

"NATIONAL FOODS" DEMONSTRATION
Courtesy of the Manila Gas Corporation

RECIPES COMPILED BY:
Mrs. Miriam R. Hendrick and MISS MARGARITA SANTOS

FOR CUSTOMERS OF THE MANILA GAS CORPORATION

RECIPES FOR SATURDAY, NOVEMBER 9, 1940

"NATIONAL FOODS" GUAVA JELLY ROLL

- 1 tsp. Calumet Baking Powder
- 1 " Watsonal Vanilla
- 1 cup white sugar
- 1 " National Foods-Guava Jelly
- 1 " Softasilk Cake flour

Sift the flour with the baking powder and a pinch of salt three times; Beat the egg whites first, then begin to add the egg yolks one at a time with one tablespoon of the sugar until all are used. Fold the sifted flour in with a spatula and add the Watsonal flavoring. Crease, paper, grease and flour a baking sheet and bake the batter spread out well, at 400 degrees for about 15 minutes in a MAGIC CHEF, GAS HEAT REGULATED OVEN. Remove from the oven or to a clean cloth, dusted with powdered sugar. Take off the paper and spread with the NATIONAL FOODS GUAVA JELLY and roll up as quickly as shown. Leave in the cloth until cool, then cut into slices as shown.

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FANCY BANGUS FRIED LUMPIA

- 2 Cans FANCY BANGUS "NATIONAL FOODS" flaked
- 3 Segments Garlic chopped fine
- 1 Onion sliced fine
- 1/2 Cup Kinchay cut 2 inch long
- 5 tablespoonful lard
- 1 can Apulid cut in fine strips
- 1/2 Kilo Shrimp, peeled and chopped fine
- 25 small Lumpia wrappers
- Salt to season

Sauté the garlic and onion in the lard. Add the shrimps and, cook until done. Add the apulid and mix well. Continue cooking for five minutes and mix in the flaked fish. Stir and remove from fire, set to cool and wrap in lumpia wrappers, one tablespoon to each wrapper. Then fry in deep hot fat. Drain the fat and serve with vinegar seasoned with salt and black pepper; chopped garlic may be added for flavor if desired.

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FANCY BAÑGUS SALAD SANDWICH

- 2 Cans FANCY BAÑGUS "NATIONAL FOODS", flaked
- 3 Potatoes boiled and diced fine
- 2 Apples cut fine into cubes
- 1/2 Cup sweet pickles, chopped fine
- 1/2 Cup Celery, chopped fine
- 3/4 Cup Mayonnaise
- Salt and pepper to taste

Mix all together, season with salt and pepper. Put enough of this mixture in a buttered thin slice of bread with the sides removed and form into cones.

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"NATIONAL FOODS" FANCY BAÑGUS SANDWICH SPREAD

- 2 Cans FANCY BAÑGUS "NATIONAL FOODS", flaked
- 1 small can Pimiento, chopped fine
- 1/3 Cup grated cheese (Nestlé's)
- 2/3 Cup Mayonnaise
- Salt

Mix them all together to a fine paste. Season with salt and pepper.

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CREAM BAÑGUS IN OIL ON TOAST

- 1 can BAÑGUS IN OIL "NATIONAL FOODS", flaked
- 1 tbsp. Anchor Butter
- 2 tbsp. Gold Medal flour
- 3/4 Cup Nestlé Evaporated milk
- 2 tbsp. Worcestershire Sauce
- Salt and pepper

Melt the butter in a sauce pan, add flour and stir until blended over a slow fire. Add milk and stir until thickened. Add the tomato Catchup, Worcestershire Sauce, salt and pepper. Mix in the flaked fish and stir well. Serve on buttered toast.

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USE "NATIONAL FOODS" IN YOUR DAILY MENUS

"NATIONAL FOODS" DEMONSTRATION
Courtesy of the Manila Gas Corporation

RECIPES COMPILED BY:
Miss Margarita Santos

FOR CUSTOMERS OF THE MANILA GAS CORPORATION

RECIPES FOR SATURDAY, DECEMBER 7, 1940

FANCY BAÑGUS GALANTINA

- 2 cans Fancy Bañgus "National Foods", flaked
- 1 chorizo de Alcazar, chopped fine
- 1 can Vienna sausage, quartered and sliced
- 1 can sweet peas
- 2 hard boiled eggs quartered
- Salt and pepper to taste
- 2 table spoon knox gelatine
- 1/2 cup cold water
- Unto sin sal, enough to wrap the mixture

Soak the gelatine in cold water. Flake the fish and add to the chorizo, sausage, peas and gelatine. Mix well. Season with enough salt and pepper.

