

lamb to the casserole and add 3 large navel oranges, peeled, cut into sections, and membranes removed. Bring the stew to a boil, simmer it for 2 minutes, and sprinkle it with a mixture of 2 tablespoons minced parsley, 1 tablespoon minced orange peel, and 2 teaspoons minced garlic. Serves 6.

Orange Sangria

In a saucepan combine 1 1/4 cups orange juice and 1 cup sugar and bring the mixture to a boil over moderately low heat, stirring and washing down any sugar crystals clinging to the sides of the pan with a brush dipped in cold water until the sugar is dissolved. Simmer the syrup, undisturbed, for 5 minutes and let it cool. Add 2 large oranges and 1 lime, all thinly sliced, and let the fruit macerate, chilled, for at least 4 hours. Fill a large pitcher one third full with crushed ice, spoon in the fruit, mashing it slightly to release some juice, and pour in the syrup and 2 bottles of dry red wine such as California Pinot Noir or Zinfandel, stirring the mixture well. Makes about 2 1/2 quarts.

Broccoli with Orange Sauce

In a large saucepan cook 2 pounds broccoli, rinsed and trimmed, in 1 inch boiling salted water, covered, for 10 to 12 minutes, or until it is tender, and drain it. Transfer the broccoli to a serving dish and keep it warm. In a small heavy saucepan cook 1/2 cup minced scallion and 2 large garlic cloves, minced, in 1 tablespoon each of olive oil and butter over low heat for 5 minutes, or until they are soft and golden. Add 3/4 cup orange juice, 1/2 cup dry white wine, and 2 tablespoons grated orange rind, cook the sauce over moderate heat, stirring frequently, for 5 minutes, or until it is reduced slightly, and spoon it over the broccoli. Serves 6.

Orange Currant Scones

Into a bowl sift together 2 cups flour, 1 tablespoon each of sugar and double-acting baking powder, and 1/2 teaspoon salt, blend in 1/2 stick (1/4 cup) cold butter, cut into bits, until the mixture resembles meal. Make a well in the center, add 1/4 cup each of orange juice and heavy cream, 1 egg, lightly beaten, and the grated rind of 1 orange, stirring the mixture until the dry ingredients are just moistened, and stir in 1/2 cup dried currants. Turn the dough out on a floured surface, knead it gently for 1 minute, and roll it into a rectangle 3/4 inch thick. Halve the rectangle lengthwise and cut each half into 5 triangles. Arrange the triangles 1 inch apart on ungreased baking

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sheets, brush them with beaten egg, and sprinkle them with sugar. Bake the scones in a preheated hot oven (400° F.) for 15 minutes, or until they are golden brown. Makes 10 scones.

Rice Maltaise

Make glazed orange sections in orange syrup.

Cut the peel from 2 large oranges into 2½-inch julienne strips, in a saucepan simmer it in water to cover for 8 to 10 minutes, or until it is tender, and transfer it with a slotted spoon to paper towels to drain. In another saucepan combine ½ cup sugar and ½ cup water, bring the mixture to a boil over moderately low heat, stirring and washing down any sugar crystals clinging to the sides of the pan with a brush dipped in cold water until the sugar is dissolved, and boil the syrup, undisturbed, for 5 minutes. Remove the pan from the heat, add the strips to the syrup, and let them macerate for 15 minutes. Transfer the strips with a slotted spoon to paper towels to drain and reserve them.

In a small bowl let ⅔ cup diced mixed glacéed fruits, ½ cup dried currants, and 2 tablespoons grated orange rind macer-

ate in 3 tablespoons orange-flavored liqueur for 1 hour. In another small bowl sprinkle 2 envelopes less 1 teaspoon unflavored gelatin over ½ cup orange juice to soften for 5 minutes.

In a small saucepan cook ½ cup long-grain rice in boiling water to cover for 5 minutes, drain it, and transfer it to the top of a double boiler set over simmering water. Add 1½ cups scalded milk and 2 tablespoons sugar, cook the rice, covered, stirring occasionally, for 1 hour, or until it is tender and the milk is absorbed, and let it cool.

In the bowl of an electric mixer beat 5 egg yolks with ⅔ cup sugar until the mixture ribbons when the beater is lifted and beat in gradually 1¼ cups scalded milk. Transfer the custard to a heavy stainless steel or enameled saucepan and cook it over low heat, stirring, until it begins to thicken. Remove the pan from the heat immediately, set it over a bowl of cold water, and add the gelatin, stirring the mixture until the gelatin is dissolved. Strain the custard into a large metal bowl and stir in the macerated fruits and the rice. Chill the mixture, stirring occasionally, until it is room temperature but do not let it set. In a bowl beat 1 cup

heavy cream until it holds soft peaks and fold it gently but thoroughly into the rice mixture. Pour the mixture into a lightly oiled 2-quart ring mold and chill it, covered with plastic wrap, for several hours, or until it is set.

Loosen the edge of the mold with a sharp knife and dip the mold in hot water for a few seconds. Invert a serving plate over the mold and invert the rice mixture onto the plate. Fill the center of the mold with the glazed orange sections and garnish the top with the reserved glazed orange strips. Serves 6 to 8.

Orange and Strawberry Coupe

In a bowl combine 1 navel orange, peeled, cut into sections, and membranes removed, ½ cup each of green seedless grapes, halved, and small cantaloupe balls, 1 banana, sliced, and 1 tablespoon each of sugar and orange-flavored liqueur and chill the mixture for at least 1 hour. In a food processor fitted with the steel blade or in a blender purée 1½ cups strawberries, hulled. Strain the purée into a bowl, add 1½ tablespoons sugar, or to taste, and chill the purée for at least 1 hour. Divide the fruit mixture among 4 large chilled coupes and top each serving

