

RIVERSIDE ORANGE RECIPES



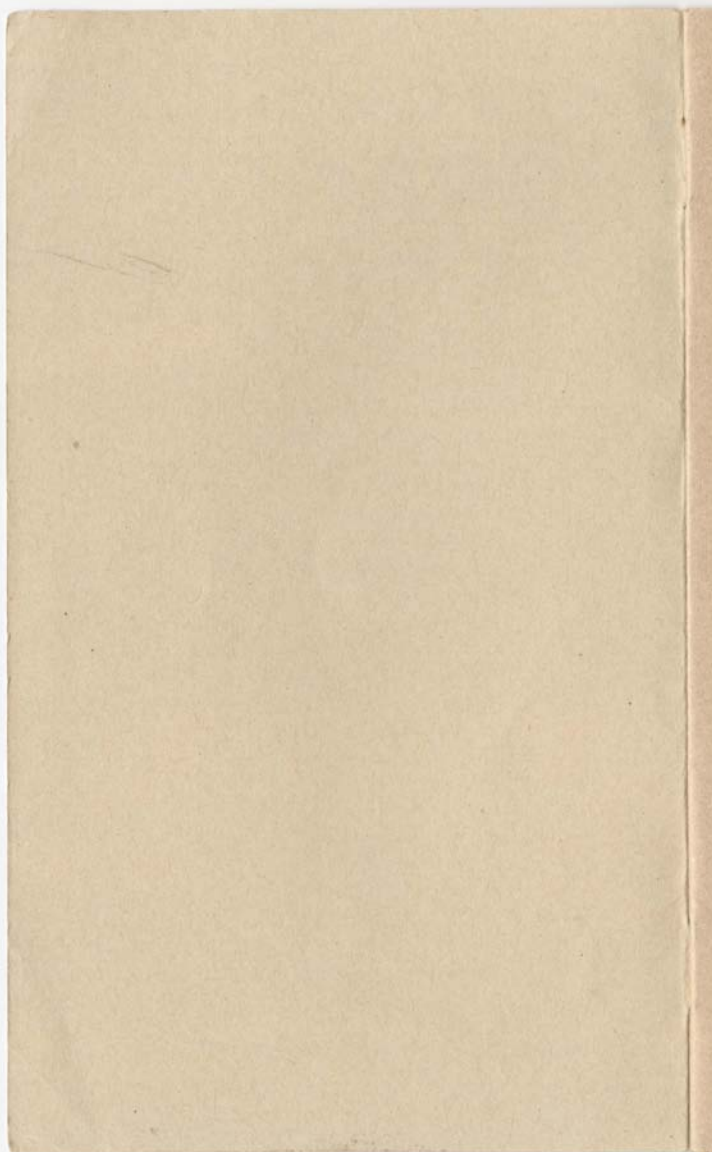
AS USED BY
SHERMAN INDIAN SCHOOL
RIVERSIDE

USING
"SUNKIST"
ORANGES

JUST to acquaint you with the scores of uses to which you can put "Sunkist" oranges, we take delight in handing this booklet of tested recipes to you.

Of all the fruits, the orange possesses medical properties little known to the average person. Physicians now prescribe orange juice as the first nourishment for convalescents.

Use "Sunkist" oranges as do the Indians at the Sherman Indian School and you will enjoy the most palatable and healthful of dishes. Your physician will gladly confirm these health hints and tell you the part they play in regulating the whole system, thus assisting the entire family to better health.



RECIPES

French Dressing

Place in a shallow bowl or deep sauce dish a teaspoon of salt, half as much paprika and other seasonings to taste, such as celery salt, mustard (French or English), black pepper, onion juice, garlic or some of the table sauces, and mix thoroughly with half a cup of olive oil. Add the juice of a Sunkist Lemon and beat vigorously. This dressing may be made in a glass fruit jar and kept in a cool place, to use as needed. As the ingredients separate easily, the contents must be well shaken before opening the jar. This dressing is often used to marinate cooked chicken or fish to be used later in salads and also to pour over steaks some hours before cooking, to flavor and enrichen.

Quick Mayonnaise

Mix with one egg yolk a teaspoon of Sunkist Lemon juice, half as much salt and some white pepper, using a shallow bowl and small egg whisk. Add olive oil gradually until mixture thickens, then alternately add more lemon juice, and oil in the proportion of two-thirds of a cup of oil and two tablespoons of lemon juice. The latter should be added



PARENT NAVEL ORANGE TREE, RIVERSIDE, CAL.