Roll the mixture lengthwise, distributing the hard boiled eggs nicely in the center. Wrap well with unto sin sal and a piece of mess cloth or gauze. Steam for 30 minutes. Remove from the cloth and chill. Slice crosswise, arrange nicely on a platter and garnish with sprigs of parsley and red radishes.

FANCY BAÑGUS VEGETABLE SALAD

- 2 cans Fancy Bañgus "National Foods", flaked
- 1 cup carrots, boiled and diced
- 1 cup potatoes, boiled and diced
- 1 cup habichuelas boiled and cut 1/2 inch long
- 1/2 cup chopped sweet pickles
- 1/2 cup chopped celery
- 1 medium size cucumber diced
- 1/3 cup pickle vinegar
- 1 cup mayonnaise
- Salt and pepper

Mix all the vegetables and marinate with pickle sauce or with vinegar, salt, pepper and salad oil. Add the mayonnaise dressing and mix well. Season with salt and pepper. Put in a salad bowl garnish with celery leaves and lettuce. Chill before serving.

FANCY BAÑGUS MENUDO

- 2 cans Fancy Bañgus, "National Foods", flaked
- 3 segments garlic, chopped or 1 tsp. Durkees garlic salt
- 1 onion, sliced and chopped
- 1 can canned tomatoes, "National Foods"
- 6 tablespoon lard
- 3 potatoes diced and fried
- 1 cup boiled garbanzos
- 1 small can sweet peas
- 1 small box seedless raisins
- 5 tablespoon tomato catchup
- Salt to season

Saute the garlic and onion in tholard and when half done add the canned tomatoes (macerated) and cook well until one-half of the water has evaporated. Add the garbanzos and potatoes and cook for three minutes, then add the peas and raisins which has been washed and soaked in cold water for three minutes. Cook under slow fire stirring constantly.

Add the fish and tomato catchup, mix well and season with salt. Garnish with slices of hard boiled egg.

FANCY BAÑGUS LUMPIA

- 2 cans Fancy Bañgus "National Foods", flaked
- 1/2 kilo shrimps, peeled and chopped
- 2 cloves garlic, chopped
- 2 medium size onions, sliced
- 2/3 cup Formay shortening
- 1/2 kilo sweet potatoes cut in strips
- 1/2 kilo potatoes cut in strips
- 1/2 kilo sicharo shredded
- 1/2 kilo cabbage, shredded
- 1 cup kinchay, cut 1/2 inch long
- 1 can apulid cut into strips
- 50 lumpia wrappers
- Lettuce leaves

Heat the lard and fry the garlic until brown, then add the shrimps and cook until well done. Add the onions, cook for three minutes then add the sweet potatoes, potatoes and stir well. Cover and stir occasionally. When half done add the sicharo, cabbage, kinchay and apulid. Mix well, add some salt and cover. Stir once in a while to avoid sticking. When almost done add the flaked bañgus mix well over a slow fire for a while and remove from fire. Let it cool a bit, then wrap in individual lumpia wrappers with one lettuce leaf to each.

FISH VEGETABLE SANDWICH

- 1 can Fancy Bañgus "National Foods", flaked
- 2/3 cup mayonnaise
- 6 medium size ripe but firm tomatoes
- 1 head Baguio lettuce or 1/4 kilo American lettuce
- Slices of sweet pickles
- 2 leaves sandwich bread, sliced thin

Flake the bañgus, add the mayonnaise and some salt and set aside in a refrigerator to cool. Blanch the tomatoes in boiling water for one minute and then soak them in cool water. Remove the thin skin and slice thin. Wash the lettuce leaves dry then with clean cloth and cut into pieces smaller than the slice of bread.

Slice the sandwich bread, butter and spread fish mixture on one side. Then put two slices of tomatoes, sweet pickles and one piece of lettuce leaves. Cover with the other slice of bread, trim the edges and cut into two.

