

THERE'S ALWAYS ROOM FOR ... GELATIN

Now that spring is here, the flowers are bursting forth in a beautiful array of colors. I can't help but think of the beautiful color that can also be brought to your table with the use of gelatin. Gelatin is a versatile food that can be used in many different ways. At Grandma's Pantry we carry a variety of gelatins which can add color, as well as flavor, to your table.

Gelatin is usually thought of as a dessert, but there are many other applications for the use of gelatin. Since gelatin is 85 percent protein and low in calories, it is an excellent choice for everyone. Sugar-free flavored gelatin using sugar substitutes is also available.

Here is a list of tips and hints for the proper use of gelatin:

1. Unprepared gelatin has an indefinite shelf life but should be kept in an airtight container and stored in a cool, dry place.
2. Keep gelatin dishes refrigerated until ready to serve to maintain their gelatinous state.
3. DO NOT add fresh or frozen pineapple, raw figs, kiwi, guava, ginger root or papaya to gelatin because it will cause gelatin to lose its thickening properties.
4. To avoid clumping, dry, unflavored gelatin should be mixed with a little cold water first for 5 minutes before adding hot water.
5. Store gelatin desserts in a covered container to avoid getting a thick rubbery skin on the surface.
6. To suspend fruits or vegetables in gelatin, chill until the consistency of cold egg whites, and then mix in the additions - chill until set.
7. Be sure to drain all solids before adding to the gelatin to avoid watering down the gelatin.
8. To unmold gelatin easily, spray the mold with cooking spray before filling. To avoid an oily film, rinse the mold with cold water before filling. Another option is to dip the mold into warm (not hot) water for

5-10 seconds, loosen edges and unmold. Return the gelatin to the refrigerator for a few minutes to refirm. To center the gelatin on the plate, rinse the plate in cold water first.

9. Do not bring gelatin mixtures to a full boil or they will lose some of their thickening properties.

Here's a recipe from "Taste of Home" that will add color and a quick and delicious salad to any meal.

Apricot Aspic Recipe



Photo by: Taste of Home

- Prep: 15 min. + chilling

Ingredients

- 2 cans (16 ounces *each*) apricot halves
- Pinch salt
- 2 packages (3 ounces *each*) orange gelatin
- 1 can (6 ounces) frozen orange juice concentrate, thawed
- 1 tablespoon lemon juice
- 1 cup lemon-lime soda

Directions

- Drain apricots, reserving 1-1/2 cups juice; set apricots aside. In a small saucepan over medium heat, bring apricot juice and salt to a boil. Remove from the heat; add gelatin and stir until dissolved.

- In a blender, process apricots, orange juice concentrate and lemon juice until smooth. Add to gelatin mixture along with soda; mix well. Pour into a 6-cup mold that has been sprayed with cooking spray. Chill until firm. **Yield:** 10 servings.

Diabetic Exchanges: One 1/2-cup serving (prepared with unsweetened apricots, sugar-free gelatin and diet soda) equals 1-1/2 fruit; also, 93 calories, 55 mg sodium, 0 cholesterol, 21 gm carbohydrate, 1 gm protein, 0 fat.

Apricot Aspic published in Home-Style Soups, Salad and Sandwiches Cookbook , p75

You can find Apricot gelatin, as well as dried apricots, at Grandma's Pantry. Check out our entire selection of gelatins. Our customers tell us that we carry some flavors that they can't find anywhere else. We also carry sugar-free gelatins that are sweetened with Xylitol.

You can find Grandma's Pantry at www.GrandmasPantryVa.com. Become our friend on Facebook and learn more about us. You can also find us at www.ShenandoahMarket.com .

***“So, whatever you eat or drink, or whatever you do,
do all to the glory of God.”*** (I Cor. 10:31)