

Food Forum

Dorothy Johnson

GOURMET RICE RECIPES

Meal-in-one Casseroles, perky side dishes, pretty party salads, hearty buffet dishes, smooth creamy puddings--you can do a lot of tempting and nourishing things with Rice and Rice mixes and, with the high-rise of foodstuffs, the economy of these rice delights is truly a blessing.

CONFETTI RICE

1/4 c. butter, 1-1/2 c. Quick Brown Rice, 2 (10-1/2 oz.) cans consomme, 1/2 tsp. salt, 3/4 c. chopped green onion, 3/4 c. chopped celery, 3/4 c. coarsely shredded carrot, 1/4 c. sliced almonds.

Melt butter in large skillet; add rice, and cook slowly, stirring occasionally for about 5 minutes. Add undiluted consomme and salt, and heat to boiling. Turn into 1-1/2 qt. casserole and cover. Bake in moderate oven (350 F.) for 20 minutes. Stir in vegetables and almonds and bake 10 minutes longer.

RISOTTO MILANESE

1 small onion minced, 1/4 c. olive oil or butter, 1/2 c. chopped chicken giblets or sausage meat, 1/4 tsp. saffron, 3 c. chicken broth (chicken broth may be made from chicken bouillon cubes or from giblets cooked and seasoned to taste), 1 tsp. salt, dash pepper, 1 c. long grain rice, 1 c. grated Parmesan cheese.

Brown onion and giblets or sausage in olive oil or butter. Stir in saffron, broth, salt and pepper and heat to boiling. Add rice, cover and cook over low heat for 25 to 30 minutes, until broth is absorbed. Remove from heat. Add 1/2 c. cheese and mix lightly. Top with remaining cheese.

PINEAPPLE SHRIMP AND RICE

2 c. Quick white rice, 1/2 c. sliced onion, 1/2 c. sliced green pepper, 2 tbsp. butter, 1 tbsp. soy sauce, 2 c. chicken broth, 1 tbsp. prepared mustard, 2 tbsp. cornstarch, 1/4 c. syrup from canned pineapple, 1 c. cleaned cooked shrimp, 1 c. pineapple chunks.

Cook rice according to package directions. Cook onion, and green pepper in butter until tender-crisp. Add broth, soy sauce and mustard, and heat to boiling. Blend cornstarch with pineapple syrup; stir into hot mixture. Cook, stirring, until sauce boils thoroughly and is thickened. Add shrimp and pineapple and heat a minute. Serve over hot cooked rice.

MAPLE RICE CUSTARD

1/2 c. Long Grain Rice, 2 c. milk, 2 eggs, 2/3 c. brown sugar (packed), 1/4 tsp. salt, 1 tsp. maple or vanilla extract.

Cook rice according to package directions (or use 1-1/2 c. cooked rice). Beat eggs lightly, stir in milk, sugar, salt, flavoring and rice. Spoon into 6 buttered custard cups and set in shallow baking pan containing about 1 inch hot water. Bake in moderately slow oven. (325 F.) 50 to 60 minutes until set in center.

SPANISH STUFFED PEPPERS

1 c. Quick White Rice, 6 small green peppers, 1 (1 lb.) can stewed tomatoes, 1 envelope (1-1/2 oz.) dry onion soup mix, 1/4 c. butter, 1/2 c. grated cheddar cheese.

Cook rice according to package directions. While rice cooks, cut tops from peppers and remove seeds and membranes. Blanch in boiling salted water for 5 minutes. Drain upside down. Combine tomatoes, dry soup mix and butter--mix with hot cooked rice. Set peppers in shallow baking dish and fill with rice mixture. Top with cheese. Pour about 1/2 inch hot water around peppers. Bake in moderate oven for 30 minutes.

For additional Rice Recipes, Pamphlets are available for clubs, church groups, etc. Just write to the M.J.B. Kitchens, Box 26, San Francisco, California giving the name of the organization and the number of Pamphlets desired.

Ebony Fashion Fair Colorballoo



Sands Hotel-Fri.-Dec. 2

Las Vegas' Alpha Rho Chapter of Gamma Phi Delta Sorority, Inc., will stage its Annual Benefit Show for the Home of the Good Shepherd with the presentation of Ebony Fashion Fair's '66 "COLORBALLOO" extravaganza in the Sands Hotel's Convention Center, Friday evening, December 2. A 7 p.m. No Host Cocktail Party will precede the stage presentation scheduled for an eight o'clock curtain.

The Ebony Fashion Fair which tours the nation annually is a production of Johnson Publications, publishers of Ebony and Jet Magazines, and has justifiably earned the reputation of the most lavish and skillfully staged Fashion Show in the world. Tickets for the show here, December 2, are priced at \$7.00 and include either a year's subscription to Ebony Magazine or a six months subscription to Jet. Tickets may be obtained at Dr. West's office, 958 W. Owens (West Owens Shopping Center) telephone 642-5308 and at Bob Bailey's Sugar Hill - telephone 642-0314.

In photo above, Ebony Fashion Fair model, Allene Callender, is shown wearing a shocking pink-three piece suit with contrasting band of gold matching the turtle neck sweater from Tiffau and Busch...Further accentuating the pairing of two unusual colors are gold suede shoes and gold winged brim hat with shocking pink chiffon bands around crown.



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Chic Hecht

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