

FOOD FORUM *

Dorothy Johnson

CORNBREAD A-GO-GO

American Cookery is as different as are our Fifty States which make up the Union.

There are people living in Las Vegas from every state and every country. On the short street where we live, there are 17 homes. In this small area we have people from Jamaica, Arkansas, Missouri, New Jersey, Texas, Louisiana, California and Nevada. We find each have a special favorite recipe from their native home.

One of the delightful features of American Cooking is this readiness to try new ingredients and to use old ingredients in new ways.

COOKING IS a lot quicker, a lot simpler than it used to be. More and more cookbooks are printed, and what is surprising is that they are second best sellers among books. The Bible is still number one.

Food in our home is served wherever we happen to be relaxing--maybe in the kitchen, the livingroom or on the card table in our bedroom. So we eat all over the house indoors or out of doors.

Eating at home is taken for granted when actually it should always be made a very special occasion. As Vincent Price and his Mary say, "The grab-a-bite-on-the-run routine so many of us live with in this fast-paced nation not only spoils our digestion but deprives us of the pleasure of relaxation afforded by good food."

It doesn't cost any more to have a good meal than it does to have a poor one. Just a little heart and mind, your creative ability and imagination makes fine foods and marvelous cooks.

One of the things that is cooked, perhaps, two or three times a week in all of our homes is cornbread. I haven't tried all of these wonderful breads concocted from cornmeal, but most of them I have prepared and enjoyed.

ANTEBELLUM SPICED NUT CORNBREAD

1/2 c. sifted all purpose flour, 2 tsp. baking powder, 1/4 tsp. salt, 1/4 c. sugar, 1/2 tsp. ground spice and nutmeg, 1/2 c. white cornmeal, 1/2 c. finely chopped pecans, 1 egg beaten, 1/2 c. milk, 2 tbsp. melted butter.

Sift first 7 ingredients. Add cornmeal and nuts, stir well. Add egg, milk, and 1 tbsp. melted butter. Blend to make a batter. Put 1 tbsp. butter in 7-inch iron skillet. Heat skillet in preheated hot oven (400 deg.), then brush heated butter on sides and bottom of pan. Add batter and return to oven at once. Bake for 30 minutes, or until cornbread tests done. Makes 6 servings.

CUSH

4 c. crumbled cornbread, 1/2 c. melted butter or margarine, hot water, salt, pepper, butter.

Mix cornbread with melted butter and enough hot water to give mixture the consistency of a crumbly stuffing. Add salt and pepper to taste. Fry mixture in shallow hot butter until crumbs are crisp. Good for breakfast.

GRILLED CORN MUSH

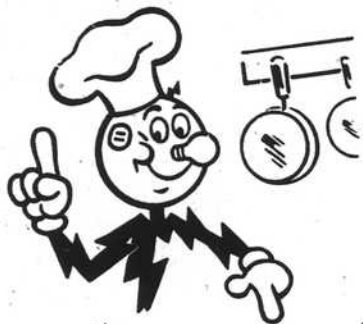
1 c. yellow cornmeal, 3/4 c. boiling water, 1 tsp. salt, 2 tsp. chili powder, 1/2 tsp. crumbled dried oregano, 1/2 lb. salt pork, diced; 2 yellow onions diced, 1 garlic clove minced, 1 egg slightly beaten.

Sprinkle cornmeal slowly into boiling water. Add seasonings. Cook over boiling water for 45 minutes, stirring constantly. Meanwhile, fry salt pork until crisp, add onions and garlic, and saute for 3 or 4 minutes. Cool; add egg. Combine salt pork mixture with cornmeal. Mix thoroughly. Pour into oiled loaf pan (9x5x3 in.) Chill overnight. Unmold and slice into 1-inch slices. Brown in hot fat.

GOLDEN CHEESE SPOON BREAD

2 c. milk, 3/4 c. yellow cornmeal, 1 tsp. salt, butter, 2 tbsp. finely minced green pepper, 1 c. cooked fresh (or canned) whole kernel corn, 1/4 lb. cheddar cheese, shredded; 4 eggs, separated.

