

# FOOD FORUM \*

Dorothy Johnson

## FOOD FOR THE SOUL

Our soul food is fast becoming as popular as Hamburgers, everybody's favorite. Originating in the South, many of the tasty soul-food dishes are made with great imagination, as well as from the necessity for creating a dish that is easy on our meager purses and satisfies the palate.

### HOMINY GRITS SOUFFLE

3/4 c. hominy grits, 1 tsp. salt, 1-1/3 c. water, 1-2/3 c. (1ge. can) evaporated milk, 1/4 c. softened butter, 4 eggs, separated (at room temperature).

Mix together, grits and salt in top of double boiler. Gradually stir in water, then evaporated milk. Cook covered 30 minutes stirring occasionally.

Remove from heat; blend in butter until melted. Slightly beat egg yolks; gradually stir grits mixture into egg yolks. Cool to lukewarm. Beat egg whites until stiff but not dry. Fold into cooled mixture. Gently turn into ungreased 2-1/2 quart souffle dish. Bake in 350 deg. (moderate) oven 45 minutes or until knife inserted in center comes out clean. Serve hot with melted butter, if desired.

### HOPPIN JOHN

1 c. dried blackeye peas, 3 c. water, 1 tsp. salt, 1 med.-size onion diced, 1 ham hock or 2 oz. salt pork, diced; 1/4 tsp. pepper, dash cayenne, dash garlic powder, 1 c. uncooked long grain rice, 1 tbsp. butter or margarine.

Pick over and wash peas. Soak overnight in the 3 cups water. Next morning, drain, measuring the water, and adding enough to make 3 cups. Add to the soaked peas along with salt, onion and ham hock. Cover, bring to boiling point, and simmer for about 1-1/2 hours, or until peas are tender and only a small amount of liquid is left. Pick meat from ham hock. Discard ham bone and add meat to peas, with pepper, cayenne, and garlic. Cook rice according to package directions. Add butter and mix lightly with peas. Cook for 2 or 3 minutes for flavors to blend. Serve hot with cornbread.

### FRIED OKRA

1-1/2 lbs. fresh young okra, 1/2 tsp. salt, 1/4 tsp. pepper, 1/2 c. yellow cornmeal, 1 tbsp. all purpose flour, about 4 tbsp. bacon drippings or shortening.

Wash okra and cut off tips and stem ends. Cut pods into crosswise slices, 1/4 inch thick. Sprinkle with salt and pepper. Roll in cornmeal mixed with flour. Saute in hot bacon drippings until okra is golden brown. Serve hot.

### NECK BONES AND HOMINY

3 lbs. pork neck bones, salt and pepper to taste, 1 onion chopped, 4 pods fresh garlic (chopped very fine), 3 cans (small) whole hominy, 2 tomatoes, 1 can evaporated milk.

Season meat with salt and pepper. Using a heavy kettle, put neck bones, onions, hominy and tomatoes into it. Cover kettle and simmer over low heat 1-1/2 hours, adding a little water if necessary. When meat is tender, add garlic and evaporated milk; cook 2 or 3 minutes.

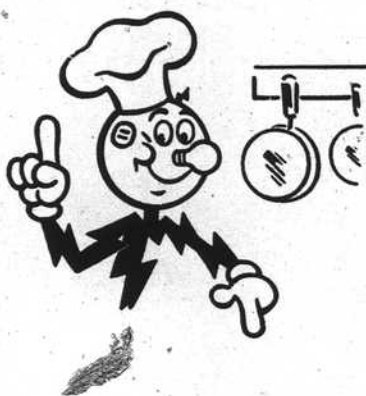
### SWEET POTATO PONE

4 c. grated peeled raw sweet potatoes, 2 eggs well beaten, 1/4 c. melted butter, 1 c. milk, 3/4 c. dark corn syrup, 1/2 c. all purpose flour, 1/2 tsp. each of ground nutmeg, and cinnamon, 1/2 tsp. salt.

Mix sweet potatoes with eggs, melted butter and milk. Stir in corn syrup. Beat in remaining ingredients. Pour mixture into 1-1/2 quart mold baking dish. Bake in pre-heated slow oven (325 deg.) for 2-1/2 hours. Stir occasionally the first hour. Serve hot or cold. When cold, it can be sliced and served with milk or cream.

### LOST BREAD

1 part loaf stale bread, 3/4 c. sugar, 5 eggs,



## REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

Why do some people make a good cup of coffee and others do not? The secret of coffee that is satisfying and just plain good is simple with an automatic electric percolator.

