

# FOOD FORUM \*

Dorothy Johnson

## WINE - The Extra Touch

Produced in variety in Europe and America, wine adds flavor to a sauce or dish; complements food as a refreshing drink; and gives any meal that extra gourmet touch.

The Bible has many references to wine and to its ceremonial use. Primitive man must have thought the natural phenomenon of the fermentation was magical, and certainly the joyous feeling that comes from drinking the beverage must have seemed magical too.

Although there has been much controversy about when to serve certain types of wine and which wines to serve with which foods, there are really no strict rules.

STILL SOME foods and wines seem to complement each other, just as crackers with cheese and bacon with eggs. For example: With fish--Dry white wine, dry champagne. With beef, lamb, and mutton--Red wine, or dry champagne. With veal--Dry white wine or dry champagne. With pork--Dry champagne or a light flowery white such as an Alsatian, a dry Moselle, or a California Riesling. With chicken and turkey--Dry champagne, red wine, or dry white wine. With duck--Red wine or dry champagne. With game--a good red wine or dry champagne. With cheese--a good red wine. With dessert and fruit--a sweet white wine, such as a sweet sauterne, or a slightly sweet champagne. At the end of the meal--port or other sweet wine, such as a sweetish sherry or madeira.

### SERVING WINES

Red table wines: With one or two exceptions, these should be served at room temperature. The exceptions from France and (sometimes) the Italian Valpolicella--gain by being lightly chilled. For all other red wines, place the bottle in the room in which it is to be served a few hours in advance.

Dry white table wines, champagnes, roses: These should be lightly chilled.

Dry sherries, dry madeiras, and vermouths: Chill lightly. Vermouths may be served over ice.

Cooking with wine is like cooking with any other flavoring. The wine should be used to enhance the flavor of a dish, and in some cases (as with your cheaper cuts of meats) to tenderize it before cooking, in a marinade, or during cooking.

Wine should always be used sparingly in cookery. When wine is not part of a recipe, but you feel you would like to experiment with the dish you are preparing, add a very little at a time, and taste as you go along.

Meats that have been marinated or soaked in wine to tenderize them must be well dried before cooking. All meat to be cooked in wine must be well browned before the wine is added. All dishes cooked with wine can be reheated successfully.

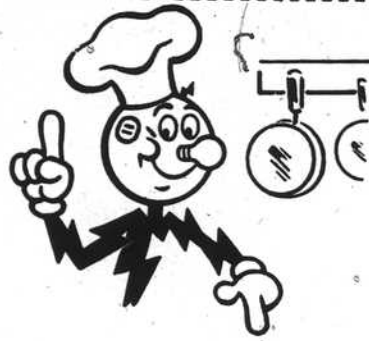
### DAUBE PROVENCALE

4 to 5 lbs. chuck or rump of beef, rolled and tied; 3 cloves garlic, 1 onion stuck with 2 cloves, 1 tsp. crumbled dried thyme, 1/2 tsp. crumbled dried rosemary, 1 tsp. pepper, 1 pig foot, split; 2 carrots, 2 tsp. salt (about), coarse dry wine, 2 tbsp. tomato paste, 1 c. stoned black olives, 1 lb. macaroni.

Put all ingredients in a bowl except wine, tomato paste, olives and macaroni. Add enough wine to cover. Let stand in refrigerator for 12 to 24 hours. Put meat and marinade in Dutch oven. Cover tightly and either simmer on top of stove, or bake very slowly in preheated oven (200 F.) for 4 to 6 hours, or until meat is tender. Add tomato paste and black olives and cook for another 30 minutes.

Skim off excess fat. Put meat and pig foot on a platter and slice meat. Garnish platter with additional boiled onions and carrots if you wish. Cook macaroni in boiling salted water until done to your taste, and drain. Mix with thick luscious sauce and serve with daube. This is called macaronnade.

A daube is much better if made one day and allowed to rest 24 hours, when all fat can be removed. Then it can be eaten either cold in its own jelly or heated and served with macaron-



## REDDY KILOWATT'S

### HELPFUL HINTS FOR HOMEMAKERS

If it's a sweet tooth you've got, stir up a batch of fudge. Here's a recipe that's quick and easy with an electric skillet; it's one that is sure to make a hit with the "peanut butter fans" around your house.

