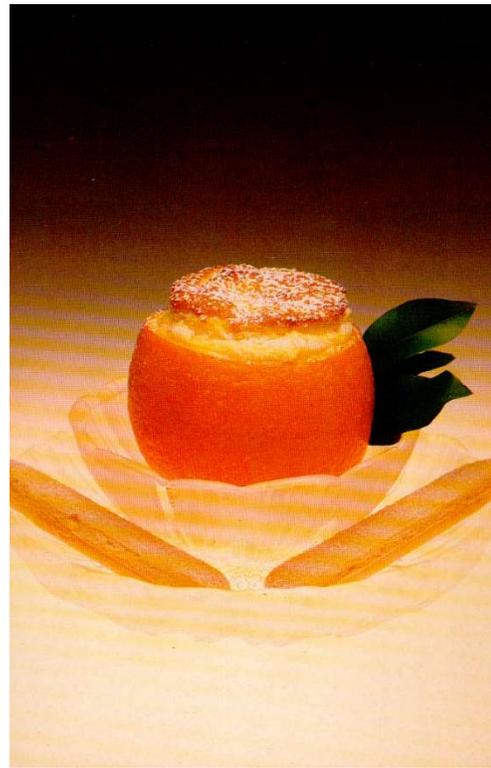
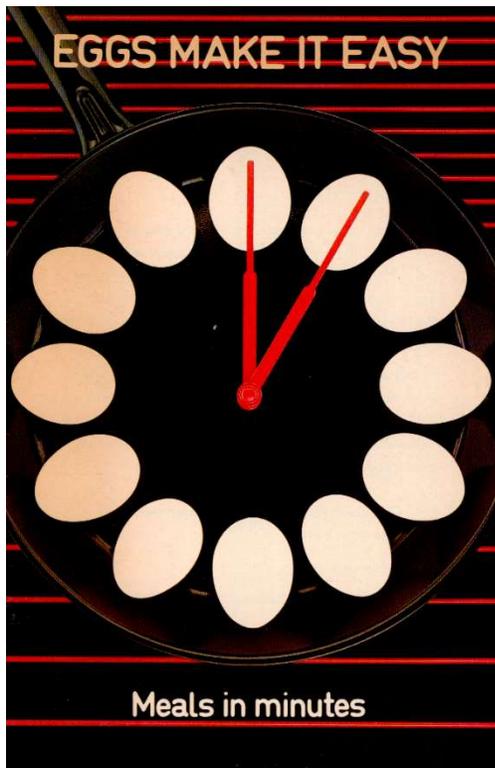


WHAT'S COOKING IN OUR ARCHIVES!

A taste of the past



◇ INDIVIDUAL ORANGE SOUFFLÉS

8 large oranges	8
1 tbsp. cornstarch	15 mL
2/3 cup orange juice	150 mL
1 tbsp. grated orange rind	15 mL
1/4 cup sugar	50 mL
1 tbsp. marmalade	15 mL
1 tbsp. butter	15 mL
4 eggs, separated	4
Icing sugar for dusting	

Remove tops from oranges, scoop out flesh from base without piercing skin. Mix cornstarch with 1/4 cup (50 mL) orange juice. Add to remaining juice and bring to boil, stirring constantly. Add rind, sugar, marmalade and butter, continuing to stir until thickened and smooth. Remove from heat and gradually beat in egg yolks. Beat egg whites until stiff and fold into yolk mixture. Fill orange shells 2/3 full with mixture and place on baking sheet, or muffin tin. Bake in 400°F (200°C) oven for 10 to 15 min. or until puffed and golden. Sprinkle with icing sugar after removing from oven and serve immediately.

Makes 8 servings.

Note: Mixture can be halved to serve only 4.