

Food Forum

Dorothy Johnson

Added Suggestions For Lent

Shrimply Delicious

The recipe takes its name from a new cook book featuring America's favorite shellfish.

Shrimp and Walnuts

3 cups cooked shrimp sliced, 6 tablespoons butter/margarine, 3/4 cup walnut meats soaked in salted water and chopped, 3 tablespoons flour, 2 tablespoons cream, 3-1/2 cups hot milk, 1 wine glass sherry, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1 pimento minced, 2 beaten egg yolks.

Saute shrimp and drained nuts in 2 tablespoons butter over low heat, stirring often. Blend remaining butter with flour and add to milk to make sauce. Cook and stir until thickened--add seasoning and pimento. Mix thoroughly--combine egg yolks and mix with a little sauce and shrimp mixture. Add combined ingredients into sauce. Simmer 5 minutes until well blended and add sherry. Serve with rice.

Shrimp Paprika

1 lb. raw shrimp peeled and deveined, 3 tablespoons butter/margarine, 1 medium onion finely chopped, 1 cup light cream, salt, 2 tablespoons flour, 2 tablespoons paprika.

Clean and cook shrimp. Melt butter in saucepan, add onions and cook until lightly browned. Add paprika and mix well. Add cream gradually and continue cooking--stirring constantly. Season to taste with salt. Cream together butter and flour and stir into cream mixture. Add shrimp and cook only enough for shrimp to heat through. Note: Beware if you order Shrimp Paprika in any other country. The paprika we know is extremely mild. In Latin America and Europe, it's another story. . . .

Risotto with Shrimp

3/4 cup white table wine, 2-1/2 cups water, 1 tablespoon lemon juice, 2 bay leaves, 2 tablespoons mixed dried herbs, crumpled (include thyme, rosemary, basil and parsley). Few celery tops, whole black pepper, 1 clove garlic mashed, 1 teaspoon salt, 1 lb. medium size shrimp, 2 tablespoons olive oil, 2 tablespoons butter/margarine, 1/2 cup chopped onion, 1 cup uncooked rice, 3 tablespoons minced parsley, grated Parmesan cheese.

Combine wine, water, lemon juice, bay leaves, herbs, celery tops, black pepper, garlic and salt. Bring to boil; simmer 10 minutes. Strain and keep hot. Clean shrimp; brown lightly in oil. Add butter and onion to skillet; brown lightly. Add rice and cook, stirring until golden brown. Put shrimp and onion-rice mixture in 2-qt. casserole. Measure stock (if necessary, boil to reduce to 2 cups). Pour into casserole, cover and bake at 350 degrees about 1 hour until liquid is absorbed. Fluff mixture lightly with fork. Sprinkle with minced parsley and cheese. Pass extra cheese in bowl.

Top Halibut with Shrimp

Part of the fun in planning a fish dinner is that you can combine two or more seafoods for a delightful taste treat. For example, you will find it interesting, delectable--and nutritious too--to top halibut and vegetables with Rosy shrimp. The recipe below (from the Halibut Ass'n. of North America) makes an attractive and inexpensive main dish and is just a little different from the usual broiled or pan-fried fish.

Halibut with Shrimp-Cheese

1 pkg. (12 oz. or 1 lb.) frozen halibut steak or fillet, 4 tablespoons butter/margarine, 2 slices onion minced, 1/4 cup finely chopped celery, 1/4 cup chopped green pepper, 2 tablespoons flour, 1 cup milk, 1/2 teaspoon salt, 3/8 teaspoon pepper, 1 cup buttered bread crumbs, 1/4 to 1/2 cup grated cheese, 2 hard-cooked eggs chopped, 1/4 lb. cooked and cleaned shrimp.

Cut halibut into 2-inch pieces and place in frying pan. Add small amount water. Cover and let simmer until fish flakes easily when tested with a fork (about 10 minutes if fillets are thawed, longer if frozen). Drain off water. Flake fish into small pieces, melt butter into frying pan or saucepan. Add onion, celery, green pepper and cook until tender, not brown. Remove pan from heat. Stir in flour, gradually stir in milk and cook--stirring constantly until thickened. Add seasonings and chopped eggs. Blend in flaked fish. Put into casserole, cover with bread crumbs--sprinkle with cheese. Brown in hot

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MRS. HELEN HENDERSON, serving at present as Operation Independence Librarian, will be in charge of the program. Mrs. Henderson, a VISTA worker, is a specialist in remedial reading; having written several text books on this subject. She has taught more than one hundred children at Kit Carson. It improves the reading skills. Mrs. Henderson will be assisted by Miss Diane Mason (also a VISTA), the Mesdames Margaret Quinn, David Lutz, Phillip Allen, and Velvin Loman, and Mrs. Charles Young of the Westminster Presbyterian Church, and others will serve as tutors. All members of this group are University graduates.

