

Fruit Cocktails

Cocktails made of a combination of fruits are often served as the first course of a meal, usually a luncheon or a dinner, to precede the soup course. In warm weather, they are an excellent substitute for heavy cocktails made of lobster or crab, and they may even be used to replace the soup course. The fruits used for this purpose should be the more acid ones, for the acids and flavors are intended to serve as an appetizer, or the same purpose for which the hot and highly seasoned soups are taken. Fruit cocktails should always be served ice cold.

Grapefruit cocktail. -----

The cocktail here explained may be served in stemmed glasses or in the shells of the grapefruit. If the fruit shells are to be used, the grapefruit should be cut into two parts, half way between the blossom and the stem ends, the fruit removed, and the edges of the shell then notched. This plan of serving a cocktail should be adopted only when small grapefruits are used, for if the shells are large more fruit will have to be used than is agreeable for a cocktail.

2 grapefruits 2 oranges 1 c. diced pineapple, fresh or canned Powdered sugar

Remove the pulp from the grapefruits and oranges. However, if the grapefruit shells are to be used for serving the cocktail, the grapefruit should be cut in half and the pulp then taken out of the skin with a sharp knife. With the sections of pulp removed, cut each one into several pieces. Add the diced pineapple to the other fruits, mix together well and set on ice until thoroughly chilled. Put in cocktail glasses or grapefruit shells, pour a spoonful or two of orange juice over each serving, sprinkle with powdered sugar, garnish with a cherry, and serve ice cold.

Summer cocktail. -----

As strawberries and pineapples can be obtained fresh at the same time during the summer, they are often used together in a cocktail. When sweetened slightly with powdered sugar and allowed to become ice cold, these fruits make a delicious combination.

2 c. diced fresh pineapple 2 c. sliced strawberries Powdered sugar

Prepare a fresh pineapple, and cut each slice into small pieces or dice. Wash and hull the strawberries and slice them into small slices. Mix the two fruits and sprinkle them with powdered sugar. Place in cocktail glasses and allow to stand on ice a short time before serving.

Fruit cocktail. -----

A fruit cocktail proper is made by combining a number of different kinds of fruit, such as bananas, pineapple, oranges, and maraschino cherries. Such a cocktail is served in a stemmed glass set on a small plate. Nothing more delicious than this can be prepared for the first course of a dinner or a luncheon that is to be served daintily. Its advantage is that it can be made at almost any season of the year with these particular fruits.

2 bananas 1 c. canned pineapple 2 oranges 1 doz. maraschino cherries Lemon juice Powdered sugar

Peel the bananas and dice them. Dice the pineapple. Remove the pulp from the oranges in the manner, and cut each section into several pieces. Mix these three fruits. Cut the cherries in half and add to the mixture. Set on ice until thoroughly chilled. To serve, put into cocktail glasses and add to each glass 1 tablespoonful of maraschino juice from the cherries and 1 teaspoonful of lemon juice. Sprinkle with powdered sugar and serve.

About the Author

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