Jellied Orange and Celery Salad

Cook the leaves and outer stalks of two heads of celery in boiling water (or white stock) with a slice of onion, sprig of parsley, bits of carrot and a small bay leaf, until very tender. Strain and for one pint of the liquid soften one-fourth package of gelatine in one-fourth cup of cold water and add to the hot stock. Strain again, pour into a shallow mold and when almost firm add slices of Sunkist Oranges. Cut jelly into sections for serving, place in nests of water cress and pass mayonnaise or other dressing as preferred.

Fairy Fruit Salad

Prepare the dressing by cooking three level tablespoons of butter with two of sugar and three beaten egg yolks in a double boiler until thick; then add the juice of a Sunkist Lemon, a seasoning of salt, paprika and celery salt, and cook a few moments longer, stirring mixture constantly. Remove from fire, beat well and cool thoroughly. When ready to use add a cupful or more of whipped cream.

For the salad, combine sections of Sunkist Oranges with half their bulk each of white grapes (halved and seeded), sliced bananas and pineapple. Add some cut pecans or walnuts and garnish all with cherries and whipped cream.

Sunkist

in small amounts or dressing will become too thin, but the oil may be used quite freely after it once thickens. Keep closely covered in refrigerator until ready to use. It may be softened with whipped cream when salad is combined, or chili sauce may be added for variety.

Orange and Green Pepper Salad

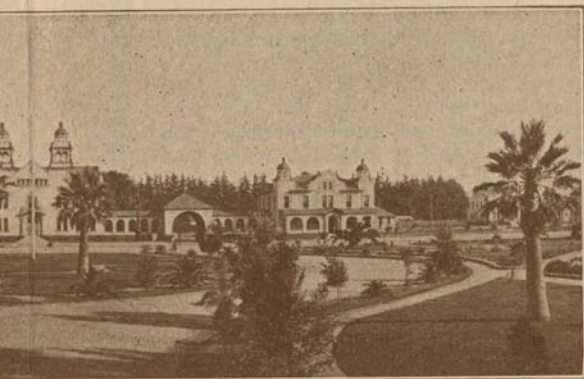
Cut the pulp of four Sunkist Oranges into sections entirely free from inner skin. Remove center from a shapely sweet green pepper and cut into quarter-inch rings. Make nests of head lettuce for individual service and in each one place half a dozen orange sections (well drained) encircled with a pepper ring. Sprinkle with crushed Brazil nuts and serve mayonnaise or cream dressing.

Butterfly Salad

Remove all skin from two grapefruit and three Sunkist Oranges and cut into uniform slices across the fruit, and then into halves. Drain juice from a small can of pineapple and cut slices also in halves. Make individual nests of shredded lettuce on serving plates, place two sections of grapefruit in center, with the curved edges together, on these two of pineapple, and above that two of orange. Place a strip of pimento down the center and a nut meat at one end, and cover all with French dressing, or serve mayonnaise separately.

Orange Torte

Make a two-layer cake with one-fourth cup of butter, a scant cup of sugar, two well beaten eggs, one-half cup of milk and one and three-fourths cup of flour sifted with a little salt and two level teaspoons of baking powder. Flavor this with the grated rind of half a Sunkist Orange, bake in moderate oven and cool before handling.



INSTITUTE, RIVERSIDE, CALIFORNIA

For the filling heat a cup of milk in a double boiler and thicken this with two egg yolks well blended with two table-spoons each of sugar and flour. Cook this for ten minutes, stirring frequently, add a little salt and grated lemon and spread between cakes when cool and cover with frosting.

Sunkist Shortcake

Remove all skin from six Sunkist Oranges and cut the fruit into thick slices. Sprinkle generously with sugar (and a little sherry if desired) and keep in a warm place until ready to use.

Make the crust of two cups of flour sifted twice, with four level teaspoons of baking powder and half a teaspoon of salt. Cut into this four level tablespoons of butter and moisten with water enough to make a soft dough (about half a cup); toss this about lightly on a well floured board, then roll into a thin sheet, spread one-half with a little softened butter, fold the other over it and then cut the crust into rather large biscuits. Place well apart on a baking pan and put into a hot oven. Pull the halves apart when done, add bits of butter and the Sunkist Oranges between halves and on top and serve as individual shortcakes.

Orange Sweet Pickle

Cut one dozen Sunkist Oranges into thick slices after removing all skin with a sharp knife. Steam the fruit until tender and translucent, then drain well before placing in the hot syrup. Prepare syrup with three pounds of sugar, one quart of vinegar and a rounding tablespoon each of cloves and stick cinnamon. Tie the spices in cheesecloth and boil syrup twenty-five minutes. Add the prepared fruit and keep hot for an hour without cooking. Place in jars and set aside at least a week before using.

