

Mandarin Dream

Mrs. James E. Toupes

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 7

1 can (6 ounce) frozen orange juice, thawed

1 package gelatin

1/2 cup sugar

2 tablespoons flour

2 egg yolks

pinch salt

1 cup milk

2 egg whites, stiffly beaten

1 loaf angel food cake

1/4 pinch whipping cream

1 can (11 ounce) mandarin orange sections

Thaw the orange juice concentrate. Sprinkle the gelatin on top. Set aside.

In a bowl, combine the sugar and flour. Mix thoroughly and set aside.

In a bowl, beat the egg yolks with a pinch of salt until thick. Set aside.

In a double-boiler, heat the milk until scalding. Pour a small amount of the milk into the flour mixture, stirring vigorously. Return to the double-boiler. Cook for 2 to 3 minutes, stirring constantly.

Pour some of the hot milk mixture into the eggs, stirring constantly. Return to the double-boiler. Cook until thickened and the mixture coats the spoon. Combine with the gelatin and orange juice while hot. Stir until the gelatin dissolves. Cool. Beat the egg whites and add to the mixture.

Slightly oil a large loaf pan. Break up the angel food cake into small pieces. Add to the custard. Pour the custard into the pan. Refrigerate for several hours or overnight.

Unmold the dessert. Ice with whipped cream that has been whipped and sweetened to taste. Garnish with mandarin oranges and return to refrigerator until serving.

Per Serving (excluding unknown items): 118 Calories; 3g Fat (20.0% calories from fat); 3g Protein; 20g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 43mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.

