

# Food Forum

## Dorothy Johnson

HERBS, SPICES AND FLAVORINGS

Whether you are going to use an eighth of a teaspoonful of spice or a full tablespoon depends largely upon one's own individual preference. In the matter of seasoning, there is no better rule than "season to taste".

Your neighbor may find that a half teaspoon of mustard added to the cream sauce satisfies her palate; you may prefer a full teaspoon and you both are entitled to your preference. Moreover, the difference in amount will have no effect upon the chemistry of cooking. It is always nice to hear a guest say, "What have you put in to give this delicious flavor." Subtlety should be the keynote--make the results alluringly mysterious and never obvious, or blatant.

TO PROLONG THE FLAVOR and aroma value of spices, whole as well as ground, they should always be kept tightly covered when not in actual use.

CASSIA--commonly called cinnamon may be used in stick form or powdered. Used in pickling, preserving some vegetables and desserts.

CHILI POWDER--made from Mexican chili peppers. Used in Mexican dishes, hot dogs, chili con carne--even in eggs.

BAY LEAVES--flavor particularly good in practically all meat cooking; also in vegetables, meat soups and sauces.

BORAGE--young tender leaves excellent for salad or pot herbs.

CHERVIL--flavor like parsley but milder. Young leaves may be used in meat and vegetable soups, salads, and as a garnish. Used in a powdered combination called Fines Herbes.

DILL--both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL--has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish.

HOREHOUND--used in candy making.

MAJORAM--may be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

MINT--may be used fresh in salads, fruit beverages, jellies, preserves, ices, iced tea, sauces for meats, and added minced to carrots and peas. Good with apple combinations.

PARSLEY--one of the most popular herbs. Used in many ways and a favorite garnish. May be used in fruit, and vegetable salads, in sandwiches, soups, gravies and in meat sauces; minced and added just before serving to practically all vegetables and sauces.

SAFFRON--may be used to give pale yellow color to bread, cakes, and sauces; or to color confectionery. Has a pleasant flavor and good color.

SAGE--used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations.

SWEET BASIL--distinct flavor of cloves. May be used for flavoring salads, soups and meats.

THYME--leaves, green or dried, valuable for use in stuffings, sauces, soups and meats.

ANISE--leaves are used for garnishing and for flavor. Oil is extracted from the seed and used as anise extract.

ALLSPICE--sold whole or ground. Better combined with other spices in fruit dishes, cakes, pies, pickles, etc.

NUTMEG--sold whole or ground. Gives good flavor used alone in small amounts in soup, dough mixtures and egg nogs.

CARDAMON--flavor especially good in honey combinations.

CARAWAY--seeds have a spicy smell and aromatic taste. Used in baked fruit, cakes, breads, soups, cheese and sauerkraut.

MUSTARD--young tender leaves are used for greens and for salad. Seeds are used as a ground spice in salad dressings, pickles, sauces, in some vegetable cookery. Can be made into a paste and served with meats.

PAPRIKA--a Hungarian red pepper. Bright red in color--may be used in all meat and vegetable salads, soups (both cream and stock), as a garnish for potatoes, cream cheese, or eggs.

PEPPERCORN--the whole berry of the pepper plant.

PEPPER - BLACK--reduced to proper fine-

# HEART ASSOCIATION LAUNCHES "VISITING SCIENTIST PROGRAM"

A NEW PROGRAM through which U.S. scientists may invite foreign investigators to this country to collaborate on research problems or projects of mutual interest in the cardiovascular field has been launched by the American Heart Association.

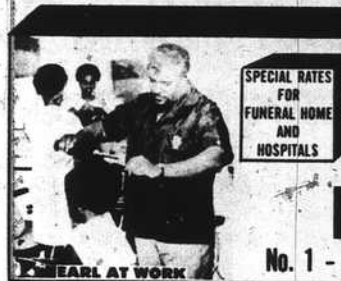
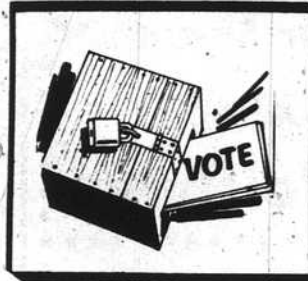
"The Visiting Scientist Program" will enable American investigators to sponsor the visit of colleagues conducting similar studies abroad. Sharing the same laboratory, the American host and the foreign visitor will be able to collaborate in the solution of mutual problems, learn new techniques or methods from each other, and improve their research abilities through the interchange of ideas and knowledge.

