good condition has a fresh, clean appearance, distinctive dark orange-yellow color all over, "eyes" flat to almost hollow, and a decidedly fragrant odor. It is usually heavy for its size. The leaves of fully ripe fruit pull out easily.

Plums. The best quality ripe fruit is plump, full color for the variety and soft enough to yield to slight pressure.

Dried fruit. Many dried fruits are graded for size. Prunes may be labeled as extra large or described by a number which indicates the number per pound. Usually one pound of dried fruit yields 2 or 3 cups of pulp.



STORING FRUIT

Handle fresh fruits carefully to avoid bruising.

Store bananas and pineapple at room temperature.

Refrigerate all other fruit.

Store canned fruit in a cool, dry, dark place.

Store frozen fruit in your freezer at zero degrees.

SERVING FRUIT

Fruits may be served in many different, attractive and interesting ways. They are good in salads, desserts, cocktails and refreshing drinks. They may be served raw, stewed, or baked or in combination with other foods. Usually the cooking time is short and only a small amount of water and sugar is added. Fresh fruits need very little preparation for serving. Simply wash, cut if desired, and arrange attractively.

Fruit for Breakfast

Fruit tastes good for breakfast. Remember, your family needs a serving of citrus fruit or tomato every day. If this is not served for breakfast, be sure you include it for lunch or dinner. In addition to citrus fruits or juice, the follow-

ing fruits are particularly good for breakfast:

Berries, canned or fresh, especially good on cereal.

Strawberries and bananas or pineapple.

Stewed dried fruit.

Fresh peaches and cream.

Cantaloupe.

Rhubarb or apple sauce.

Fresh Fruit Plates

What could taste better or look prettier than a plate of washed and chilled fruit? Serve with crisp crackers and sherbet or your family's favorite cheese. Arrange the fruit in pieces large enough to be recognized.

Fresh pineapple cubes, frozen, strawberries and sliced bananas.

Green grapes and red apples with wheat crackers and cream cheese.

Pear halves, cantaloupe balls and strawberries.

Assorted fresh fruits in season.

Fruit Sundaes

Ice cream and fruit seem to have been made for each other. No doubt your family has its own favorites, but have you tried these?

Cantaloupe filled with ice cream.

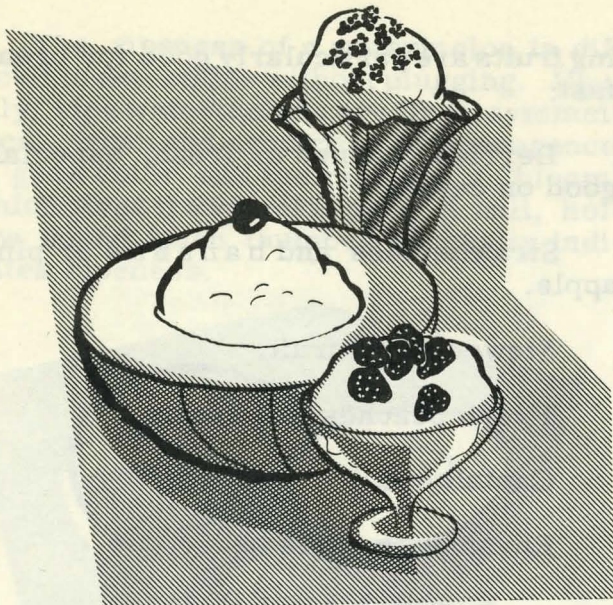
Ice cream topped with rhubarb sauce.

Peaches, strawberries, or raspberries on ice cream.

Orange slices topped with orange sherbet.

Vanilla ice cream topped with pear half and chocolate sauce.

Grapefruit sections and canned blue plums with pineapple sherbet.



Fruits for Centerpieces

The rich colors and interesting shapes of fruits make attractive table decorations. Be sure the fruit is clean and as perfect as possible. Use simple sturdy containers such as pottery or wooden bowls and trays, large platters or plates with simple designs. Some combinations to try include:

Wooden bowl with red apples, yellow pears and purple grapes.

Brown or green pottery bowl with grapefruit, oranges and blue plums.

Yellow apples, red tomatoes and green peppers.

Purple and green grapes on a bed of autumn leaves.

A metal tray with apples, nuts and pine branches.

