

FOOD FORUM *

Dorothy Johnson

The Watermelon Is A Swinger

THIS REFRESHING fruit may be round or oval, large or small, according to the variety. You may buy them whole, or a section, by the pound. Watermelon, apart from having its rind pickled or shaped into watermelon balls for an appetizer, has been neglected by the culinary arts until recently. A few cookbooks carry the recipe for watermelon pickle and that is the extent of it.

Recently, in thumbing through "Playboy Gourmet," I found this interesting drink called--

WATERMELON ON THE ROCKS

1 c. watermelon meat, 1/2 oz. lime juice, 1 tsp. sugar, 1-1/2 oz. Vodka.

Remove all seeds from watermelon, cut into approximate 1 inch cubes and puree in electric blender. Put 2 large ice cubes into an Old Fashioned glass, add puree, lime juice, sugar and Vodka. Stir well.

For the experiment-minded cooks, here are a few new ways to handle the juicy fruit.

PIN BAGLIONI'S MELON APPETIZER

Mix 3 tsp. curry powder with 1 tbsp. each of lemon juice and cider vinegar. Let stand 5 minutes. Whip 1/3 c. heavy cream until thick but not stiff. Strain curry mixture through cheesecloth into cream; stir in lightly. Fold in 3 c. small watermelon cubes. Chill 10 minutes. Spoon into lettuce leaves on small plate. Serves six.

CHINESE WATERMELON SOUP

Bring to boil 4 c. water, 3 envelopes instant prime beef broth. Add 1 c. cubed watermelon, simmer 5 minutes. Add 2 sliced mushrooms, 1/2 raw boned chicken breast, thinly sliced; simmer 5 minutes. Add 1 slice julienned Virginia ham. Serve soup with a lemon slice in each bowl. Makes 4-1/2 cups.

CUCUMBER, GRAPE & MELON SALAD

Into a bowl, put 2 c. cubed watermelon, 1-1/2 cups peeled cubed cucumber, 1 c. seedless white grapes, halved. Sprinkle over fruit 2 tsp. salad oil, 2 tsp. cider vinegar or 1 tbsp. lemon juice, 1/4 tsp. salt and pepper. Toss dressing lightly with fruit. Cover, chill 2-3 hours.

WATERMELON WITH RASPBERRY SAUCE

Thaw 1 pkg. (10 oz.) frozen raspberries in syrup. Put 6 c. small chunks watermelon into serving bowl. Push raspberries with syrup through strainer and mix with melon. Cover--chill 2 hours. Break up 1/2 pint vanilla ice cream. Stir lightly into melon-raspberry mixture. Serves 8-10.

WATERMELON ICE

Liquid watermelon: Fill electric-blender container 3/4 full with pulp and seeds. Turn blender on very low speed for 3-4 seconds. Strain to remove seeds. Combine in pan 1 c. liquid watermelon, 3/4 c. sugar. Bring to boil, cook 5 minutes. Remove from heat. Add 6 tbsp. lemon juice, 3 more c. liquid watermelon. Chill, then freeze until mushy. Stiffly whip 2 egg whites. Whip half into melon mush, fold in remainder. Freeze until firm, about 2 hours, stirring occasionally. To serve, scrape into tall glasses. Decorate with mint leaves.

MELON ON A STICK

Cut watermelon into pieces approximately the size of a Popsicle. Discard seeds. Insert a bamboo or wooden pick on one end. Roll fruit in confectioners sugar and spread on a piece of waxed paper; set on foil, freeze for 1 hour. Delicious for the kids on a hot summer day.

PLUGGED WATERMELON

From top of chilled, ripe 16 lb. melon, cut and remove a plug about 3 inches square and

VEGAS CENTRAL FCU IN OPERATION



BOARD OF DIRECTORS--Vegas Central Federal Credit Union #18156, first in the State of Nevada and first in the Western District of Cuna Mutal (California, Nevada, and Hawaii) officially went into operation last week by electing its governing body pictured here... Seated (from left) Mrs. Sarah Ray, Publicity Chairman; Mrs. Dorothy Johnson, Education Committee; Mrs. Addie Blake, Education Committee... Standing (from left) Arthur Grant, Credit Committee; Ike Rome, President; Charles Jones, Vice-President; Rev. Leo A. Johnson, Secretary-Treasurer.

Protests Pay Off

ROCHESTER, N.Y. - (NPI)--FIGHT finally won its fight against the Eastman Kodak Company, when the film manufacturer agreed to cooperate in finding jobs and developing training programs for local non-skilled Negroes.

The civil rights organization has long been at odds with Kodak over repudiation of a job training program for Negroes. Demonstrations resulted. Proxies were withheld by church groups at the firm's annual shareholders' meeting last April 15.

Finally, Dr. Louis K. Eilers, Kodak president, telegraphed the Rev. Franklin D. R. Florence, FIGHT leader, agreeing to the programs.

"THERE NOW appears to be an opportunity to create better understanding and to work in mutual respect," Dr. Eilers said, in agreeing to these areas of cooperation:

--Kodak will send employment interviewers into Negro areas to seek new employees.

--FIGHT will assist Kodak in seeking the hard-core unemployed.

--Both groups will get together periodically to discuss the Negro community's economic needs.

--Kodak will develop a slide or movie presentation designed to motivate the hard-core unemployed.



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REVERE & "H" STREETS

2 to 3 inches deep. Slowly pour 1/2 c. bourbon into melon. When fruit has absorbed most of liquor, replace plug. Set melon in refrigerator at least 1/2 hour before slicing and serving. A few melons have been known to soak up more than 1/2 cup bourbon. Serves ?