

FOOD FORUM *

Dorothy Johnson

Creole Cookery

Woman's Day Encyclopedia of Cookery offers readers a peerless variety of palate-tempting recipes. I read cook books as others read the month's Best seller. The introduction to each chapter explains the origin and history of every category.

There are those who claim that Creole cooking is America's most original contribution to good food, and that it ranks with Europe's finest cuisines. New Orleans has become a mecca for the gourmet from every part of the world.

Creole cooking is a concoction of French, Spanish and Anglo-Saxon cuisine, prepared with the skilled assistance of Negro cooks. Creole cooking is native to Louisiana and the Gulf states where the original Spanish and French settlers, anxious to maintain their language and culture, were called "Creole".

BEING A "Creole" implied a cultural background and a taste for elegant living. The records of the early Creoles tell of their luxurious homes, their lavish entertaining, and the grand scale of their cooking on the plantation or in the town house.

The dishes most closely associated with Creole cookery are the bouillabaisse, the gumbo, and the jambalayas which are lavish with the wealth of succulent seafood. It is the seasoning--leaning heavily on pepper, onions, garlic, green peppers, and spices--that make many Creole dishes so individual.

The most typical of these seasonings, is file, made from powdered sassafras leaves, which both flavors and textures food. Another typical ingredient is okra. The African word for okra has been modified to "gumbo" and thus, Creole gumbos are dishes which use okra for flavor and thickening.

ANOTHER interesting feature of Creole cooking is the combining of meats and/or poultry and seafood in one dish. Some of these dishes are called jambalayas, and are characterized by the addition of rice.

In essence, Creole cooking reflects the Spanish love for highly seasoned foods and for rice; the French gift for delicacy in the kitchen as shown in their ways of cooking chicken and game birds; of making custards and fritters, and using wines and liqueurs in cooking.

Added to this are the skill and infinite patience of the Negro cooks who introduced some of their own foods, such as okra and other vegetables, and the herbs traditional with the Indians.

Dining out in style has always been a custom in New Orleans, and no other American city can boast of so many fine restaurants known to so many people throughout the country.

HOTEL PONTCHARTRAIN SHRIMP REMOULADE

1/4 c. tarragon vinegar, 1 tbsp. ketchup, 2 tbsp. horseradish mustard, 1-1/2 tsp. paprika, 1/2 tsp. salt, 1/4 tsp. cayenne, 1/2 c. salad oil, 1/4 c. minced green onions and tops, 2 lbs. cleaned cooked large shrimp, shredded lettuce, 1/2 c. celery.

In a small bowl beat together first 6 ingredients. Gradually add oil and beat until well blended. Stir in onions and celery. (If electric blender is available, put in blender for 15 seconds). Add oil. Pour sauce over shrimps and marinate in refrigerator for 4 or 5 hours. For each serving arrange 6 shrimp on shredded lettuce in cocktail glass.

OYSTER AND SHRIMP JAMBALAYA

2 tbsp. olive oil, 1 pint oysters, 2 onions chopped, 1 clove garlic, pressed; 1 small green pepper minced, 1 lb. raw shrimp, shelled and deveined; 1 c. uncooked rice, 2 c. chicken bouillon, 1 bay leaf, 2 c. (1 lb. can) tomatoes, pinch ground thyme, 1 tsp. salt, 1/8 tsp. pepper, 1 tsp. sugar, minced parsley.

Heat olive oil in large skillet. Add oysters and cook over low heat until edges begin to curl. Remove from pan; refrigerate. Cook onions, garlic, and green pepper in skillet for 2 or 3 minutes; add shrimp. Cook until shrimp turns pink--remove from pan.

Put rice in skillet; heat, stirring constantly,



REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

It's been said that for every food there is a season... The reverse is also true. During the fall, the time of harvest with its brisk, cool mornings and nippy nights, we naturally turn to hail and hearty hot foods for our main dishes at mealtime.

Here is a new recipe for an old favorite and an easy way to prepare it. We think you will enjoy making this entree as much as your family will enjoy eating it.

Blender Macaroni & Cheese

In blender container combine and blend;
 2 cups milk 3/4 tsp. salt
 2 eggs 1/8 tsp. pepper
 1 small onion, diced 1/4 tsp. dry mustard
 1 tsp. Worshestershire

Add 1/2 lb. diced cheese, turning blender on and off to make cheese pieces smaller. Pour mixture over 2 cups cooked, drained macaroni and bread pieces (about two slices) in buttered casserole. Set casserole in pan of water in 350 deg. oven. Bake about 1 hour.

