

# Food Forum

## Dorothy Johnson

All the world loves a lover! With equal truth it could be said that all the world loves a good cook. But however you regard cooking, you will find much enjoyment in these recipes from Bermuda brought to me by Lillian Osborne, my neighbor, who recently returned from a six-week vacation in her former home. Her praises for food cooked Bermudian way equals the praise she gives beautiful Bermuda.

She relates that fresh vegetables are in season during the winter months. When we are about to celebrate the harvest of our crops at Thanksgiving, Bermudians are busy planting a new crop.

### ONIONS IN CREAM

5 medium onions, 1/2 tsp. salt, 1/2 c. cream. Slice onions thinly, arrange in layers in a buttered oven dish. Pour cream, mixed with salt, over onions and bake at 350 degrees until tender about 20 minutes.

### PUMPKIN STEW

Simmer a 4 to 5 lb. brisket of beef until tender, about four hours. Flavor the water while cooking the beef with onion, garlic, thyme, bay leaf and peppercorns. About 45 minutes before meat is done, remove fat from surface of meat stock. Add 6 pared medium potatoes. About 15 minutes later, add peeled cut up pumpkin. Continue cooking until potatoes and pumpkin are just tender. Remove corn beef and slice. Serve on platter with the vegetables. Pass gravy made by thickening some of the stock. This dish may be curried by adding curry powder to taste.

### BOILED CUCUMBERS

This is a popular dish on the Island when cucumbers are plentiful. Simply quarter the cucumbers (peeled of course) and boil in small amount of salted water until tender, about 15 minutes. Serve either plain with butter and pepper, or with creamed sauce.

### HOP'N JOHN (PEAS AND RICE)

Another favorite of the Bermudians is Hop'n John. You will hear of it in Calypso songs as "Peas and Rice." This can be served as a main dish or as a vegetable. The Portuguese Sausage mentioned in the recipe is a pork sausage highly seasoned with garlic, paprika, salt and pepper.

1 lb. pigeon peas or birdseye peas, 1 sprig thyme, 1/2 lb. portuguese sausage, 1 large Bermuda onion chopped, 1 lb. raw rice, salt and pepper to taste.

Boil peas and thyme in 2 qts. water until peas split. Fry onion and sausage until brown. Add peas. Then add raw rice and season. Stir then cover pot tightly and cook over low heat for 3/4 of an hour.

### POTATO PUFF

3 c. hot mashed potatoes, 2 eggs separated, 1 tsp. minced onion.

To hot potatoes, blend in 2 well-beaten egg yolks and onion. Season with salt and pepper. Beat egg whites until stiff, and fold into potato mixture. Place in a buttered casserole dish. Bake in a moderate oven 350 degrees for about 20 minutes and browned lightly.

### THE NATIONAL DRINK

Many visitors, who would not dream of drinking Rum at home, drool over poetical Rum Drinks in Bermuda. Probably part of the popularity of Bermuda drinks is the blending of various Rums together, resulting in a smooth and potent mixture.

### PLANTERS PUNCH

1/2 tsp. sugar, 1 oz. Barbados Rum, 1 oz. Jamaica Rum, 1/2 oz. Demerara Rum, 1/2 oz. falernum (this is a sugar syrup with an almond essence), 1/2 oz. pineapple juice, 1/2 oz. grenadine, 2 dashes angostura biters.

Shake well with fine ice and pour into 12 oz. glass with a couple ice cubes. Decorate with half a slice of orange, half slice lemon and a cherry.

# NOTED BEAUTY EXPERT HERE FOR COSMETOLOGY MEET AT STARDUST



Mrs. Johnnie Poree, right, demonstrates her products to a customer in the Unity Supermarket, 1712 E. 103rd St. Formerly of Chicago and a sister of Mrs. Marva Louis Spaulding, Mrs. Poree is a well known cosmetic manufacturer in Los Angeles. She has been invited to attend and demonstrate her HAIR-TONER products at California Cosmetology Convention in Las Vegas October 16, 17 and 18.

--Harry Adams photo

### For Sale

2 Pc. Sectional \$15;  
Desk & Chair \$15;  
Coffee, End Tables \$15;  
Baby Crib \$12.50;  
Dinette Set \$15;  
Lamps, Odds & Ends, \$1 each;  
Heavy Lined Drapes \$5 a Panel.  
2605 Jansen (1 Blk. No. of Washington off 25th.)

### THIS WILL KILL YOU

WELLINGTON, New Zealand - (NPI)--A mysterious mental disease that causes victims to go to their death laughing has been made the subject of intensive research by doctors in New Guinea. Known as "Kuru" or laughing death, it affects only people of the language group of Fore (pronounced foray) in the central highlands of New Guinea.

### Fire Prevention Reminder

If you employ a baby sitter to watch over your children when you and your husband are away for an afternoon or evening, choose a baby sitter competent and qualified for the job, the American Insurance Association said today.

The Association gave these suggestions:

1. Choose a baby sitter whom you know, one that has a sense of responsibility, and likes children.
2. Have the sitter meet the children before you leave, so they will become accustomed to her.
3. Introduce the sitter to any pets you may have, particularly the family dog.
4. Give the baby sitter a card with the telephone number of where you can be reached, the numbers of the fire and police departments, and of your family doctor.
5. Show the sitter all the exits from the house or apartment and provide her with a flashlight to be used in case the lights go out. Explain to the sitter that in the event of fire, she should get the children out of the house, then call the fire department, preferably from a neighbors' house. Then after she has done these things, she may notify you. Remind her that no one should re-enter a burning building.
6. Tell the sitter the time when you expect to return. Be sure to telephone her if you are unavoidably delayed.

## TAKE IT WHERE-EVER YOU GO

FROM THE  
NORTHWEST  
TO THE  
SOUTHWEST  
TRAVEL



LTR maintains convenient daily THRU-SERVICE schedules from Phoenix to Seattle. THRU-SERVICE means extra convenience...with no changes...no waiting...and convenient connections. You complete your trip faster...without worry or lost time. And LTR buses are the most modern motor coaches on the American road with individually controlled reclining seats, all season air conditioning, and complete rest room facilities.

LTR buses mean luxurious THRU-SERVICE touring.

WHERE-EVER YOU GO... TAKE LTR  
An Equal Opportunity Employer



Open 6 AM to 10 PM  
HIGHLAND & OWENS

## H-O UNION 76

Service Center  
COMPLETE AUTO CARE SERVICE

OUR SPECIALTY TUNE-UP EXPERT BRAKE SERVICE

See EDDIE or JAMES  
PH. 642-1593