This study center, located at 'D' and Jefferson, contains more than three thousand books. Everyone is invited to use this facility--and to take advantage of this TEACHING PROGRAM.

For registering to participate in this program, please phone 382-7327.

oven. Just before serving, top with cooked shrimp.

DELIGHTS OF THE SEA

Halibut Unmatched for Versatility

Halibut Chowder

1-1/2 lb. halibut steaks, 3 cups water, 1/2 cup olive oil, 3 medium onions, 1 clove garlic minced, 1 teaspoon salt, 1/2 teaspoon rosemary, crumbled, 2 cups cubed peeled potatoes, 3 tomatoes, peeled and diced, 1 (8 oz.) can sliced mushrooms, black pepper, 1/2 cup sherry wine, 5 egg yolks.

Wipe halibut with a damp cloth. Bring water to boil in Dutch oven or very large skillet; add steaks and reduce heat to simmer. Cook covered 15 minutes. Remove steaks when cool, cut into chunks, discarding skin and bones. Pour cooking liquid out of pan and reserve. In same pan, heat olive oil--add onions, garlic and salt--cook until transparent. Add potatoes and liquid drained from fish. Cook covered 10 minutes or until potatoes are almost tender. Add tomatoes and mushrooms, pepper to taste, stirring gently. Cook slowly 10 minutes longer. Add diced fish and sherry. Keep warm. At serving time, beat the egg yolks. Gradually beat a little of the hot broth into yolks. Then stir mixture into the chowder. Serve at once.

Champagne Halibut

1-1/2 lbs. halibut steaks, 1 cup champagne, (1 small bottle) measured when bubbling ceases, 2 shallots chopped, 1 cup Hollandaise sauce. (Recipe below)

Wipe halibut with damp cloth. Place 3/4 cup of water in skillet. Bring to a slow boil. Add steaks and simmer gently--covered, for 5 minutes. Add champagne and shallots. Return to simmer and cook 5 minutes more. Remove fish. While making Hollandaise sauce, boil fish liquid to measure 1/4 cup. Add this to the finished Hollandaise sauce and spread over fish. Broil just long enough to brown lightly.

Hollandaise Sauce

Melt 3/4 cup butter in top of double boiler, place 1-1/2 tablespoons lemon juice and 3 egg yolks. Cook over hot, not boiling water. With a wire whisk, gradually beat lemon and egg mixture into melted butter. Continue to beat until sauce has thickened. Add salt and cayenne pepper to taste and use as recipe indicates.

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Negro Girl Wins Top 4-H Honors

"HEAD, HEART, HANDS, and Health--employ all these with wholehearted enthusiasm, combined with all-around interests, and top with a delightfully friendly personality, and you have Elizabeth Covington," as described by Co-ed Magazine.

Elizabeth was chosen to be one of the eleven 4-H reporters for the nation. These reporters are chosen from the country's 2-1/4 million 4-H members and are considered "typically outstanding".

Being chosen as a reporter is the climax of an eventful 4-H "career" for Elizabeth, a native of Minneapolis, Minnesota. She has been a delegate to the National 4-H Junior Leadership Conference, a member of the 4-H Constitution Committee, a panel member at the 4-H Federation Meeting, and a delegate to the National 4-H Conference.

As a National Reporter, during a one-week whirlwind tour of New York City and Washington, D.C., Elizabeth, along with four other reporters, gave speeches, answered questions and chatted with leaders in government, business, agriculture, and education.

A Senior at Central High School in Minneapolis, Elizabeth is a more than active student. She is on the honor roll, a member of the German Club, President of the Girls Athletic Association, Captain of the Pom Pom Girls, a member of the Badminton team, American Field Service representative, and Red Cross representative.

Elizabeth makes nearly all her own clothes and this year is on the Teen Board of Donaldson's Golden Rule, a department store in Minneapolis. As a member of the board, Elizabeth must make all the clothes she models.

COOKING IS ANOTHER of her many skills, and every morning she makes breakfast for her family. A girl with an amazing variety of interests, Elizabeth's greatest loves are sports, especially swimming, and Greek poetry. "I love to analyze a Greek poem," explains Elizabeth, "and see if I can find out what the poet is getting at."

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