

Food, Friends, & Merriment!

By Tracy Merriman
Beacon staff

What exactly does an overworked, stay-at-home mom and recipe fanatic like me do when left to her own devices for two days? She meets up with her editor, Charlie Darling, and heads over to his family homestead to spend an afternoon perusing his family's recipe archive!

Nowhere on this great green earth could a recipe junkie find a fix as satisfying as I found that afternoon at the Darling's house. Charlie's father, Dana Darling, had laid out for us stacks of old cookbooks and recipe boxes dating back to who-knows-when. I tried very hard to contain my excitement, but it wasn't easy. At one point Dana even asked me what I was smiling about. I was so happily overwhelmed that my only answer was to smile even more.

There were books from the early 1900s, and some even older, with a plethora of notes in the margins – a sign of tried and true recipes. There were index boxes stuffed with recipe cards in a wide variety of aging yellows.

One of the most fascinating aspects of the day was watching Dana's and Charlie's nostalgia and laughter upon finding cherished family favorites in our trip down their family's culinary tree. They could look at the writing on a recipe card, which to me looked like glyphs in some ancient text, and tell exactly who wrote it. I sensed Charlie and Dana's feeling of loss, not for the recipes, which are alive and well today, but for the talented women in their family who wrote them, revised them, and cooked them with such love.

I left that day feeling satiated in a way that only a sentimental foodie could. I also decided that I will continue to collect my recipes in my own handwriting, and I will pass on to my children's children a legacy of food and love to be recited to a future generation.

The following recipe for orange pudding comes from Charlie's grandmother, Mildred Darling. It is the recipe that Charlie and I had originally set out to find on that day. It is written in Mil-

dred's own hand, with words crossed out and notes in the margin written by Charlie's mother, Jean Darling.

I had to turn it over, upside down, and around to decipher it, but it was well worth it. It is a perfect dessert for August, so refreshing and decadent that it is sure to become the family favorite in your home, as it did in the Darling family generations ago.

Send your favorite recipe to cooking@andoverbeacon.com or PO Box 149, Andover 03216. Include your name and phone number so we can print a little interview along with the featured recipe.

Orange Pudding

By Mildred Darling

Pudding Ingredients:

- 4 oranges (peeled, white pith and pits removed, sliced)
- 1 cup sugar, divided
- 2 tablespoons cornstarch
- A pinch of salt
- 1 pint milk
- 2 egg yolks, slightly beaten (reserve the whites for meringue)
- ½ teaspoon vanilla

Meringue Ingredients:

- 2 egg whites
 - 3 tablespoons powdered sugar
- Preheat the oven to 400 degrees. In an oven-safe dish place prepared oranges and cover with ½ cup of sugar. Set aside.

In a sauce pan, add the other ½ cup of sugar, cornstarch, and pinch of salt. Gradually stir in cold milk. Turn heat on to medium, stirring until boiling and thick.

Stir some of the hot pudding mixture into a bowl with the yolks, and add it all back to the pan. Boil 1 minute more. Remove from heat and blend in vanilla. Allow to cool and pour over sliced oranges.

To make the meringue, beat the egg whites and sugar together, spread over the pudding, and place in oven until meringue is golden.

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Remember the article from last month's *Beacon* about Nick's Other Band, the popular Proctor faculty group? Well, here's the photo that didn't accompany that article. Front (l-r): Robbin Bourbeau (Bass Guitar), Phil Goodnow (Rhythm Guitar and Vocals). Back: Nick Eaton (Drums), Dave Pilla (Vocals), Eric Viandier (Harmonica), Keith Barrett (Lead Guitar and Vocals), Chuck Will (Keyboard).

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