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RECIPES COMPILED BY:
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FOR CUSTOMERS OF THE MANILA GAS CORPORATION

RECIPES FOR SATURDAY, JANUARY 4, 1941

MOLDED FISH SALAD

2 cans Fancy Bañigas "NationalFoods", flaked
2 tbsp. knox gelatine
1/2 cup cold water
1-1/2 cup milk
2 tbsp. butter
4 egg yolks
2 tsp. mustard powder
2 cups chopped celery
4 tbsp. vinegar
Salt

Soak the gelatine in cold water. Mix the egg yolks slightly beaten with salt and mustard, then add the melted butter and milk. Cook in a double boiler and when half done add the vinegar. Boil without stirring then add the flaked fish and celery. Season with salt. Add the gelatine, stir well and pour into a wet mould and chill. Remove from the mould and garnish with lettuce leaves, asparagus and strips of pimiento or stuffed olives. .

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"NATIONAL FOODS" FRUIT SALAD

2 cans Fruit Salad "National Foods"
4 apples
6 mandarin oranges
10 walnut
1 tbsp. knox gelatine
1/2 cup mayonnaise
1/3 cup cold water
1 small can Nestles thick cream

Open the cans and drain the fruits. Separate the mango cubes and cut the pineapples into cubes. Put in the refrigerator to cool. Peel the apples and cut into cubes and soak them in the fruit salad syrup. Peel the oranges and separate sections, removing the white inner skin. Then divide the sections into two. Mix with the fruit salad in the refrigerator. Crack the nuts and chop the meats. Soak the gelatine in one-third cup of cold water. Heat one-third cup of the fruit salad syrup and add the softened gelatine. Stir and let it cool. Whip the cream and add the gelatine little by little then chill.

Mix all the fruits except the mangoes, then add the mayonnaise the nuts and whipped cream. When it is well mixed add the mango cubes and mix it gently so as not to mash. Put in a salad bowl and chill. Serves from 12 to 16 persons.

FANCY BAÑGUS ROLLS

- 2 cans Fancy Bañgus "National Foods", flaked
- 3 tbsp. melted butter
- 1/2 cup grated cheese

Heat the butter on a frying pan and add the flaked fish and grated cheese. Remove from the fire and let it cool. Season with salt.

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PREPARE THE DOUGH

- 2 cups flour
- 4 tsp. baking powder
- 1/2 tsp. salt
- 6 tbsp. purico or butter
- 3/4 cup diluted milk

Sift all dry ingredients and add the purico or butter and work with the tip of the fingers or with a fork. Add the milk and mix well. Turn out on a floured board and roll lightly with a rolling pin one-half inch thick. Spread the fish mixture on top and roll. Cut into one-half inch thick and bake in a hot oven 425°F. until brown. This is very good for breakfast.

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STUFFED EGGPLANTS

- 2 cans Fancy Bañgus "National Foods", flaked
- 8 eggplants, baked or roasted
- 3 segments garlic, chopped
- 1 onion sliced and chopped
- 1 can canned tomatoes, "National Foods"
- 6 tbsp. lard
- 2 tbsp. flour
- 4 eggs (raw)
- Salt and pepper

Bake or roast the eggplants and remove the skin.

Saute' the garlic and onions and when half done add the macerated tomatoes. Cook and stir for five minutes. Mix the flaked fish season with enough salt and pepper. Beat one egg and mix with the fish mixture. Stuff the eggplants with this mixture.

Beat the whites of three eggs add the yolks and two tablespoon of flour. Season with salt. Dip in the stuffed eggplants and fry in hot fat until brown. Serve hot.

"NATIONAL FOODS" DEMONSTRATION
Courtesy of the Manila Gas Corporation

RECIPES COMPILED BY:
Miss Margarita Santos

FOR CUSTOMERS OF THE MANILA GAS CORPORATION

RECIPES FOR SATURDAY, FEBRUARY 1, 1941

FANCY BAÑGUS GALANTINA

- 2 cans Fancy Bañgus "National Foods", flaked
- 1 chorizo de Alcazar, chopped fine
- 1 can Vienna Sausage, quartered and sliced
- 1 small can sweet peas
- 2 hard-boiled eggs, quartered
- Salt and pepper
- 2 table spoons Knox gelatine
- 1/2 cup cold water
- Unto Sin Sal, enough to wrap the mixture

Soak the gelatine in 1/2 cup cold water. Flake the fish and add to the chorizo, sausage, peas and gelatine. Mix well. Season with enough salt and pepper.