RECIPES

Spareribs with Orange Stuffing

- 2 pieces of spareribs
(1 1/2 pound each)
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 1/2 cups dry bread cubes
- 2 tablespoons melted butter
- 1/4 cup hot water
- 1 medium orange, ground
- 2 tablespoons minced onion
- 1 cup diced celery

- 1 tablespoon minced parsley
- 1 egg
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon poultry seasoning

Rub spareribs with salt and pepper. Place one piece in baking pan, fat side down. Toss together bread cubes, butter, water, orange, onion, celery, parsley, egg and seasonings. Pat stuffing firmly over ribs. Place other piece over stuffing, fat side up, and skewer or toothpick two pieces together. Brown in hot oven, 450° for 1/2 hour; reduce heat to 350° and bake 1 hour longer. Makes 6 to 8 servings.

Baked Luncheon Meat

- 2 cans pork luncheon meat or
3/4 inch sliced cured ham
- 1/4 cup flour
- 3 tablespoons brown sugar
- 1 tablespoon dry mustard
- 1 cup orange juice
- 1/4 inch unpeeled orange slices

Cut each loaf of meat in 3 slices. Combine flour, brown sugar and mustard and rub luncheon meat or ham with this mixture. Place in casserole, cover with orange juice and bake 1 hour at 325°. Add orange slices during last 30 minutes.

Banana Chicken Salad

- 1 cup sliced bananas
- 1/2 cup diced pineapple
- 1 1/2 cups diced cooked chicken
- 1/2 cup diced celery
- 1/4 cup sliced olives
- 1 1/2 teaspoons salt
- 2 tablespoons mayonnaise
- Lettuce

Combine bananas and pineapple. Add chicken, celery, olives, salt and mayonnaise. Mix lightly. Serve in lettuce cups. Makes 4 to 6 servings.

Red Cinnamon Apples

- 1 cup sugar
- 1 1/2 cups water
- 2 tablespoons cinnamon candies
- 3-4 drops red food coloring
- 6 apples

Boil sugar, water, cinnamon candies and food coloring for 5 minutes. Peel apples, cut in half or quarters and remove core. Place in hot sirup, simmer until tender. Cool in sirup. Use as a garnish for pork or serve as a salad with sliced bananas, nuts and dates.

Cranberry Relish

- 2 cups cranberries
- 1 apple
- 1 orange
- 3/4 cup sugar

Wash fruit. Put cranberries, apple and orange, including the rind through the food chopper. Mix in the sugar and refrigerate several hours or overnight before using. Serve with roast chicken or turkey.

Fruit Salad

- 2 large oranges
- 1 large grapefruit
- 2 medium red apples
- 2 ripe bananas
- 1 can pineapple chunks
- 1 bunch grapes
- Salad greens

Separate the orange and grapefruit sections keeping them as whole as possible. Save the juices. Core the apples and cut into thin slices. Peel and cut banana slant-wise into inch slices or into sticks. Cover apple and banana slices with orange, grapefruit and pineapple juices to prevent darkening. Snip grapes into little bunches containing 3 or 4 grapes. Chill fruit before serving. Arrange the fruits attractively on a plate or salad bowl and serve the dressing separately. Makes 10 to 12 servings.

Fruit Juice Dressing

- 4 egg yolks or 2 whole eggs
- 1/4 cup sugar
- 1/8 teaspoon salt
- 3/4 cup tart fruit juice
(orange, lemon and pineapple)
- 1/2 cup heavy cream

Beat eggs, add sugar and salt. Heat fruit juice and add gradually to egg mixture. Cook in a double boiler or in a heavy pan over low heat stirring constantly

until mixture coats the spoon as in a soft custard. Chill.

Whip cream and fold in just before serving.

Fresh Peach Soufflé

- 1 cup peach pulp (peel and
mash fresh peaches)
- 1 1/2 tablespoons lemon juice
- 1/4 cup sugar
- 4 beaten egg yolks
- 1/8 teaspoon salt
- 4 stiffly beaten egg whites

Combine all ingredients except egg whites. Fold in beaten egg whites. Place mixture in 7 inch baking dish and bake at 325° for 45 minutes. Serve hot with cream. Makes 5 servings.

