

Food Forum * Dorothy Johnson Only The Pure In Heart

With these cold chilly evenings a good pot of soup is very welcome. These days every soup maker must be prepared in the art of making soup because of the hundreds of canned, jarred, frozen or dehydrated soups that are on the shelves and in freezers of our supermarkets.

For those who like canned or frozen soups I shall give you some recipes and those that like to make soup from scratch, here are a few of my favorites. Beethoven once said, "Only the pure in heart can make a good soup."

CREAM OF SHRIMP and OYSTER SOUP
3 c. (10 oz.) frozen condensed cream of shrimp soup undiluted, 1 qt. milk, 2 c. (10 oz. size) frozen condensed oyster stew, undiluted, 1 tbsp. minced onion, 1/2 tsp. mace, 3/4 c. sherry.

Remove shrimp soup and oyster stew from cans and turn in large kettle. Stir in milk, onion, mace. Bring to boiling, stirring occasionally. Reduce heat--simmer 10 minutes stirring occasionally. Remove from heat; stir in sherry.

HOT VICHYSOISE

3 c. (10 oz. size) frozen condensed cream of potato soup, undiluted, 3 c. milk, 2 c. light cream, 1-1/4 tsp. salt, 1/4 tsp. liquid hot pepper seasoning, 2-1/2 c. diced pared cucumbers.

Remove soup from cans.--turn into large kettle. Stir in milk, cream, salt and hot pepper seasoning. Cook over moderate heat stirring occasionally. Bring to boil--reduce heat and add cucumbers. Simmer (covered) for 7 minutes.

BOULA

1/4 c. butter or margarine, 1 c. finely chopped onion, 4 pkgs. (10 oz.) green turtle soup,

ped onion, 4 pkgs. (10 oz. size) frozen peas, 2-1/2 tsp. salt, 2 cans (1 qt. 10z. size) green 2-1/2 tsp. salt, 2 cans (1 qt. 1 oz. size) green turtle soup, 1 c. light cream, 1 c. dry sherry.

In hot butter in large kettle, saute onions until soft. Add peas, salt, and 1/2 cup water; bring to boiling, reduce heat and simmer covered 10 minutes. Blend vegetable mixture (2 cups at a time) in electric blender until smooth. Turn into bowl--add turtle soup, cream and sherry; cook over low heat, stirring occasionally until heated through.

BLACK BEAN SOUP

1 c. black beans, 3 tbsp. butter of bacon fat, 1 diced onion, 1 piece celery diced, 1 small green pepper, diced; 1 clove garlic minced, 2 tbsp. flour, 1 lge. potato, diced; 1-1/2 qts. soup stock, 1 c. tomato juice, 1 tsp. bouquet garni, 1/4 c. dry sherry or 3 tbsp. bourbon, 1 hard boiled egg, thin slices of lemon, 4 sliced frankfurters or polish sausage.

Wash beans in cold water, cover with 1 pint cold water and soak overnight. In a heavy pot, melt butter or fat, add beans (together with water in which they were soaked), potato, soup stock, tomato juice and bouquet garni. Bring to a boil, skim well, reduce flame very low and simmer until beans are tender, about 2 to 2-1/2 hours. Stir occasionally to keep beans from sticking. Cool. Puree in electric blender then add sherry or bourbon. Season; if soup is too thick, thin with additional stock. Reheat. Chop hard boiled egg fine; pour soup into bowl, and sprinkle with egg--on each portion, float a thin slice of lemon.

BOUILLABAISSE MARSEILLAISE

2 lb. pompano dressed and boned, 3 lb. red snapper fillets, 1 lb. sea bass fillets, 1 lb. whiting fillets, 2 (2 lb. size) live lobsters, 1/3 c. olive oil, 2 leeks sliced (white part only), 1/2 fennel stalk cut into strips, 1 clove garlic, crushed; 4 to 6 tomatoes chopped, 1/2 tsp. crushed saffron, 1 lb. mussels, 1 tbsp. salt, 1/2 tsp. pepper, 1 c. dry white wine, 12 french bread sliced, 1 clove garlic cut.

Cut pompano, red snapper, sea bass and whiting into slices about 2 inches wide. Split and clean lobsters, then cut into 2-inch slices (shell and all). Heat oil in large kettle, until

Actress's Star Rises



Ena Hartman, under long-term contract to Universal Studios, has been set by producer George Edwards for a key appearance with Simone Signoret in "Games." A former New York fashion model, Miss Hartman most recently appeared in Universal's "World Premiere: 'The Girl Nobody Knew,'" for NBC-TV. She has also been seen on "Bonanza," "The Farmer's Daughter," "Profiles In Courage" and several other TV shows.

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very hot. Add lobster slices and cook five minutes. Stir in leeks fennel, crushed garlic, tomato and saffron. Add sliced fish and mussels, salt and pepper. Pour in the wine and 3 quarts cold water; bring to boiling. Lower heat, simmer covered, 15 minutes. Serve with toasted, buttered french bread rubbed with cut garlic.

National NAACP Head Warns Of Riots "Unless"

NEW YORK - (NPI)--Roy Wilkins, executive director, NAACP, has warned that rioting will increase unless "we launch a crash program" to combat racial discrimination.

He referred particularly to the "gross and disgraceful racial discrimination and inequities in our public school systems in Northern and Western urban centers." Unless needed action is taken, he said, "we will have riotous outbreaks plaguing us, with disturbing frequency."

"Young Negroes will riot," Wilkins declared, "because the world of education has failed to reach and teach the language of democracy, opportunity, and dignity. We cannot talk to these people. The language of the white community and white municipal officials is not their language."

"There will be riots, he said, unless the 'dilly-dallying of the day' is ended.

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