Roll the mixture lengthwise, distributing the hard-boiled eggs nicely in the center. Wrap well with UntoSinSal and a piece of mess cloth or gauze. Steam for 30 minutes. Remove from the cloth and when cool chill in the refrigerator. Slice crosswise, arrange nicely on a platter and garnish with sprigs of parsley and red radishes.

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FANCY BAÑGUS LETTUCE SALAD

- 1 can Fancy Bañgus "National Foods", flaked
- 3 green sweet pepper, finely chopped
- 1 small can pimienta, finely chopped
- 2/3 cup mayonnaise
- ✓ Lettuce

Roast the green pepper over the open fire. Remove the skin and seeds and wash very well. Chop very fine.

Flake the bañgus and mix with the green and red pepper. Add the mayonnaise dressing and mix well. Season with salt. Arrange individual servings of crisp lettuce.

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SANTOL PRESERVE PIE

PASTRY -

- 1-1/2 cups pastry flour
- 1/2 cup butter or lard
- 1/2 teaspoon salt
- 6 tablespoons cold water

Sift together the flour and salt. Add the butter or lard mixing in with fork. Add the water little by little and work lightly with hands until smooth. Roll out 1/8 inch thick on a floured board. Fit into a pie pan and make several slits with knife and partially bake in a hot oven 475°F.

2 cans "National Foods" Santol Preserve, chopped
1 egg yolk
2 tablespoons cornstarch
6 tablespoons evaporated milk

Beat the egg yolk, add the milk and cornstarch and mix well. Cook in a double-boiler until it slightly thickens. Then add the chopped Santol Preserve and stir well. Cook for five minutes and pour into the partially cooked pastry shell, cover with narrow strips of the dough to form lattice work. Bake in hot oven for 15 minutes at 450°F.

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FANCY BAÑGUS POTATO TORTILLA

1 can Fancy Bañgus "National Foods", flaked
2 potatoes medium size
1 onion
3 eggs
Salt

Cut the potatoes into small strips and soak in water with a little salt. Slice the onions lengthwise, and flake the fish. Drain the potatoes and fry in deep hot fat until lemon yellow in color, and add the onion. Continue cooking for three minutes. Remove from the fire and drain the fat. Beat the eggs, season with salt and mix in the fried potatoes and flaked fish. Fry in a little fat in a flat bottomed frying pan over a slow fire and roll the mixture while frying.

NATIONAL FOODS DEMONSTRATION

Courtesy of the Manila Gas Corporation

Recipes Compiled by

Mrs. Conchita R. Rodriguez

Recipes for Saturday, March 1, 1941

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NATIONAL FRUIT PUDDING

- 1 Can National Santol Preserve
- 1 Can Carnation Milk(large)
- 1 Loaf American Bread or 10 centavoes Biscocho
- 1/2 Can Water
- 1 Small package Sun-Maid Raisins
- 3 Tsp. Butter
- 1/2 Cup grated cheese
- 1 Cup Sugar
- 1 tsp. Vanilla
- 2 Eggs (well beaten)

Soak bread or biscocho in the milk and water, and when soft mash it well. Add the raisins, butter, grated cheese, sliced santol, 1/2 cup sugar, Vanilla and lastly the eggs. Mix well. Make a syrup of the remaining sugar and pour it into the mold and lastly pour the bread mixture in it. Bake for 20 minutes in hot oven at 350°F. Remove from the mould and place it in a pudding plate and serve it with Golden Sauce and Mango Halves.

GOLDEN SAUCE:

- 1 Egg (well beaten)
- 1 Can Carnation Milk(small)
- 4 tbsp. sugar
- 1 tsp. butter

Mix all the ingredients and cook over slow fire until you get the desired thickness.

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TOMATO SALAD

- 1 Can Fancy Baños
- 12 medium sized tomatoes
- 1/2 cup grated cheese
- 4 hard boiled eggs (Chopped)
- 1/2 cup sweet pickles(Chopped)
- 1 small can pimiento(chopped)
- 4 tbsp. chopped peanuts
- 1/2 cup mayonnaise

Wash, core and scoop the tomatoes. Sprinkle the inside with salt and pepper then invert to the plate and chill. Meanwhile combine the flaked Baños with the rest of the ingredients and mix well. Fill the tomatoes with this mixture and garnish it with riced potatoes and parsley. Serve with mayonnaise.

