DAWN Low Budget Recipes

MEXICAN TRIFLE MAKES A GALA DESSERT·

MEXICAN TRIFLE

10 servings (about ¾ cup each)

1 cup sugar
½ cup all-purpose flour
½ teaspoon salt
¼ teaspoon cinnamon
3 cups milk
4 eggs, separated
2 tablespoons butter
1 teaspoon vanilla
½ teaspoon almond extract
12 ladyfingers, split OR 1 small sponge cake (½ lb.), sliced
½ cup apricot preserves
3 to 4 ripe persimmons (about 2 cups sliced)
¼ cup cointreau or brandy
⅛ teaspoon cream of tartar
1 cup whipping cream
Chocolate curls

Combine ¾ cup of the sugar, flour, salt and cinnamon; gradually stir in milk. Bring to a boil over medium heat, stirring constantly. Boil and stir 2 minutes. Beat egg yolks slightly. Blend a small amount of hot mixture into egg yolks; return all to pan. Cook 1 minute. (Do not boil) Remove from heat; add butter, vanilla and almond extract. blending well. Cover and chill.

To assemble, spread ladyfingers with apricot preserves. Peel, core and slice persimmons; place in bowl containing cointreau. Beat 2 egg whites with cream of tartar until frothy; gradually add remaining ¼ cup sugar and beat until stiff but not dry. Fold into chilled custard, a little at a time. Whip cream in a chilled bowl with chilled beaters until stiff peaks form.

In a 2-quart serving bowl, layer 1-3 of the custard, 1-2 of the ladyfingers, 1-3 of the persimmons with a few teaspoons cointreau and 1-3 of the whipped cream; repeat once. Top with remaining custard, persimmons and whipped cream. Garnish with chocolate curls.

NOTE: Papaya or a combination of bananas and oranges may be substituted for persimmons.

Mexican Trifle is a nutritious dessert because of its milk and eggs - and a glamourous one, too!

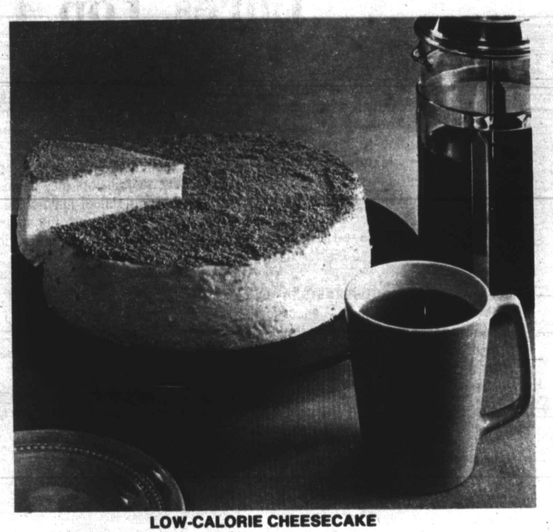
Irresistible Cheesecake

Most serious dieters are reasonably disciplined about avoiding rich foods — until dessert time. And that's when many a weight-watcher falls from grace "just this once." But, as any weight-watcher knows, just this once can roll around all too often!

This delightful Low-Calorie Cheesecake frees you from any tussle with your conscience because there's just no reason to resist this irresistible treat. It's a superb dessert with all the appeal of a rich sweet — in fact, all it lacks (fortunately!) is lots of calories. It's a light, fluffy kind of cheesecake, mellow and beautifully flavored.

Because this version is made with unflavored gelatine, there's no baking involved, and no risk. Colorless, sugarless unflavored gelatine permits all the fine flavors of the basic ingredients to come through. It's made the modern blend 'n gel way — just use your electric blender as the recipe suggests. (And doesn't just about everybody have one now?) And for further ease, there's no unmolding: the cheesecake is made in a spring-form pan and you simply remove the sides at serving time.

Knox Unflavored Gelatine has long been a reliable, useful standby for dieters. It's a low-calorie ingredient — each envelope contains only 28 calories — that blends beautifully with many other ingredients to provide a wide variety of tasteful diet dishes. Gelled soups, salads, relishes, main dishes, desserts — you can make



LOW-CALORIE CHEESECAKE

great dishes with Knox Gelatine to fit any course on a low-calorie menu.

It's a fine idea to use unflavored gelatine as a diet drink, too, to allay "diet hunger." A half hour before mealtime, pour one envelope of unflavored gelatine into a small glass of fruit or vegetable juice, bouillon, or plain water. Stir briskly and drink at once. Unflavored gelatine is all-gelatine protein, and the drink will keep you satisfied with a smaller food intake at mealtime.

Now, you don't have to be a dieter to enjoy Low-Calorie Cheesecake. The next time you have company, or just want a special treat for the family, see for yourself. This recipe is one of the best versions ever of this classic favorite.

Low-calorie Cheesecake

2 envelopes unflavored gelatine
½ cup cold skimmed milk
1 cup skimmed milk, heated to boiling
Rind of 1 lemon (use vegetable peeler to remove rind in thin strips)
1 lemon, peeled and seeded
1 cup sugar, divided
2 eggs, separated
¼ teaspoon salt
3 cups (24 ounces) mild creamed cottage cheese
1 teaspoon vanilla
One-third cup graham cracker crumbs
⅛ teaspoon each cinnamon and nutmeg

Sprinkle gelatine over cold milk in blender container. Allow to stand until gelatine is moistened. Add boiling milk; cover and process at low speed until gelatine dissolves. Add lemon rind, lemon, ¾ cup sugar*, egg yolks and salt; cover and process at high speed until rind is in very tiny pieces. Add cottage cheese and vanilla; cover and process at high speed until smooth. Turn into bowl; chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. Beat egg whites until stiff but not dry; gradually add remaining ¼ cup sugar and beat until very stiff. Fold into gelatine mixture. Combine graham cracker crumbs with spices; sprinkle about half of mixture over bottom of 8-inch spring-form pan. Turn gelatine mixture into pan. Sprinkle remaining crumbs over top. Chill until firm.

YIELD: 12 to 16 servings, 165 calories for one-twelfth of cake and 125 calories for one-sixteenth of cake.

*If desired, non-caloric sweetener may be substituted for ¾ cup sugar. 115 calories for one-twelfth of cake and 85 calories for one-sixteenth of cake.