

FOOD FORUM

Dorothy Johnson

NEW BOOK SOUL FOOD COOKERY

Recently, I was given a new cookbook entitled "Soul Food Cookery" by one of my hometown women, Inez Yeargen Kaiser, who is presently owner of Inez Kaiser & Associates, a public relations firm specializing in the ethnic market.

Mrs. Kaiser received her B.S. degree in Home Economics from Kansas State Teachers College and M.S. degree in Home Economics from Columbia University, New York. She received her training in Merchandising, Marketing, and Market Research at Rockhurst College and Chicago University. Her syndicated column "Fashionwise and Otherwise" appears in Negro papers throughout America.

FRIED OKRA

1 lb. small, tender okra pods, salt, pepper, fat, cornmeal mix. Wash okra pods and cut off ends. Cut pods in 1/2" slices, sprinkle with salt and pepper and roll in cornmeal mix. Fry in hot skillet of fat and brown on both sides.

COLLARD GREENS

2 lbs. meat (neckbones, ham hocks, salt pork), 4 medium sized bunches greens, thoroughly washed; salt and pepper to taste, 1 red pepper (optional), or 1/4 tsp. red pepper, 2 tbsp. cooking fat or bacon drippings. Parboil meat until tender, remove from pot. Add well-washed greens which have been cut in small pieces. Place meat on top of greens, cover. Simmer over low flame until greens have cooked down. Add seasonings to taste and cooking fat or drippings. Cover and simmer until greens cut easily with fork.

Turnip greens may be cooked the same way.

CORN PICKLE

18 ears tender corn, 4 red bell peppers, 2 tbsp. cabbage, 3/4 lb. sugar, 3/4 c. salt, 3 stalks celery, 4 lge. onions, 4 green hot peppers, 4 tbsp. dry mustard, 1/2 gal. vinegar. Cut corn, keeping grains whole, and cut other vegetables rather fine. Mix sugar, salt and mustard together. Dissolve in vinegar until free of lumps. Combine all ingredients. Cook slowly in large saucepan, keeping it boiling one hour. Pour into jars and seal while hot.

WATERMELON RIND

Watermelon, powdered alum, sugar, vinegar, allspice, water. Peel rind off watermelon. Save flesh for use in fruit salad. Cut into thin strips; place in a large basin with alum and water. Let set overnight. Rinse off next morning. Place in saucepan and add remaining ingredients. Cook over low heat until of a syrup consistency.

PEPPER RELISH

16 sweet red peppers, 16 sweet green peppers, 10 small onions, boiling water, 1 qt. sour vinegar, 1-1/2 c. sugar, 2-1/2 tsp. salt. Chop onions and peppers very fine and place in bowl. Pour boiling water over them and let stand 5 minutes. Drain off water and cover again with boiling water and let stand 10 minutes. Pour into muslin bag and let drain overnight. Add remaining ingredients and place all in saucepan. Boil together for 20 minutes. Pour while hot into jars and seal.

SOUSE

6 pigs feet, 3 pork knuckles, 2 qts. water, 1 onion sliced, 1 bay leaf, 3 whole cloves, 1/4 tsp. crushed sage, 1 pt. vinegar, 1-1/2 tsp. salt. Wash feet thoroughly and cover with water. Add remaining ingredients; cook gently until meat comes away from bones. Remove meat and discard skin and pieces of fat. Strain liquid and add chopped meat. Cook gently until liquid reduces to half. Turn into mold and chill until firm.

TRIPE IN BATTER



REDDY KILOWATT'S

Helpful Hints For The Homemaker

Serve your family a quickie summer meal with south-of-the-border flavor. Combine ground beef, Cheddar cheese and kidney beans with zesty sauce and a nippy sour cream topping then bake in your cool, clean electric oven. Ring it with corn chips and serve with a tossed salad and ice cold mugs of milk or punch.

Mexi-Chili Casserole

- 1 pound ground beef
- 1 can (1 lb.) kidney beans, drained
- 1 can (15 oz.) mild enchilada sauce
- 1 can (8 oz.) tomato sauce
- 1 Tbsp. instant minced onion
- 1 package (6 oz.) corn chips
- 2 cups (8 oz.) shredded Cheddar cheese
- 1-1/2 cups dairy sour cream

In skillet brown beef. In a mixing bowl combine beans, enchilada sauce, tomato sauce and onion. Set aside 1 cup corn chips and 1/2 cup cheese. Add remaining cheese, corn chips and meat to beans; stir to blend. Pour into 2-quart casserole. Bake uncovered in a preheated 375 degree electric oven 20-25 minutes or until heated through. Spread top with sour cream; sprinkle with reserved cheese. Ring remaining corn chips around edge; return to oven 3-4 minutes or until cheese is melted. Serve immediately. 6 servings.

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. Call 384-4600 and ask for HOME SERVICE.



VA FACTS

The VA usually can reply promptly if a veteran includes his "C" or file number when he writes.

Low-cost disability life insurance is available to qualified disabled veterans, reminds the VA.

A veteran's pension is generally not reduced when he is in a VA hospital and if he has a wife or child.

Veterans Administration statistics reveal that there are 30,000 veterans under 20 years of age.

The Veterans Administration's 166 hospitals have a daily average of 93,636 patients.

A widow whose veteran husband died of a service-connected condition may receive dependency and indemnity compensation regardless of her income.

According to the Veterans Administration, the first Medal of Honor for bravery above the call of duty was presented in 1863. Since then a total of 3,228 has been awarded.

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