

# Food Forum \* Dorothy Johnson

MORE AND MORE, amateur chefs and housewives are delving into the intricacies of gourmet cooking. In nearly every household, occasions arise when entertaining calls for something extra special in cuisine.

Recently, Las Vegas' Mayor, Oran Gragson, was feted at a lavish birthday celebration at the Dunes Hotel where guests paid the princely sum of \$50 per plate for dinner.

Here, we offer to our readers the menu of the Mayor's banquet, and have detailed recipes of that menu so that housewives and amateur chefs may reproduce the gourmet dinner for a number of guests for something less than the \$50 it cost each individual who attended the gala affair.

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### GREEN TURTLE SOUP

#### Preparation of a Green Turtle

Lay the turtle on its back, and when it stretches out his head, seize it with one hand and holding knife in the other, cut its neck; leave it to bleed. Then lay it again on its back, pass the knife along flat shell about one inch from edge. Detach the flat shell, and remove all the meat from inside, doing the exact same thing for the back. Saw into 6 or 8 pieces, plunge them into boiling water to remove scales, doing same for the four fins.

Put the turtle meat into soup pot with two knuckles of veal, let boil and skim, and add sprigs of parsley, celery, sage marjoram, basil, thyme, bay leaf, mace, cloves, whole peppers and salt. Cook for 1 hour, add the pieces of shell and fins, and let boil again until all are cooked, then take them out and put into cold water.

Remove gelatinous parts of turtle, cut them into one and a half inch squares; strain the broth through fine sieve and reduce it to a half glaze. Add the green parts and let boil very slowly until the turtle is thoroughly cooked and stock well reduced.

Add to soup, a dessert spoonful of arrow root for each quart. If you want soup thicker, instead of arrowroot, thicken the soup with a little brown roux. Garnish with marrow quenelles. Quenelles may also be made with a quarter of a pound of hard-cooked egg yolks pounded with one ounce of butter and four raw egg yolks, seasoned with salt, nutmeg, and chopped parsley. Divide this into pieces, roll into balls and poach in boiling water; drain and serve with soup.

### MOUSSE OF SOLE

Cook about 2 lbs. sole in mixture, that has been cooked previously, of 2 tbsp. butter, 1/2 c. sliced onion, 1/3 c. diced carrot, 1/3 c. diced green pepper, chopped parsley, 5 peppercorns, 3 whole cloves, 1 bay leaf, 2-1/2 qts. water, 2 tsp. salt, and 1/4 c. vinegar or lemon juice. Drain, reserving stock.

Strain stock, cook fish; discard skin and bones if any. Chop or flake real fine. Heat 1/4 c. butter, blend in 1/4 c. flour; add 1/2 c. cream and 3/4 c. fish stock. Stir over low heat until thickened. Add 2 tsp. grated onion, 1 tbsp. lemon juice, salt and pepper and fish. Fold in 4 egg whites beaten stiff but not dry. Pour into greased mold. Place in pan of water; bake in moderate oven (325 F.) about 1 hour. Unmold--garnish with lemon wedges and parsley. Serve with Anchovy sauce, mock hollandaise or savory fish bechamel sauce.

### BROILED PARISIENNE POTATOES

Cut potatoes with a 3/4 of an inch in diameter vegetable spoon (use melon scoop); fry slowly in plenty of hot fat and, when three-quarters done, drain off and lay them in pan with clarified butter. Toss, season with salt--broil quickly. Sprinkle with chopped parsley and serve.

### ROAST SIRLOIN OF BEEF BORDELAISE

Wipe Roast with damp cloth but do not wash. Rub with salt in proportion of 1 tsp. per pound of meat. Rub with pepper, onion or garlic, if desired. Place meat, fat side up, on rack of pan. Do not add water, do not cover. For rare meat: 18 to 20 min. per pound. Medium: 22-25 min. per pound. Well done: 27-30 min. per pound.

### BORDELAISE SAUCE

Put into pan, half bottle of Bordeaux wine,

- MAYOR'S MENU -**  
*White and Red Wines*  
*Green Turtle Soup au Sherry*  
*Mousse of Sole*  
*Roast Sirloin of Beef*  
*Bordelaise*  
*Broiled Parisienne Potato*  
*Green Beans Amandine*  
*Baked Tomato*  
*Mixed Green Salad*  
*Camembert and Swiss Cheese*  
*Coupe Marron Glace*  
*Creme De Cocoa* ♦ ♦  
*Patitis Palmuier*

adding a small garnish bouquet containing a little garlic, 1/2 bay leaf, 2 cloves, 1/4 pound peelings and stocks of chopped mushrooms; 1 tbsp. chopped shallots, lightly fried in 3 tbsp. oil, 1 pint espagnole sauce, and roux (as made for gumbo). Season with salt, cayenne. Boil, skim off fat, then pour in a half bottle of white wine and, when sauce is reduced, strain and stir in 1 tsp. chopped parsley. Serve over sliced beef.

### BAKED TOMATOES

Remove skins by plunging tomatoes into boiling water; cut each one in two crosswise, press out seeds and lay them in large frying pan with melted butter; season and reduce all moisture. Arrange them in buttered baking dish, round parts on the bottom, and scatter over with cooked, fine herbs composed of shallots (fried in butter), chopped mushrooms, chopped ham, parsley and bread crumbs. Pour butter over all and bake 15 minutes in moderate oven.

### GREEN BEANS AMANDINE

Wash Beans, string and cut in lengthwise pieces. Cover with least possible amount of boiling water, onions grated very fine, green pepper, chopped fine, salt and pepper. When tender, drain. Add butter, dash nutmeg and slivered almonds, chopped ripe olives (optional).

### MIXED GREEN SALAD

Endive, lettuce, romaine, tomato wedges, and French dressing.

### CAMEMBERT AND SWISS CHEESE

Cheese is served either after the roast, before the sweet entremets or with dessert. It should be cut in pieces or slices and is served with crackers or very thin slices of toast.

### COUPE MARRON GLACE

Marron Meringue: 15 tbsp. sugar, 3/4 c. water, 5 egg whites, 1/4 tsp. salt, 1/4 tsp. cream of tartar, 1 tsp. vanilla, 2/3 c. marrons (Marrons candied chestnuts).

Cook sugar and water until soft ball forms when small amount of syrup is dropped into cold water. Beat egg whites until stiff, adding salt and cream of tartar when frothy. Pour sugar syrup over stiffly-beaten egg whites gradually--beating constantly. Continue beating until cool. Fold in vanilla. Shape meringue mixture in large mounds with spoon on baking sheet, covered with unglazed paper, bake about 40 minutes. When baked, scoop out centers--dry in oven. Use as cups for ice cream, custard or crushed fruits or berries mixed with whipped cream.

**Sammy Davis Jr.**  
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**THURS.-(FRI. MORN.-2:00 A.M.)**

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