Make your blender a real kitchen helper. It can be used to speed preparation of main dishes, salads and desserts as well as beverages.

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until rice browns. Add tomatoes, bouillon, and seasonings. Cover and simmer over low heat until rice is tender and liquid has been absorbed. Add oysters and shrimp. Heat through, stirring gently. Serve garnished with minced parsley.

DUNBAR'S JAMBALAYA

3 tbsp. butter, 1 small onion minced, 1 clove garlic, 1-1/2 lbs. raw shrimp, 3 small pork sausage, 1/4 lb. cooked ham, 1 tbsp. all purpose flour, 1 can (6 oz.) tomato paste, 4 sprigs parsley minced, 2 thyme sprigs minced, 2 c. hot water, salt and pepper, 1/3 c. uncooked rice.

Melt 1 tablespoon butter and brown garlic and onion. Peel and devein shrimp. If shrimp are very large, cut them into halves lengthwise. Add shrimp and cook, stirring for about 5 minutes, until shrimp are bright pink. Cut sausages into small pieces and brown pieces using a separate pan. Cut ham into cubes the same size as sausages and saute with sausages for a few minutes. Blend in flour.

Combine meat with shrimp and add tomato paste, parsley, and thyme. Add hot water and bring to a boil. Add salt and pepper to taste. Cover; simmer for 1 hour. Cook rice according to directions on package until it is barely tender. Stir rice into meat mixture and add remaining butter. Set the pan into pan of hot water and continue to cook for about 30 minutes longer, or until rice has absorbed all the liquid and the mixture is quite dry.

CREOLE BOUILLABAISSSE

2 tbsp. butter, 2 tbsp. all purpose flour, 2 onions chopped, 2 cloves garlic minced, 2

tsp. curry powder, dash of hot pepper sauce, 8 whole cloves, 2 bay leaves, 1/2 tsp. crumbled dried thyme, 1 tsp. salt, 3-1/2 c. (one 1 lb., 13 oz. can) tomatoes, 1 c. water, 2 lbs. red snapper, 2 lbs. redfish, 1/2 c. sherry, 1 can (4 ozs.) whole mushroom caps, undrained.

Melt butter in large skillet. Add flour and cook over low heat until golden brown, stirring constantly. Add onion and garlic; continue cooking for 2 to 3 minutes. Then, add curry, hot pepper sauce, half of cloves, 1 bay leaf, thyme and salt. After a minute or two, add tomatoes and water. Simmer slowly, covered, for 30 minutes. Put fish, cut into small pieces, in another skillet. Cover with boiling water; add remaining cloves and bay leaves and half the sherry.

Gently simmer fish for 8 minutes; drain. Put fish and mushrooms into sauce; heat for 5 minutes. Add remaining sherry and serve.

Note: Cooking the seasonings in brown flour and butter roux gives this famous dish a very special flavor.

LOUISIANA PECAN CAKE

1-1/2 pkgs. seeded raisins, cut into halves; 1 c. whiskey, 1 c. softened butter or margarine, 2-1/4 c. granulated sugar, 1 nutmeg grated, 6 eggs, well beaten; 4-1/2 c. sifted all purpose flour, 3-1/2 c. coarsely chopped pecans, 2 tsp. baking powder, 1 tsp. salt, Confectioners sugar.

Soak raisins in whiskey overnight. Cream butter and granulated sugar. Add nutmeg and eggs. Beat thoroughly. Mix 1 cup of flour with the nuts. Sift together remaining flour, baking

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FASHIONS AT A GLANCE

For Teeny Boppers, Michael Oster reflects Rudi Gernreich's bright orange, purple and pink colors with chrome and lucite jewelry...triple lucite tubes angle in on the ear, chrome nuggets shine on plaques that wrap around the wrist and fingers....

Tortoise follows the trend for those who prefer brown...Maison de Fou dazzles tortoise with "a girl's best friend" and swings them from an oval tortoise button-earring.

Huge abstract tortoise over earrings dangling from a cube are by Hattie Carnegie.

Emerich Meerson of the Ontry on the Rue Tronchet, Paris; predicts the return of the Anklet...in silver, to be worn over textured or opaque hosiery with a large but lightweight linked chain!

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Paris forecasts wide handbags, small rectangular bags, big pouches, boxes with rigid handles, sturdy bags in tweed to match day clothes...the suits and capes. Shaved fur, shorter shoulder straps, big buckles, lots of brown, black and bronze.

A wide satchel in brown, rust and white tweed with brown calf edging and handle, by Pipart at Ricci...

Patent box in bronze with rigid gold handles anchored with tortoise pearls, for Givenchy by Rene Lemarchand.