Sunkist Orange Pie

Make pastry of one cup of flour, one-third teaspoon each of baking powder and salt, and thick cream to moisten (about one-third of a cupful if soft flour is used). Roll out quite thin, spread with two tablespoons of creamed butter, fold over, roll out again and place in either a perforated or wire pie pan. Flute the edges nicely, pour in the filling and bake in a moderately hot oven.

For the filling cream three tablespoons of butter with a scant cup of sugar and add two egg yolks and one white well beaten together. Stir in the juice and grated rind of one Sunkist Orange and the juice of half a Sunkist Lemon, and a bit of salt.

When the pie is done and partly cooled, cover it with a meringue of two egg whites beaten stiff and five tablespoons of fine sugar added gradually. Sift sugar over the top after spreading and bake in a slow oven about fifteen minutes.

Sunkist Marmalade

Shave one orange, one lemon and one grapefruit very thin, rejecting nothing but seeds and cores. Measure the fruit and add to it twice the quantity of water. Let it stand in an earthen dish over night and next morning boil for twenty minutes only. Stand another night and the second morning add pint for pint of sugar and boil steadily till it jellies (about one and one-half hours). Stir as little as possible but watch carefully that it does not burn.

Orange Bavarian Cream

To one cup of the juice of Sunkist Oranges add the juice of a Sunkist Lemon and half a package of granulated gelatine which has been softened in half a cup of cold water and dissolved with half a cup of boiling water. Strain the liquid and pour a thin layer in the bottom of a mold. When firm decorate with maraschino cherries and angelique cut in pieces, and line the sides of the mold with cross slices of orange. Whip one pint of cream quite stiff with half a cup of sugar and blend carefully with the orange jelly when slightly thickened. Pour into the mold and chill thoroughly before serving. Turn out into a shallow dish and surround with cubes of sponge cake topped with whipped cream and strips of crystallized orange.

Camino Fruit Cup

Make a rich lemonade with five Sunkist Lemons, one cup of sugar, and three cups of water, adding the juice of two Sunkist Oranges and half a cup of pineapple juice. Chill thoroughly and pour into high, narrow tumblers which have been frosted by dipping the edges quickly into lemon juice and then in coarse sugar. Place a small slice of canned pineapple on top and a sprig of mint and two straws in the center where hollowed out. Add a large cherry or strawberry and serve.

Orange Frosting

To the grated rind and juice of a large Sunkist Orange add a teaspoon of lemon juice, two tablespoons of melted butter and confectioners sugar until stiff enough to spread. Use at once as it hardens quickly. Decorate the top of the cake with sections of orange and strips of maraschino cherries.

Sunkist Fudge

Place one and one-half cups of sugar in a sauce pan with a scant half cup of milk and boil for five minutes. Add two level tablespoons of butter, the grated rind of half a Sunkist Orange and three teaspoons of orange juice. Boil about ten minutes longer, or until stiff enough to form a soft ball in cold water. Then remove from fire and beat until creamy, pour into greased pan and mark in diamond shaped pieces when almost firm. A few drops of orange extract may be added or some finely cut candied orange peel, after the fudge is cooked.

Orange Straws

Cut orange peel into long fine strips and bring to a boil in cold water, adding a little salt. Drain, add fresh water and again bring to a boil. Drain again and then cook until tender in a syrup made in the proportion of one heaping cup of sugar to a pint of water. Spread on waxed paper and dry thoroughly.



This Indian Boy was raised on
Orange Juice

Famous Mission Inn Orangeade

Two cups orange juice, one cup lemon juice,
one small cup sugar, two quarts water,
large piece of ice.

Sunkist Lemon Pie

Mix one and one-fourth cups of sugar thoroughly with one-third of a cup of flour and a little salt. Grate a little of the rind from a Sunkist Lemon and mix with the juice of the whole lemon, and add to the sugar. Beat three egg yolks well, stir in a scant cup of water and blend carefully with the sugar and lemon mixture. Pour all into a pan lined with flaky pie-crust (preferably a pan that is perforated or made of wire), add a tablespoon of butter cut into bits, and bake in a moderately hot oven.

Make a meringue of three egg whites and half a cup of powdered sugar, with a teaspoon of lemon juice. Heap onto the pie (after baking) in large spoonfuls and brown slowly. Serve when thoroughly cooled.

Sunkist Lemon Cookies

Cream one-half cup of butter with one cup of sugar, add the juice and grated rind of one-half a Sunkist Lemon and a tablespoon of milk. Sift two scant cups of flour with one-half teaspoon of soda and add to the first mixture alternately, with two well beaten eggs. Use enough more flour to handle dough lightly, but cookies are best if made quite soft. Roll out into a square or oblong sheet, cut into strips with a sharp knife and bake in a moderate oven, or use round cutter as usual, but the other method is quicker and more economical.

