

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

**S**pring is here and oranges are in season. Here are some of my favorite ways of using them when I cook. Good, nutritious, and delicious.

### FRUIT SALAD

This recipe can easily be doubled or tripled.  
Feel free to add any other fruits that you enjoy!

½ cup finely chopped nuts  
½ cup flaked coconut  
⅓ cup sour cream  
3 tbs. lemon juice  
2 – 3 tbs. honey  
1 pink grapefruit  
1 small red apple, thinly sliced  
1 – 2 kiwis  
Small can pineapple chunks  
2 small bananas, peeled and cut into 1" slices  
1 – 2 oranges, seeded & sectioned  
Lettuce leaves, optional

Place nuts and coconut in a shallow baking dish. Place in oven at 325° and toast for a few minutes. Watch closely, this can burn easily. Mix together sour cream, lemon juice, and honey; dip bananas into sour cream mixture and roll in the coconut mixture. Chill bananas for 2 hours. If you would like, you can place the lettuce leaves in bowl for decoration or use lettuce as part of the salad. Take the remaining fruit and place in bowl with bananas. Enjoy!

### ORANGE CHICKEN STIR-FRY

1 cup orange juice  
½ cup soy sauce  
¼ cup packed brown sugar  
½ tbs. cornstarch  
3 tbs. vegetable oil  
3 lbs. boneless chicken breast, skinned and cut into 1" cubes  
2 tbs. grated orange rind  
1 tsp. ground dry ginger  
¼ tsp. hot sauce (Tabasco)  
4 green onions, thinly sliced  
1 can sliced water chestnuts, drained  
2 oranges, peeled, seeded, and sectioned  
Hot cooked rice

Combine the first four ingredients in a bowl. Stir until fully dissolved, and set aside. Pour oil in wok or frying pan and heat to 325° for about 2 minutes. Add the chicken and stir-fry for about 3 minutes or until brown. Add orange rind, ginger, and hot sauce; stir-fry for about 1 ½ - 2 minutes. Add orange juice mixture, green onions, and water chestnuts; stir for 3 minutes until thickened. Stir in orange selections and pour over hot rice.

Makes 6 – 8 servings

### HAWAIIAN PORK CHOPS

½ cup flour  
½ tsp. salt  
¼ tsp. pepper  
4 center cut loin pork chops, 1 ½" thick  
3 tbs. vegetable oil  
1 8 oz. can crushed pineapple, un-drained  
2 tbs. brown sugar

### Hawaiian Pork Chops continued:

¼ tsp. cinnamon  
4 – 6 green pepper rings

Combine the first 3 ingredients and put over pork chops. Heat oil to medium heat and brown pork chops on both sides. Combine pineapple with juice, brown sugar, and cinnamon; pour over chops. Top with green pepper rings. Cover and reduce heat; cook for 40 minutes or until tender.

### ORANGE MERINGUE CAKE

2 ¼ cups sifted cake flour  
1 ½ cups sugar  
1 tbs. baking powder  
1 tsp. salt  
5 egg yolks  
¾ cup orange juice  
½ cup vegetable oil  
1 tbs. grated orange rind  
7 egg whites  
½ tsp. cream of tartar  
Orange Frosting (recipe below)  
Meringue (recipe below)

Combine flour, sugar, baking powder, and salt into a large mixing bowl; mix together. In a separate bowl mix egg yolks, orange juice, vegetable oil, and orange rind. The next step is best done with an electric mixer. Beat together dry ingredients with wet ingredients, until smooth. In another bowl beat egg whites, until foamy. Add cream of tartar and beat until stiff. Fold together both mixtures until well blended. Spoon into an un buttered funnel pan; bake at 325° for 1 hour, or until cake springs back with fingers. Cool cake for 1 hour. Split cake into two layers. Spread with frosting. Once frosting is on cake, add meringue and bake at 400° for 5 minutes. Make sure to watch closely so it doesn't burn.

### Orange Frosting:

1 cup sugar  
½ cup cornstarch  
1 tsp. salt  
3 cups orange juice  
¼ cup lime juice  
6 beaten eggs  
1 tbs. grated, orange rind

Stir together sugar, cornstarch, salt, orange juice, and lime juice; cook over medium heat. Add beaten eggs and let boil for 1 minute, stirring constantly. Remove from heat and pour over cake. Sprinkle with orange rind.

### Meringue:

5 egg whites  
1 tsp. cream of tartar  
¾ cup sugar

Beat eggs until foamy; add cream of tartar. Add sugar one tablespoon at a time. Pour mixture over frosting. Place in oven at 400° for about 5 minutes. Watch closely.



ANNA SHELDON HOPKINS

