

FOOD FORUM *

Dorothy Johnson

MANY YEARS AGO, our people dominated every kitchen household that afforded a servant. It was from the Negro cook that prospective brides from these families learned the art of cooking. First of all, they were taught the culinary secrets of conjuring up perfect biscuits, corn pone, scones, and many other delectable breads not familiar to our young people today, or to many of their elders, for that matter.

Offered here are a few of those marvelous bread recipes, and I'd like to thank Mrs. Annie Ruth Coleman, whose collection of recipes date back many years, for some of these lovely recipes.

POTATO SALT-RISING BREAD

Use red-skinned, not mealy potatoes for starter. Place them in stainless steel bowl. Set bowl in electric dutch oven with heat maintained at about 115 to 120 degrees. Perfect results are produced within 15 hours with only a mild odor. Pare potatoes and cut into thin slices. You will need 2-1/2 cups potatoes--sprinkle them with 1 tsp. salt and 2 tsp. water ground cornmeal. To this, add and stir (until salt is dissolved) 4 cups boiling water. Permit the mixture to stand covered with a cloth for 15 hours.

Now squeeze out the potatoes and discard. Drain liquid into a bowl and add (stirring until very well blended) 1 tsp. soda, 1-1/2 tsp. salt, 5 cups sifted all-purpose flour. Beat and beat until "the arms rebel". Set the sponge in a warm place to rise until light. Bubbles should come to the surface and the sponge should increase its volume by about one-third. This will take about 1-1/2 hours.

Scald 1 cup milk, 1 tsp. sugar, 1-1/2 tsp. butter. Add this mixture to the potato sponge with 6 cups all-purpose flour. Knead dough for 10 minutes before shaping into 3 loaves. Place in greased pan and butter top of each loaf. Permit to rise, covered, until light and not quite double in bulk. Bake in pre-heated 350 degree oven for about 1 hour.

HUSH PUPPIES

Fishermen cooked these finger-shaped concoctions at their fish fries. Rumor has it that they threw the fatty bits, as a sop, to the dogs with the exclamation "Hush Puppy!"

Mix together 1 cup cornmeal, 1/2 tsp. double acting baking powder, 1/2 tsp. salt, 2 tsp. minced onion. Beat together 1 egg and 1/4 cup milk. Combine with dry ingredients and form into finger-shaped patties--deep fry until golden brown. Drain on absorbent paper and serve at once.

CORN or RICE SPOON BREAD

Combine (in order given) and stir until blended, 1 cup boiled rice or boiled cornmeal, 1/4 cup cornmeal, 2 cups buttermilk, 1/2 tsp. soda, 1 tsp. salt, 2 beaten eggs, 2 tsp. melted fat or butter.

Place batter in a greased oven-proof dish and bake about 1 hour in pre-heated 325 degree oven. Often, bits of left over ham (chopped) or cooked seafood is added and this delicacy is served as a main dish.

JOHNNY CAKE

Mix 1 tsp. salt and 1/2 cup white cornmeal. Gradually stir in 1 cup scalded milk or boiling water. Spread 1/4 inch deep in a greased shallow pan. If desired, dot with butter in a buttered shallow pan. You may prefer to shape mixture into small serving bits. Bake at 350 degrees until crisp.

QUICK SALLY LUNN

Sift, before measuring, 2 cups all-purpose flour. Resift with 2-1/4 tsp. double acting baking powder and 3/4 tsp. salt. Combine and cream with 1/2 cup shortening and 1/2 cup sugar. Beat in, one at a time, 3 eggs. Add the sifted ingredients to the batter in about 3 parts alternately with 1 cup milk. Stir the batter lightly until ingredients are just blended. Bake in greased pan for about 30 minutes. Break the bread into squares and serve hot. (Bread is baked in pre-heated 425 degree oven).

MONKEY BREAD

There are several legends regarding the origin of the name of this bread. Some say it

CARPET SPECIAL
501 Nylon Continuous Filament
Double Jute Back. 10 Colors To
Choose From. Reg. 8.95 Per Yd.

Now \$3.95 Per Yd.

CUSTOM DRAPERIES
SPECIAL FREE LINING ON ALL
CUSTOM DRAPERIES MADE.

These Offers Are Limited
Hurry! For Best Selections

TERM! FREE ESTIMATES!

