

FOOD FORUM *

Dorothy Johnson

Chinese Fare

ORIENTAL FOODS are light and appealing to summertime appetites. Watching our own Bea Bryant preparing dinner for her Cal gave me food for thought about Oriental food. They cook quickly and lend themselves admirably to the electric skillet, all of which adds up to a cool Cook and kitchen.

Here are some recipes of Chinese origin featuring popular shrimp and crab.

CHINESE SHRIMP ALMOND

2 tbsp. oil, 1/2 c. halved or slivered almonds, 3/4 c. sliced green onions, 3/4 c. sliced celery, 3/4 c. cut green pepper (cut in 1/2 inch squares), 1 lb. cleaned, cooked shrimp, 1/2 c. vegetable or chicken broth, 2 tsp. cornstarch, 1/4 tsp. salt, 2 tbsp. water, 1 tbsp. soy sauce, Chow Mein Noodles.

Heat oil in Chinese Wok or electric skillet until moderately hot. Add and brown almonds --skim from fat and drain on paper towel. Add onions, celery and green pepper to fat in pan. Toss to coat pieces with oil; cover and simmer without browning 4 minutes. Add shrimp and broth. Blend cornstarch, salt, water and soy sauce and stir into cooked mixture. Bring to a boil, add almonds and serve at once over warmed Chow Mein noodles. Makes 4 servings.

Cleaned raw shrimp may be used in place of cooked shrimp by adding them to the hot fat to cook 4 min. before adding vegetables.

CRAB MEAT with CHINESE CABBAGE

2 tbsp. oil, 1 c. flaked crab meat, 4 tiny green onions cut in 2-inch lengths, 1 tsp. minced green ginger root, 1 tbsp. dry sherry, dash white pepper, 1 tsp. salt, 1/2 tsp. sugar, 6 c. Chinese cabbage cut in 1-inch pieces (discard coarse, heavy part of leaves) 1 c. chicken broth, 1 tsp. cornstarch blended into 2 tbsp. water.

Heat oil until moderately hot in Chinese Wok or electric skillet. Add crab meat, onions, ginger, sherry, pepper, salt and sugar. Stir for 1 minute. Add cabbage; toss to mix with ingredients in pan. Add broth; cover and cook 4 to 6 minutes or until cabbage is crisp-tender. Add dissolved cornstarch; bring to boil and serve at once. Makes 4 servings. Serve with rice, shoestring potatoes or Chow Mein noodles.

CHOP SUEY or CHOW MEIN

These are similar dishes which can be made with cooked pork, chicken or seafood. Chop Suey is served over steamed rice, and Chow Mein over fried noodles.

Cut 2 c. cooked pork roast into 2-inch julienne strips about 1/4 in. thickness. Slice diagonally 1/2 c. celery using tender leaves, 1/2 c. green onions, 1 c. mushrooms, chop coarsely: 1 green pepper (seeds and membrane removed).

Drain 1 c. bean sprouts and heat well in a deep heavy skillet. Into 2 tbsp. cooking oil, stir-fry the onion and celery for about 3 minutes. Then add mushrooms, pork, peppers and bean sprouts--continue to stir-fry for 2 or 3 minutes longer. Then add: 1/2 c. fresh, peeled, seeded, and slivered tomatoes, jellied juices from roast or a bit of meat glaze, (glazes are meat stocks cooked down very slowly until they solidify), and 1 c. strong consommé. Season with salt and pepper, 1 tbsp. soy sauce, and 3 tbsp. dry sherry. You may thicken the juices with cornstarch. Serve at once.

"MR. RICHARDSON'S" BIRTHDAY PARTY



BIRTHDAY PARTIES ARE LIKE THAT--the good ones, that is... And this is obviously a swinger. It came to the VOICE simply as "Mr. Richardson's birthday party" and we couldn't be happier for him... That is Mr. Richardson seated on the divan with one arm around the young lady identified as "Miss Olga, Mr. Richardson's girl friend" and the other around his grandmother, Mrs. Connie Wells, at whose North Las Vegas home the party took place... Other guests celebrating the occasion with Mr. Richardson are reported as Mrs. R. Jameson, Mr. J. Goodlow, Mrs. Betty Govan, Mr. Lee Foster, Mrs. Annie Fields, Mr. Ralph Cooper, Mrs. Willie Cooper, Joy & Vic Hamann, Mrs. Masie Johnson, Mr. Clarence Tony, Mrs. Joann Bradley, Mrs. Curtis Rogers, Mr. Nick Musolino, and Mrs. Minnie Sanford.

NO PROGRESS SEEN IN SCHOOL DESEGREGATION

WASHINGTON - (NPI)--The outgoing chief of the federal school desegregation program has found substantial school integration progress in the South--and almost none in the North.

David Seeley, who resigned as head of the school desegregation program of the Office of Education, said, "The pattern of the old dual (school) systems has been basically broken" in states south of the Mason-Dixon line.

But he added: "I don't know of any big city (in the North) that is making any kind of headway (in school desegregation)." Seeley was more hopeful about the Deep South.

"EVEN IN Mississippi and Alabama," he said, "we are beginning to detect growing recognition (by the white power structure) of the need to find a way to change."

Seeley seemed to be most hopeful of desegregation in the 12 border states (between the North and the states of the old Confederacy).

"I think we're over the hump" in those states, he said, "even though 75 per cent of the Negro children still attend segregated schools" in some of them.

Seeley resigned his federal position to become director of a new Office of Educational Liaison in New York City. In that capacity, he will coordinate educational aspects of anti-poverty programs with federal school aid plans and the city schools. He also will help decentralize the city's schools.

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