A \$60,000 appropriation is being made by the Association for the first awards, which will become effective July 1, 1967 for the 1967-68 academic year. The number of awards to be

made under the program will vary according to the length of stay and stipend of each visiting scientist, with a minimum of three or a maximum of twelve awards anticipated for the first year. Applications are to be made by the prospective host on behalf of a particular foreign scientist he wishes to invite.

Stipends for visiting scientists will be negotiated on an individual basis and will reflect conditions prevailing at the U.S. institution or laboratory where the work will be conducted. Travel allowances for the visiting scientist and one dependent will also be provided.

Application forms for the first year's awards are now available from the Director of Research, American Heart Association, 44 East 23rd Street, New York, N.Y. Deadline for applications is September 15.



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ness by grinding and sieving. Used in all meat and vegetable dishes where the color does not affect the product.

PEPPER - CAYENNE--usually obtained from small fruited varieties of capsicum. It should be dull red color. May be used in very small amounts in vegetables, some salad dressings and in cheese dishes. It must be used with care, however.

PEPPER - WHITE--practically the same as black pepper, except the outer shell or pericarp of the berry is removed. Used where color of black is undesirable.

TURMERIC--used in pickles, meats, eggs. A root of the ginger family; generally used with mustard.

CUMIN--seed flavors liquors and cheeses; used in bread, powdered in curry powder.

OREGANO--used in chili powder for chili con carne. Good with all highly-seasoned foods and Pork.

GINGER--Root; chutneys, preserves, pickling and stewed fruit. Ground: cakes, puddings, cookies and canned fruit.

### FLAVORING AND EXTRACTS

VANILLA EXTRACT--particularly good with all chocolate, cocoa, coconut, date, raisin, ice creams, milk-custard combinations.

ALMOND EXTRACT--used in cakes and confectionery.

LEMON EXTRACT--used in cakes, puddings, pies, ice cream, candy. Sometimes used in combination with vanilla.

ROSE EXTRACT--used in Angel and other white cakes. Orange, Pineapple, Strawberry, Raspberry, Cherry Extract used in desserts, beverages and candies.

Wintergreen, Peppermint, Ginger, Cinnamon, Clove Extract--used largely in beverages and confections.

FRUIT VINEGARS--Blackberry, Currant, Elderberry, etc., made by steeping fruit in vinegar. Used in beverages, ices and sauces.

LEMON JUICE--used instead of vinegar in salads, sauces, preserves, marmalades, etc.

VEGETABLE FLAVORING--for uses in sauces and gravies.

VINEGAR--used as a preservative for all pickling of vegetables and fruits. To give zest or tang to salads, meats, fish and vegetable sauces. Different kinds are Wine Vinegar, Malt or Beer Vinegar, White Vinegar, Cider Vinegar and Tarragon Vinegar.

### ELKS HOST LISTONS

The local Elks Lodge in conjunction with the Temple will play host to Mr. and Mrs. Charles "Sonny" Liston on Friday, May 13, at the Elks' Jackson Street Headquarters. The affair is by "invitation only".

The Listons are now making their home in Las Vegas. The former Champion is in active training to re-gain his title.

The ex-champ has dedicated himself to actively participate in a local youth program.

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### Dot's Tips

Working wives--Plan menus for a week at a time to ensure variety.

Your diamond ring will sparkle with new life if you bathe it in lukewarm water and ammonia, then scrub with an old tooth brush.

Pack a magazine when you're packing ties. Ties will arrive unwrinkled if they are placed between the pages of a magazine before being laid in suitcase.

Furniture can be protected from scratches caused by bases of lamps or ash trays with a new notion. The packages containing adhesive-backed natural sponge rubber are cut to fit the shape of ash tray or lamp bases providing a smooth, unscratchy base as well as insurance against slipping.

### FRIENDLY LIQUOR SPECIAL

Blue Line Gin

\$1.93 pint

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