FANCY FISH LOAF

- 2 Cans Fancy Bañgus flaked
- 1/2 Cup Grated Cheese
- 1/2 Cup Carnation Milk
- 2 Eggs well beaten
- 3/4 cup bread crumbs or cracker.
- 2 tbsp. butter
- 1 tsp. Calamansi juice
- 1/2 Cup chopped sweet pickles
- Salt and Pepper to taste

Flake the fish then add the rest of the ingredients and lastly the well beaten egg. Mix well and season with salt and pepper. Pack into a buttered loaf pan - Bake in hot oven 400°F. for 40 minutes. Serve hot or cold.

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FISH WITH AMPALAYA

- 2 Cans Fancy Bañgus
- 2 Segments garlic chopped fine
- 1 Onion sliced thin
- 4 tbsp. lard
- 1 Cup Tomatoes "National Foods"
- 2 Big sized ampalaya sliced crosswise
- Salt

Sauté the garlic and onions and when half done add the maserated tomatoes and cook for two minutes, then add the sliced ampalaya and stir well and cover. Cook over slow fire for ten minutes stirring occasionally to avoid burning. Add the flaked fish and season with salt. Continue cooking for five minutes more and remove from the fire.

Serve hot.

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FREE COOKING DEMONSTRATION
at
AGUINALDO'S BLDG.
500 JUNA LUNA, TONDO, MANILA
with

MRS. MERIAM HEDRICH
Demonstrating

SATURDAY, AUGUST 22, at 8:00 a. m.

SCALLOPED BRABS IN SHELLS

1 cup cooked crab meat
2 tablespoons ROYAL BUTTER
1 cup broth or cream
yolks of two eggs
AGUINALDO WHITE SHELLS FOR FILLING
2 tablespoons grated cheese

1/2 cup sliced French mushrooms
2 tablespoons Gold Medal
flour salt Durkee's Paprika
2 tablespoons lemon juice
2 egg whites
1 MAGGI'S BOULLION CUBE

Melt the butter, add the flour and when it bubbles, add the broth made by dissolving 1 cube of MAGGI'S BOULLION in cup of water, stirring constantly. Cook until this sauce is thick and smooth. Beat the yolks of the eggs well, add a little of the hot sauce and then gradually the remaining sauce. Add the crab meat add the mushrooms, cut in pieces and the seasoning. Heat thoroughly, then fold in the stiffly beaten whites of the eggs. Butter the white shells, put two or three tablespoons of the crab mixture in the shell, sprinkle with the cheese and some fine grated bread crumbs, dot with tiny bits of butter and bake at 375 degrees untill set and browned. Delicious for party dinner. Garnish each shell with a bit of green parsley.

STEAMED CLAMS WITH DURKEE'S SEAFOOD SAUCE

Wash the clams in plenty of clean water. Then put into a pot with half as much water as clams. Add a tablespoon of fresh ginger root and cook with cover on casserole until the clams open. Serve on dinner plates with small AGUINALDO SHELLS in the center containing the following sauce:

3 tablespoons DURKEE'S WORCESTERSHIRE SAUCE
1/2 tsp DURKEE'S GARLIC SALT
1/2 cup tomato catsup
1/2 cup melted ROYAL BUTTER

CALUMENT SILVER AND GOLD BIRTHDAY CAKE

WHITE CAKE:

8 egg whites
1 cup PET MILK
1 cup ROYAL BUTTER
1 tsp WATSONAL ALMOND FLAVORING

3 cups SOFTASILD CAKE FLOUR
3 teaspoons CALUMENT BAKING
powder
2 cups suchar refined
white sugar
pinch of salt

Cream the butter with the sugar, then add four eggs whites which have been stiffly beaten with one half the sugar. Sift the flour

with the baking powder and salt three times, then fold in lightly with the spatula alternately with the milk which is diluted with two thirds water. Add the flavoring, then the four egg whites beaten stiffly. Put into two large round cake tins. Bake at 375 degrees 30 minutes. Cool on AGUINALDO WIRE CAKE RACKS.