Heat milk in a saucepan until hot, not boiling. Gradually add cornmeal; stir constantly. Stir in salt and 2 tablespoons butter. When but-



REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

We pause to count our blessings this month of Thanksgiving. We might include the blessing of electricity which serves us in so many ways. Even as we prepare a festive meal, electricity makes possible the use of many appliances which save both time and work for today's homemakers.

Blender Cranberry Orange Relish

1 lb. pkg. cranberries (washed & drained)
1 orange, cut in eighths
1/2 lemon cut in eighths
1 c. sugar
1 c. pecans
red food coloring

Put 1/2 c. cranberries in blender. Using high speed with center of cover open, add remaining cranberries while on high speed. Add sugar, then oranges, then nuts in same manner. Stop to push down mixture with rubber spatula. Add a few drops of red coloring.

While cranberries are available at a reasonable price you may want to buy more than you need for immediate use. Overwrap the package as it comes from the store and keep in your freezer. The berries will be as fresh in later months as the day you purchased them.

We invite you to use the services offered by our Home Economics Department. For assistance with electrical appliances, kitchen planning, home lighting, menus and recipes

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ter is melted, remove from heat and stir in green pepper, corn and cheese. Gradually stir hot mixture into slightly beaten egg yolks. Beat egg whites until stiff but not dry, and fold in. Turn into buttered baking dish (about 1-1/2 qts.). Bake in pre-heated moderate oven (350 deg.) for 45 minutes, or until golden brown. Serve immediately. Pass warm melted butter to pour over each serving. Makes 6 to 8 servings.

BACON, EGG AND CORN CAKES

1/2 c. chopped bacon ends, 1-1/4 c. yellow cornmeal, 1/4 c. all purpose flour, 1/2 tsp. baking soda, 1 hard cooked egg, chopped; 1 egg, beaten; 1 c. buttermilk.

Pan broil bacon until crisp; reserve fat. Mix dry ingredients; add crisp bacon and chopped egg. Mix bacon fat, raw egg, and buttermilk. Add to dry ingredients and mix well. Spoon onto hot greased skillet; shape into small cakes. Brown on both sides. Makes 4 servings.

FASHIONS AT A GLANCE

Winter jewelry by Gripoix are a metalmix --Gautier matches belt buckles to earrings; Jeanne Peral is inspired by the Far East; all like en amels ... Gripoix's metalmix "Diamond" flower brooch, for Givenchy, has petals edged with red enamel band, green enamel leaves; a dark green "tweed" brooch, striped with enamel, stone-set, with dull silver chain and gold motifs is by Peral.

Other hardware includes raincoat clasps, outsized snaps, buckles, belts, chair shoulder straps and galosh clamps!

Handbags, are slightly larger than last season...The envelope bag will be important, in of course, chocolate brown, camel, and other brown tones.

Shoes are decreasing in the "chic" look and leaning toward comfort...thin clog soles are on the newer shoes.

Stripes are bright and bold, oblong, horizontal and the newest look--like the barber pole stripes--that surprise color, "purple" shows up in many of the striped costumes. Strong vivid purples are coupled with bright green (sic)...and navy in wool...The mauve shades are appearing in the evening dresses and coats.

(EDDYE, from page 8)

happiness to others, has been enjoying the thrill of a cup brimful of happiness herself these past few days. Reason is a visit from daughter Mrs. Elizabeth Snow from Battle Creek, Michigan. Mrs. Snow is equally delighted at the reunion with her Mom of whom she is justifiably proud and loves our town. She will spend a few days in California this week, then return here for another visit with Mrs. Bailey before returning home.

OUR CONGRATULATIONS to Attorney Earle White who recently won his first case in the Public Defender's Office of Attorney Richard Bryan. (Ed's note--Not just his first case, Eddy. Talk among other legal eagles is that Earle's got the District Attorney's staff members talking to themselves, or at least wishing he was on their side. As a matter of personal opinion, Clark County can well be proud of its Public Defender's Office. The Public Defender, himself, is quite a guy--and hallelujah for the day when the poor man can cut a slice of that equal justice cake).

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