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Just Off the Press

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Just Off the Press

by Evelyn Toulouse

Technical Journalism Sophomore

A collection of favorite recipes suggested by her own catering students are appearing in a book by Professor Lenore Sullivan, of the Institutional Management Department.

Entitled *What To Cook For Company*, this book will feature recipes on an international scale, including some from the Philippines, Hawaii, England, Sweden, Finland, Panama and India, as well as the United States.

Foreign Recipes

"The foreign recipes intrigued me because they were given to me by girls in my classes who came from all these countries," says Miss Sullivan.

In past catering classes Miss Sullivan has discovered that almost all of her students have one particular recipe handed down through their families which is their favorite. She adopted the policy of trying out these "favorites" as class projects, and found that other students wanted to help choose the ones that rated tops.

What To Cook For Company is not only a book of recipes, but also a collection of interesting little stories. Miss Sullivan includes with her favorites a description or some feature about the student's background, and where she obtained the recipe.

"One of my favorite recipes in the cookbook is the one for a creamy, luscious orange almond mousse brought from New York by one of my first students at this college, Harriet Anderson. We experimented



Miss Lenore Sullivan, author of the new cook book, *What To Cook for Company*, is a member of the Department of Institution Management at Iowa State College.

with the recipe to get just the right proportion of lemon and orange to give this dessert its distinctive flavor," relates Miss Sullivan.

She added that she had given this recipe to many of her friends to be used as a Christmas dessert.

The following is the recipe:

ORANGE ALMOND MOUSSE

| | |
|----------------------------------|----------------------------------|
| 1 cup sugar | 1 cup orange juice |
| 2 tablespoons grated orange peel | $\frac{1}{4}$ cup lemon juice |
| $\frac{1}{3}$ cup boiling water | $\frac{1}{2}$ cup glace cherries |
| 1 tablespoon unflavored gelatin | 2 cups heavy cream |
| $\frac{1}{4}$ cup cold water | 1 cup chopped blanched almonds |

Put sugar, grated orange peel and boiling water into saucepan. Stir and boil 1 minute. Soak gelatin in the cold water for a few minutes. Dissolve soaked gelatin in hot syrup. Add orange and lemon juice. Let stand until jelly-like in consistency. Cut cherries into quarters. Whip cream. When gelatin mixture has thickened, fold in the whipped cream, cherries and nuts. Put in freezing-compartment and allow to remain until set.

Sketches at the beginning of each chapter in the book were made by Mrs. Pauline Crandall, Iowa State College graduate and former instructor here. Mrs. Ruth O'Day Schonhorst, a member of the Home Economics staff, did the illustrations showing how to prepare the various foods.