

Food Forum

Dorothy Johnson

GOURMET'S LOVE
San Francisco

THERE'S A CHARM in this City of wondrous sunsets, enchanting fogs, breath-taking hills, fashionably-dressed women, and fabulous food. From Fisherman's Wharf in the City by the Bay comes that great fish stew, "CIOPPINO".

Other recipes I shall give you are also from Fisherman's Wharf, and during the Lenten season, should offer you real taste treats.

CIOPPINO

1/2 cup olive or salad oil, 1-1/4 cups chopped onion, 3 cloves garlic finely chopped, 3/4 cup chopped green onion, 2 teaspoons dried oregano, 3/4 cup chopped green pepper, 1/2 teaspoon dried basil, 2 teaspoons salt, 1 jar (11-1/2 oz.) whole clams, 1/4 teaspoon pepper, 1 can (1 lb. 12 oz.) tomatoes, 1-1/2 lbs halibut steaks, 1 can (6 oz.) tomato paste, 1/2 lb. raw shrimp shelled and deveined, 1-3/4 cups Burgundy, 3 cans (6-1/2 oz. size) King Crab meat, drained and cartilage removed, 1/3 cup chopped parsley.

1. In hot oil, in 6-quart kettle, saute garlic, onions and green pepper until tender--about 10 minutes, stirring occasionally.
2. Drain clams reserving 1/4 cup liquid; set the clams aside.
3. Add clam liquid, undrained tomatoes, tomato paste, Burgundy, parsley, oregano, basil, salt, pepper, and 3/4 cup water to sauteed vegetables. Mix well--bring to boiling; reduce heat and simmer, uncovered stirring every 10 minutes.
4. Cut halibut in 1-inch pieces; discard skin and bones. Add with shrimp, crab and clams to tomato mixture. Simmer covered 15 minutes--then simmer uncovered 15 minutes.

***CRUSTY FISH FRY**

WITH BUTTERMILK SAUCE TARTARE*
2 lbs fish fillets, such as wall-eye pike, perch, haddock, cod, etc., 2 cups buttermilk, 1 cup yellow cornmeal, 1 cup flour, 1 teaspoon salt, dash of pepper, 1/2 cup butter or margarine (1 stick).

Wash fish and drain thoroughly. Mix corn meal flour, salt and pepper. Dip fish in buttermilk, roll in corn meal-flour mixture. Repeat. Melt butter in skillet and cook fillets about 5 minutes or until golden brown. Drain and serve with Buttermilk Sauce Tartare.

BUTTERMILK SAUCE TARTARE

1 cup buttermilk, 1 cup dairy sour cream, 1/2 teaspoon capers, 2 tablespoons chopped pimento olives, 1/2 teaspoon paprika, 1/4 teaspoon chopped parsley, 1 teaspoon salt.

Blend buttermilk sour cream, capers, olives, paprika, parsley and salt. Chill until ready to use.

HANGTOWN FRY

1 can (7 oz.) frozen oysters well drained, 3 tablespoons flour, 5 eggs beaten, 1/2 cup packaged seasoned dry bread crumbs, 1/4 cup butter/margarine, 4 crisp bacon slices (optional).

1. Toss oysters with flour in a paper bag. Dip oysters in eggs and roll in crumbs to coat completely.
2. Preheat oven to 350 F.
3. In a 9 or 10-inch heavy skillet (or omelet pan) with heat resistant handle, saute oysters in 3 tablespoons hot butter about 2 minutes on each side or until they are nicely browned.
4. Add the rest of butter, and pour in eggs. Cook over medium heat just until bottom is golden brown.
5. Bake omelet in oven about 2 minutes or until golden brown on top and baked through.
6. Serve without folding, with crisp bacon, if desired.

SPAGHETTI AND CRAB

1/4 cup olive oil or salad oil, 1-1/2 teaspoon salt, 2 cloves garlic chopped, 1/4 teaspoon pepper, 1 tablespoon chopped parsley, 1-1/2 teaspoon oregano leaves, 2/3 cup chopped onion, 2 cans (6-1/2 oz. size) King crab meat, 1 can (6 oz.) tomato paste, 1/4 cup sherry, 1 can (1 lb. 3 oz.) tomatoes undrained, 1-1/2 pkg. (8 oz. size) spaghetti, grated Parmesan cheese.

1. Slowly heat oil in heavy 3-quart saucepan. In hot oil, saute garlic, parsley, and onion until

In Georgia-Coca Cola Got The Message Good

ATLANTA,--Kelvin A. Wall assumed the duties of market development manager for the Coca-Cola Company. Fred W. Dickson, vice president and marketing director for Carbonated Beverages, made the announcement.

Wall, a native New Yorker, was graduated from St. John's University and attended City College of New York's School of Retailing. He has most recently been associated with the NEW YORK AMSTERDAM NEWS as director of advertising. In the consumer products marketing area, he has worked with both Lever Brothers and Tetley Tea Company. Of Wall's appointment, Dickson stated that the move was a further development in the realignment of the company's total marketing division.

"Last August, we began a series of appointments which will serve to strengthen the Company's various market activities," said Mr. Dickson. He added that "The recent growth of our line of soft drink products and an expansion of distribution into new areas brought about a need for closer coordination among the various elements of the Company engaged in the broad area of marketing activity. Mr. Wall brings to the Company a great deal of in-depth experience in both the distribution and communication areas of consumer products marketing. He will assume wide responsibilities in these areas."

For several years many bottlers of Coca-Cola have employed special market managers. These highly trained specialists work closely with regional special market coordinators employed by The Coca-Cola Company to better serve local bottlers in their total marketing efforts. One of Wall's primary responsibilities will be to coordinate the activities of these important groups.

Wall is married to the former June Murray of Ithaca, N.Y. They have a son, Ray. Wall will be headquartered at The Coca-Cola Company's general offices in Atlanta.

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- tender--about 5 minutes.
2. Combine tomato paste with 1 cup water mixing until smooth. Add to garlic mixture along with tomatoes, salt, pepper, and oregano; bring to boiling. Reduce heat and simmer, uncovered, 45 minutes stirring occasionally.
3. Meanwhile, remove any cartilage from crab meat. Add crabmeat and sherry to tomato mixture; simmer, uncovered, for 15 minutes longer.
4. Cook spaghetti as package directs, drain well.
5. In a large bowl, toss spaghetti with sauce until spaghetti is well coated. Turn onto large platter. Sprinkle with cheese.

... DOT'S TIPS ...

Mother may have been able to turn out some pretty tasty concoctions with a pinch of this and dash of that, but for the novice it's wiser to follow every recipe with reasonable care.

ALWAYS TAKE TIME, (if only for a few seconds) when you go to the supermarket to read and study the labels on the products you buy. Labels today are filled with educational information.

IN TESTED RECIPES, such as those presented in the VOICE, ingredients have been carefully balanced from Staff Home Economists of leading cookbooks to insure just the right consistency. To be equally successful, you must never alter essential ingredients. However, recipe seasonings are usually adapted to average taste and may be reduced, increased, or left out entirely.

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