Cherry Puff

- 1 can (2 1/2 cups) tart
cherries, drained
- 1/2 cup liquid from cherries
- 1/2 cup sugar
- 2 tablespoons quick cooking
tapioca
- 2 egg whites
- Dash salt
- 1/4 teaspoon cream of
tartar
- 2 egg yolks
- 1/3 cup sugar
- 6 tablespoons cake flour

Crush cherries with potato masher. Add cherry liquid, sugar and tapioca. Simmer 5 minutes, stirring constantly. Beat egg whites until foamy, add salt and cream of tartar and beat stiff. Beat egg yolks until thick and lemon colored. Add sugar, beat thoroughly. Fold egg yolks into egg whites, then fold in flour. Pour cherry mixture into 1 1/2 quart casserole. Pour batter on top and bake at 325° for 40 minutes. Serve warm. Makes 6 servings.

Fruit Crisp

- 1 cup sifted flour
- 1 cup brown sugar
- 1/3 cup butter
- Choice of:
 - 6 apples
 - 8 fresh peaches

- 4 cups cherries
- 4 cups rhubarb

Mix the flour and sugar together. Work in the butter with a pastry blender or fork until crumbly. Pare and slice apples or peaches; pit cherries or cut rhubarb into 1 inch pieces. Sweeten rhubarb or cherries with an extra 1/3 to 1/2 cup of sugar.

Spread fruit evenly in a buttered baking pan. Spread the crumb mixture on top of the fruit. Bake at 350° for about 45 minutes or until the fruit is soft and the crumb mixture is a golden brown. Serve warm with or without cream. Makes 6 or 8 servings

Grapefruit Slush

- 2 cups sugar
- 1 cup water
- 4 cups grapefruit pulp
(some pink for color)

Bring sugar and water to a boil. Cool; pour over grapefruit pulp and freeze in refrigerator trays. Makes 6 to 8 servings.

Lime-Ice Gingerale Punch

- 1 quart lime ice or sherbet
- 1 quart gingerale
- 1/3 cup lemon juice

Refrigerate all ingredients. Place scoops of lime ice into punch bowl. Add the lemon juice. Pour the gingerale over this and serve in punch cups. Makes about 20 servings.

Frozen Pineapple Torte

- 1 small can crushed pineapple
- 3 egg yolks
- Dash of salt
- 1/2 cup sugar
- 2 tablespoons lemon juice
- 3 stiffly beaten egg whites
- 2 tablespoons sugar
- 1 cup heavy cream, whipped
- 2 cups vanilla wafer crumbs

Drain pineapple. Beat egg yolks, salt and 1/2 cup sugar; add pineapple juice and lemon juice. Cook over hot water until mixture coats the spoon, stirring con-

stantly. Add drained pineapple and cool. Make meringue of egg whites and 2 tablespoons sugar. Fold in whipped cream and custard mixture. Spread half the crumbs over bottom of greased refrigerator tray. Pour in custard mixture and cover with remaining crumbs. Freeze until firm, about 3 or 4 hours. Makes 6 to 8 servings.

Refrigerator Apricot Pie

- 1/3 pound vanilla wafers
- 1/2 cup butter
- 1 cup powdered sugar
- 2 egg yolks
- 2 egg whites
- 1/8 teaspoon salt
- 1 cup cooked thick apricot pulp
- 1 cup heavy cream, whipped

Crush wafers very fine. Set aside 1/4 cup to use as a topping. Press remainder on bottom and sides of 9 inch pie plate. Cream butter and sugar. Add egg yolks and beat thoroughly. Add salt to egg whites and beat until stiff. Fold in yolk mixture. Spread this mixture over crumbs in pie plate. Spread apricot pulp over egg-sugar mixture. Spread cream over apricot layer and sprinkle with 1/4 cup crumbs. Chill several hours or overnight.

Applesauce Cake

- 1 1/2 cups flour
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cloves
- 1/4 teaspoon salt
- 1 teaspoon soda
- 1/2 cup nuts, chopped
- 1/2 cup dates, chopped
- 1/2 cup raisins, chopped
- 1/2 cup butter
- 1 cup sugar
- 1 1/4 cups sweetened
applesauce
- 1/2 teaspoon vanilla

Sift flour, spices, salt and soda together. Mix in chopped nuts, dates and raisins. Cream butter and sugar until light and fluffy. Add flour mixture and applesauce alternately and stir in the vanilla. Bake in a 7 by 12 inch pan at 350° for 45 or 50 minutes. Serve with hard sauce or whipped cream.