

AMERICA'S HERITAGE

History You Can Sink Your Teeth Into

(NAPSA)—In 1902, America was a rapidly growing and changing nation. It was a time of invention, industrial innovation and accelerated immigration, blending cultures and cuisines. It was also a time when many favorite all-American foods—such as peanut butter and jelly sandwiches, animal crackers and banana splits—first became popular.

That year also marked the very first time light and dark corn syrups became available in tins. Karo Corn Syrup, founded that year, quickly became a favorite ingredient in desserts, breads, sweet rolls, sauces and fillings.

The syrup, now considered as American as apple pie, is an essential ingredient in a Stars and Stripes Cheesecake or a delicious Cran-Blueberry Pie:

Stars and Stripes Cheesecake

Prep Time: 30 minutes

Cook Time: 25 minutes

Chill Time: 1 hour

Yield: 15 servings

Graham Cracker Crust:

- 1 cup graham cracker crumbs
- 3 tablespoons butter or margarine, melted
- 2 tablespoons sugar

Cheesecake:

- 3 packages (8 ounces each) cream cheese, at room temperature
- ½ cup sugar
- 2 tablespoons Argo or Kingsford's Corn Starch
- 1 cup Karo Light Corn Syrup
- 3 eggs
- 2 tablespoons lemon juice
- 1 cup fresh blueberries



They'll cheer for this Stars and Stripes Cheesecake that's almost as easy to make as it is to enjoy.

- 1 pound strawberries, halved (about 3 cups)
- 1 cup heavy or whipping cream, whipped; or whipped topping

Preheat oven to 325°F. To prepare graham cracker crust: Combine crumbs, butter and 2 Tbsp. sugar. Press into the bottom of a 13 x 9-inch baking dish.

To prepare cheesecake: Beat cream cheese, sugar and corn starch in a large bowl with mixer at medium speed until smooth. Beat in corn syrup, eggs and lemon juice until blended and smooth.

Pour into prepared baking dish. Bake 25 to 30 minutes or just until set.

Cool on wire rack. Refrigerate until well chilled. Arrange blueberries (about 30 to 40) in rows in upper left corner of cheesecake to form a rectangle, spacing rows about ½ inch apart (to leave room for whipped cream).

Arrange halved strawberries on top of remaining portion of cheesecake also in rows about ¼ inch apart, like a flag. Place whipped cream in a plastic bag and snip off the corner of the bag.

Use the bag to pipe whipped cream between the rows of blueberries and strawberries, completing the flag design. Keep refrigerated.

Cran-Blueberry Pie

Prep Time: 20 minutes

Cook Time: 40 to 45 minutes

Yield: 1 pie (8 servings)

- 1 package (12 ounces) frozen blueberries (about 2½ cups)
- 2 cups fresh or frozen cranberries
- ¾ cup sugar
- ½ cup Karo Light Corn Syrup
- ¼ cup Argo or Kingsford's Corn Starch
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon salt

2 (9-inch) unbaked pie crusts

Glaze:

- ¼ cup powdered sugar
- 1 to 1½ teaspoons milk

Preheat oven to 375°F. Combine blueberries, cranberries, sugar, corn syrup, corn starch, cinnamon and salt in a large saucepan. Cook over medium-high heat, stirring frequently, until cranberry skins begin to pop.

Assemble pie by placing one crust in pie plate. Pour in filling. Top with remaining crust. Flute edges and cut slits in top crust to vent. Bake 40 to 45 minutes or until top is lightly browned.

Prepare Glaze: Stir powdered sugar and milk together until smooth. Spread over hot crust. Cool pie on wire rack. (Let pie cool completely before cutting, or filling will be runny.)

You will find more recipes and tips at www.karosyrup.com, or call (866) 430-KARO (5276).



A Cran-Blueberry Pie can be a delicious way to celebrate your patriotism.