OLD CAKE:

4 yolk/ of eggs 3/4 Suchar refined white sugar
1 1/4 cups SOFTASILD CAKE FLOUR 1 1/4 tsp CALUMET baking
1 tsp WATSONAL VANILLA powder
1/2 CUP DILUTED PET MILK pinch of salt

Cream the butter and the sugar until light and fluffy. Beat the egg yolks until thick and lemon colored with an AGUINALDO ALUMINUM EGG BEATER. Sift the flour with the baking powder and salt three times, then fold in with spatula alternately with the diluted milk and the vanilla favoring. Pour into a greased and floured round cake pan. Bake at 375 degrees for 25 minutes. Cool and use for the center of the cake between the two white layers.

FILLING: SUCHAR BOILED ICING

1/2 cup boiling water 2 CUPS SUCHAR WHITE SUGAR
WATSONAL VANILLA FLAVORING 1/2 cup egg whites
" STRAWBERRY RED COLORING pinch of DURKEE'S CREAM OF
 TARTAR

Heat the water in a small clean aluminum saucepan, then add the sugar and boil until syrup spins a thread. Beat the egg whites stiff in an AGUINALDO MIXING BOWL, then pour the syrup in a fine stream adding meanwhile the pinch of Cream of Tartar. Beat until frosting holds its shape. Add 1/2 tsp WATSONAL COLORING and one tsp WATSONAL VANILLA FLAVORING. Take four tablespoons apricot jam, 1/2 cup chopped walnuts or pili nuts and enough boiled icing to spread well. Spread on two cake layers as shown then arrange on LAR-AGUINALDO CAKE PLATE with gold layer in between. Cover all with rest of the frosting and decorate with the AGUINALDO DECORATIONS SHOWN IN LESSON.

CALUMET JELLY ROLL

1 tin STRAWBERRY JAM 1 TSP CALUMET BAKING POWDER
5 Large eggs 1 cup SUGAR REFINED WHITE
1 tsp WATSONAL VANILLA FLAVORING SUGAR
 1 cup SPETASILK CAKE FLOUR

Separate the eggs. Beat the whites stiff, adding the sifted sugar gradually and beating constantly. Beat the egg yolks until thick and lemon colored. Combine the two and fold in the flour which has been sifted with the baking powder. Add the vanilla flavoring and pour this batter in a SHALLOW AGUINALDO BAKING TIN which has been greased, papered and floured. Bake only 15 minutes at 375 degrees. When done, invert on clean AGUINALDO KITCHEN TOWEL which has been sprinkled with powdered sugar, spread while hot with strawberry jam or guava jelly and roll up tightly. Leave to cool in the napkin, then cut in slices to serve.

ELECTROLUX COOKIES

1 cup Royal Butter
2/3 cup Sauchar Refined white sugar
1 egg
1 tsp. Watsonal Almond Extract
2 1/2 cups Softasilk Cake Flour
3/4 Tsp. Calumet Baking Powder
a pinch of salt

Cream the butter and sugar. Add the egg and mix thoroughly then add the dry ingredients which have been mixed and sifted together. Add the Watsonal extract. Put into the Ateco cookies maker and press shapes. Bake in a hot oven, 400 degrees F. for about 12 minutes. Before baking press a casuy nut or a bit of candied red cherry in each cookies.

ELECTROLUX CARDINAL TOMATO SALAD

1 tin Valvits Tomato Soup	2 tbs. Sauchar Refined
Salt and Durkee's pepper to taste	white sugar
2 tablespoons or more of Vinegar	1/2 package of Gulaman
1 tsp. Durkee's Worcestershire sauce	1/2 tsp. Watsonal Red Colo-
1 head of lettuce	ing Durkee's Mayonaise

Wash the gulaman, then cover it with cold water and cook clear and dissolved. Put the tomato soup and other ingredients in bowl and pour gulaman mixture in. Wet small ring moulds as shown in the lesson, fill with the tomato mixture and put in the ELECTROLUX GAS REFRIGERATOR TO CHILL. At serving time, line salad plate with lettuce leaves, turn out the rings and place an artichoke heart in the center, as shown in the lesson. Pipe with cake decorator DURKEE'S MAYONAISE in the artichoke hearts and serve more mayonaise in a separate bowl. Very decorative and delicious for the hot weather.