NEVADA'S LARGEST UPHOLSTERY SHOP

Sahara Carpet & Draperies

Use Our Years of Local Experience * Terms Available
382-1173 1518 FREMONT

**BACK THE
GNAKYAK!**

DONREY

**AND VOTE ON
APRIL 8, 9 or 10**

**BALLOTS IN THE
REVIEW - JOURNAL**

**A SERVICE OF THE DONREY
OUTDOOR ADVERTISING CO.**

dates back to early European days. Others credit it to an incident when a servant, in answer to a query from her employer about the tasty dish, replied "Oh, I was just monkeying around".

However it came by its name--here is how it is made. Use 1 envelope active dry yeast or 1 cake of compressed yeast, 1/2 cup very warm water, 1 cup (2 sticks) butter or margarine, 1/4 cup sugar, 1 tsp. salt, 1/2 cup evaporated milk, 3-1/2 cups sifted regular flour.

Sprinkle, or crumble, yeast into very warm water in large bowl. Stir yeast until dissolved. Melt 1/2 cup butter or margarine in small sauce pan. Stir in sugar, salt and evaporated milk until sugar dissolves, then stir into yeast mixture.

Beat in flour all at once until batter is smooth and very stiff, then knead until shiny-elastic. Cover with clean towel; let rise in a very warm place 1 hour, or until double in bulk. Melt remaining 1/2 cup butter or margarine in a small sauce pan. Punch dough down, roll onto lightly floured pastry cloth or board.

Cut into diamond shapes with an approximate 3-inch cutter. Dip each piece in melted butter or margarine to coat both sides. Place, overlapping in layers, in an ungreased 12-cup tube mold. Cover, and let rise again 1 hour, or until double in bulk. Bake in moderate oven (350 degrees) 45 minutes or until golden brown, and loaf gives a hollow sound when tapped. Remove from mold--serve warm.

Neighborhood Councils Function A Valued One

By DOROTHY JOHNSON

THOSE WHO knock the various poverty programs, who would cut back on our participation in community action projects, might well examine some now in operation before parroting the inane views of those who maintain a permanent perch aboard the "let's kick relief" bandwagon.

One of the most laudatory programs in the Neighborhood Councils project. Often people in our community read notices in the paper of time and place for Neighborhood Council meets, but they don't understand the true significance of the Council, or its function.

The individual Councils are composed of residents of poverty areas who meet to discuss problems of their neighborhood by which they are affected, and how best to solve them. For instance, if there is a member, or members, in the community who have difficulty getting to a doctor for medical attention, plans are made to remedy the situation.

ANOTHER FUNCTION of the Neighborhood Council is to handle neighborhood complaints and to supply information and advice to residents on subjects which the average individual has no or insufficient knowledge or understanding of. By serving in such a manner, the Council acts as a force to quell misgivings and emotion which could be manifested by vast pockets of neighborhood resentment against bureaus of city, county, state, and federal government.

One of the major problems in this area stems from the number of people who migrate here from other states who are destitute and cannot qualify for aid under governmental programs. In these instances, the Councils try to find another agency through which funds can be obtained to return the unfortunate persons to their native state where they can qualify for aid or perhaps may be gainfully employed in the labor market of their original home.

ALSO, WITHIN the Councils, discussion groups have been formed in which information is disseminated to those who are on some form of aid here in the community exactly what relief and services they are or are not entitled.

More importantly, Council leaders, in these discussions, attempt to motivate a desire for improved status by fostering the concept of public aid as only a temporary tool and placing emphasis on what the individual can do to help himself to be a self-sufficient and full-contributing member of society.

In these sessions, called therapy sessions, it is both stimulating and gratifying to hear people who long have been on charity rolls begin, for the first time, to discuss among themselves such things as: "What is keeping me from getting a job? Are we really qualified to get jobs and taking the easy way out? Am I afraid to admit to myself that I need more training and should do something about it?"

YOU HAVE TO expose an idea to an individual before he can understand it, then you must help to cultivate his desire to want to understand it, if he doesn't.

In the Neighborhood Councils, study groups have been formed also, and many older people are learning to read for the first time in their lives.

Another project dear to the hearts of the service workers of the various Councils, and one they hope will be funded, is a hot lunch program for the schools in the areas the Councils serve.

You would think that programs such as these would meet with enthusiastic acclaim by professionals as well as just plain citizens. They are not. It is a sad commentary on the times that some of the severest critics of these projects have been professional people.

IT SEEMS that all admiration and support should be given to these disadvantaged people assiduously applying themselves in a self-help program to raise their standard of living as well as those with whom they live and striving to gain and maintain human dignity and self-respect. Many have gone to better jobs from training derived from these projects. How can one decry a program that inspires and motivates a desire to gain or complete an education?

Don't answer me--save it for the next critic of such worthwhile programs as the Neighborhood Council Project.