### RECIPE FOR GOOD COFFEE

1. Use a spanking-clean automatic percolator.
2. Use only fresh coffee, stored in an airtight container.
3. For best oil extraction, use drip grind coffee.
4. Use fresh cold water.
5. Directly after coffee is brewed, throw away the grounds to prevent bitter drippings.
6. An electric percolator holds coffee at 185 to 190 degrees automatically. It never boils.
7. Serve coffee freshly brewed.

When serving coffee, you can be as festive, as formal, as casual as you please. However, once coffee is brewed, it cannot be "doctored" or improved. It has to be right the first time. This can only be guaranteed through care and consistency in the making of coffee.

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1 pint milk, 1 lemon (grated outer peel only), 1 tsp. vanilla, or 2 tbsp. brandy (optional). This breakfast relish, is really a Creole masterpiece--appetizing and delightful.

Cut a part loaf of stale bread into six slices about 1/4 inch thick, trim off extreme outer crust, and soak slices for a few minutes in about a pint of boiled milk, sweetened with 1/2 cup sugar. Add 2 tbsp. brandy (one tsp. vanilla extract may be substituted, if preferred). Pour off milk and set bread slices on a flat pan or platter, inclined so as to drain off surplus milk. Then set the pan level again.

Separate eggs and beat whites and yolks separately. Add whites and yolks thoroughly with 2 tbsp. sugar and finely grated outer peel of lemon. Pour this over the moistened bread and let soak for one half hour. Place 2 tbsp. butter and 1 tbsp. lard into a frying pan. When this is boiling hot, lay in the slices of bread so as not to overlap one another, and fry to a golden brown. Drain on brown paper in a warm oven for a few minutes and serve on a hot platter. Some like a sprinkling of fine sugar and cinnamon or nutmeg, on lost bread; and many like lemon juice squeezed over it.

### SCRIPTURE CAKE

(Look up the references in the Old Testament)

- Judges 5:25 -- 1/2 c. butter or margarine;
- Jeremiah 6:20 -- 1 c. sugar;
- Isaiah 10:14 -- 3 eggs separated;
- Exodus 16:31 -- 1 tbsp. honey
- 1 Kings 4:22 -- 2 c. sifted all purpose flour;
- Leviticus 2:13 -- 1/2 tsp. salt;
- 1 Corinthians 5:6 -- 2 tsp. baking powder;
- 1 Kings 10:10 -- 3/4 tsp. ground cinnamon,
- 1/4 tsp. each ground cloves, allspice and nutmeg;
- Judges 4:19 -- 1/3 c. milk;

## FASHIONS AT A GLANCE

About Fur care... how your furs will continue to look...and last, depend upon the care "you" give them.

Do you constantly wear your collar high and close around the neck?

Do you carry handbags and packages under one arm, instead of in a glamorous shopping bag?

Do you frequently wear heavy necklaces and bracelets which come in contact with your fur coat?

All these can cause fur to wear thin in spots. Try to avoid this.... cultivate the habit of having small tears and rips repaired by a furrier as soon as you discover them, no matter how trivial. Neglected small tears can develop into a larger tear that only an entire new skin can repair....

Also, avoid getting furs soaking wet. If they do get wet, do not try to dry them near a radiator...in an overheated room, or in a crowded closet.

Instead, dry them where cool, dry air circulates rapidly..... shake or brush lightly when completely dry.

Always hang furs on well-padded coat hangers to help retain neck and shoulder shape and give a better support to the weight. Never hang furs in a lighted area for any length of time.. strong sunlight will eventually discolor and singe fur.

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Genesis 43:11 -- 1/2 c. chopped blanched almonds;  
1 Samuel 30:12 -- 1/2 c. dried chopped figs;  
1 Samuel 30:12 -- 1/2 c. chopped seeded raisins.  
Cream butter. Add sugar gradually, beating until light. Add egg yolks, one at a time, beating thoroughly after each addition. Beat in honey. Add sifted dry ingredients alternately with milk and beat only until smooth. Stir in nuts and fruits. Fold in stiffly beaten egg whites and pour into a loaf pan (9x5x3 in.), lined on the bottom with wax paper. Bake in pre-heated moderate oven (350 deg.) for 1 hour, or until done. Cool cake in the pan for 5 minutes. Turn cake out on a rack and peel off paper. Turn cake rightside up to cool.