Homemade candy's a tradition at Christmas, so remember to make an extra batch for someone away from home.

### PEANUT BUTTER FUDGE (Electric Skillet)

- |                       |                                   |
|-----------------------|-----------------------------------|
| 2 cups sugar          | 1 cup miniature marshmallows      |
| 3 Tbsp. butter        | 1 12-oz. jar chunky peanut butter |
| 1 cup evaporated milk | 1 tsp. vanilla                    |

In electric skillet combine sugar, butter and evaporated milk. Set control at 280 deg. Bring mixture to a boil, boiling 5 minutes and stirring constantly. Turn off heat. Add marshmallows, peanut butter and vanilla. Stir until ingredients are melted and blended. Pour into buttered pan. Cool and cut into squares. Makes about 2-1/2 pounds.

Weather affects sugar cookery; in rainy or damp weather, sugar syrups may absorb atmospheric moisture. Under such conditions syrups should be cooked to a temperature of 2 deg. F. higher than usual.

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### CHICKEN BRAISED WITH WINE

7 tbsp. butter, 3 tbsp. cooking oil, 1 roasting chicken (3-1/2 to 4 lbs.), salt and pepper to taste, 1 tsp. crumbled dried thyme, 1 onion stuck with 2 cloves, 1 small carrot, Dry red wine, 16 small white onions, 1 tsp. sugar, 12 to 16 mushrooms, butter and flour kneaded together, chopped parsley.

Melt 3 tbsp. of the butter and the cooking oil in heavy skillet. Brown chicken over fairly high heat until nicely colored on all sides. Season with salt and pepper. Transfer to a casserole or baking dish which can be covered. Add thyme, onion with cloves, carrot and enough full-bodied red wine to cover chicken. Simmer covered, in preheated slow oven (300 F.), for 1 to 1-1/2 hours or until chicken is just tender. Do not overcook.

While casserole is cooking, saute white onions in remaining butter. Cover pan or skillet and steam onions until tender. Add sugar at the last minute, to caramelize and give onions color. Saute mushroom caps until lightly browned in the skillet in which you browned the chicken, adding more butter if needed. Season them with salt and pepper.

Remove chicken when it is tender, cut into serving pieces, and arrange on a hot platter. Reduce wine sauce over a high heat. Correct seasoning and thicken sauce with the flour and butter mixture. Pour sauce over chicken and top with chopped parsley.

## FASHIONS AT A GLANCE

By Mattie Smith Colin (NPI)

At an elegant luncheon Mayor and Mrs. Lindsay gave for the Royal Party from Nepal at Gracie Mansion in New York recently, Queen Ratna wore a flowing lemon-colored Sari, with delicate orange designs embroidered onto it. The fragile-appearing queen, who is far from "delicate" (according to a member of the royal party, she accompanies her husband, King Mahendra, on hunting expeditions) accessorized her native costume with a double strand of pearls, yellow bracelets, a huge ring and silver earrings, and a tiny, shiny black purse.

\* \* \*

New cold weather coats range in width from the wide tent to the slim, slim styles... most are cut to give the illusion of the vertical, and have double-breasted buttons... The modified A-shape coats have tiny bodices.

\* \* \*

Making a big hit with the college group is the hardware on coats, just as hardware on dresses, suits, hats, shoes and handbags made the fashion scene... A new comer is the hardware-studded mini coat that doubles as a car coat!

For Wee Folk, coats are dressy for fall... some are "real" furs, but the little ones seem to prefer the furry pile make-believes in dark or pale tones... that are washable. Some of the children's coats are brilliant in color, richly textured fabrics featuring the Russian influence; the classic trench is not out, along with shirt and belted shapes.

\* \* \*

AND now, an "all cashmere wardrobe"; Bonnie Cashin's hooded sweater, matching shorts to long Johns in mail-bag of a satchel. The bag is in caramel kid... broadly strapped to sling over the shoulder as blithely as the mail-girl carries hers!

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Fellow Media-gal Lois Alexander (director, Harlem's Institute of Fashion) may be tapped to head the Fashion Committee for New York's Negro Cultural Exposition, next October.

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