

# FOOD FORUM

DOROTHY JOHNSON

## SOUP RECIPES

With the autumn seemingly to have set in, we are turning to warming foods. In the good old days, when a soup 'bunch' cost a nickle and the bones were free and greenstuffs were used in the household to concoct a wonderful essence for everyday consumption.

### PEPPER POT SOUP

2 veal shins  
5 quarts water  
salt  
2 pounds boneless veal  
1 pound fresh tripe, finely cut  
4 cups all-purpose flour  
4 cans (10 1/2 oz's. each) consomme  
4 cans (10 1/2 oz's. each) tomato soup  
red pepper  
4 cooked eggs  
butter balls

Simmer veal shins with 4 quarts of the water and 2 tablespoons salt for 2 hours. Strain, and add veal and tripe to broth. Simmer for 2 hours, or until meats are tender. Cut veal into pieces, and return to mixture. Cook flour until golden brown in skillet. Blend in remaining water and stir into veal broth. Add consomme, and tomato soup. Simmer for 1 hour. Season with salt, red pepper, and alspice. Add eggs and Butter Balls, and simmer for 1/2 hour. Makes 10 to 12 servings.

### BUTTER BALLS

Mix 3 cups all purpose flour, 3 teaspoons baking power, and 3/4 cup melted butter or margarine. Shape into tiny balls about the size of a nickel. Press firmly, and chill for several hours.

### OLD FASHIONED VEGETABLE SOUP

1 pound lean shin beef, cubed  
2 tablespoons butter or margarine  
2 pounds oxtails  
4 quarts water  
1 bay leaf  
2 cups celery, chopped leaves and all  
4 carrots, pared and sliced  
2 onions sliced  
3 parsnips pared and diced  
3 leeks, white only, quartered and diced  
2 cans (16 oz. each) tomatoes  
2 cups cubed pared potatoes  
1 large green pepper, pared and diced  
1 package (10 ounces) frozen peas or lima beans  
1 teaspoon salt  
2 tablespoons chopped parsley  
1/8 teaspoon black pepper  
1/2 teaspoon thyme

Brown meat in butter or margarine in large heavy pot or kettle. Add water and oxtails. Bring to a boil and skim surface of water. Simmer for 2 1/2 hours. Add carrots, onions, celery, and leeks. Cook 10 minutes. Add to stock tomatoes, potatoes, peas or limas, and 1 teaspoon salt, thyme and pepper. Bring to a boil, simmer gently 30 minutes or until vegetables are tender. Correct seasonings to taste. makes 8 to 10 servings.

### SPLIT PEA SOUP

Wash and soak 2 cups split peas. Drain the peas reserving the liquid. Add enough water to the reserved liquid to make 10 cups. Adding peas again cook covered for about 2 1/2 to 3 hours with a turkey carcass, chicken carcass, a ham bone or a 2 inch cube, salt pork. Add and simmer, covered, for 1/2 hr. longer until tender: 1/2 cup chopped onions, 1 cup chopped celery with leaves 1/2 cup chopped carrots add: (1 clove garlic, 1 bay leaf, 1 teaspoon sugar, a dash of cayenne or pod of red pepper, 1/4 teaspoon thyme.) Remove bones, carcass or salt pork. Put soup through sieve. Correct the seasonings. Sever with croutons or sour black bread and pickled pig feet.

### BARLEY SOUP

Melt in a skillet: 2 tablespoons salt pork,

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## Helpful Hints The For Homemaker

### Sandwiches From Around The World



Although sandwiches are said to have originated in Great Britain with the well-known Earl of Sandwich, these popular dishes have since become a peculiarly American institution. Nevertheless, flavorful foods know no international boundaries, and today some of the most exotic and exciting sandwich combinations can be found high among the national favorites in many far-flung lands.

### Empandas

Filling:  
2 tablespoons olive oil  
1 lbs. onions, chopped fine  
1 lbs. chopped lean beef  
1 teaspoon cumin  
1/2 cup raisins  
1/2 cup green olives, chopped  
2 hard-cooked eggs, minced  
1 teaspoon salt  
Pastry:  
regular pie crust recipe

To make filling, heat olive oil, and saute onions and chopped beef. Sprinkle with cumin. Cook until meat loses red color, DO NOT OVER COOK. Plump raisins, by covering with boiling water for 5 minutes, drain. Add raisins, olives, eggs and salt to meat; mix thoroughly. Prepare pastry according to directions, rolling as thin as possible; cut into 3 inch rounds. Place about 1 tablespoon meat mixture on each round and fold over. Crimp edges together with fork, and moisten so pastry will hold together. Prick centers. Bake on lightly greased baking sheet in 400 degrees electric oven for 15 minutes or until golden brown. Serve immediately. Makes about 50 empanadas.

### Sauteed Cheese Sandwich

Butter slices of bread, and put two slices together with slice of Bel Paese or other soft cheese. Beat an egg or two, and add a little milk. Dip sandwiches in egg and milk, and saute both sides in butter over medium heat. Serve hot.

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cooked until translucent, in the above 3 table-  
spoons shallots or onions. Add: 1/2 cup barley.  
agitate the pan to coat the barley well in the hot  
fat. After 5 minutes add: 1 quart hot stock from  
cured ham. Cook the mixture covered, until  
the barley is tender about 30 minutes. Bind  
or not as you like, depending on how rich and  
thick you want the soup, with: 3 well beaten  
eggs yolks 1 cup cream. Heat but do not boil  
after adding the eggs and cream. Before serving,  
add as a garnish: 2 tablespoons finely chopped  
parsley, 1 cup sauteed coarsely chopped mush-  
rooms. To keep the mushrooms white add: 1/2  
cup lemon juice.

### CREOLE SHRIMP SOUP

3 tablespoons butter or margarine  
1/2 lb. shrimp, shelled, deveined and diced  
1/2 teaspoon salt  
2 cups diced onion (large)  
1 green pepper, seeded and diced  
1 tablespoon flour  
1 can (1 pound, 12 ounces) tomatoes coarsely  
chopped  
1 can (13 3/4 ounces) chicken broth  
1/2 teaspoon diced marjoram, crumbled  
1/2 teaspoon salt

Heat butter or margarine in heavy sauce  
pan over medium heat. Add shrimp; sprinkle  
with 1/2 teaspoon salt. Cook until shrimp turn  
pink. Remove with slotted spoon. Reserve. Add  
onion and green pepper to fat left in saucepan.  
Cook 5 minutes stirring occasionally. Stir in  
flour. Cook 1 minute. Add tomatoes, chicken  
broth, and marjoram and 1/2 teaspoon salt.  
Cover. Bring to a boil. Simmer 15 to 20 min-

utes. Return Shrimp to pan. Cook 1 minute.  
Correct seasonings to taste. Makes 6 to 8  
servings.

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VA says 24,500 disabled vets trained in its vocational rehabilitation programs during FY 1970.

Veteran enrollments in VA education programs for 1970 was up an unrepresented 31 percent over 1969.

VA is initiating on-the-job training programs in areas of public need-- health care, education, recreation, welfare and pollution control.

15,000 jobs were offered the 9,186 vets who attended the two-day New England Vietnam Veterans Job Mart sponsored by VA and the Boston Globe.

Negro firms and individuals accounted for 83 percent of all minority participation in VA loan guaranty operations in FY 1970.

Dr. Andrew V. Schally Chief, Endocrine & Polypeptide Labs, New Orleans VAH is this year's winner of VA's highest honor for medical research-- the William S. Middleton Award.

Intensive care units are to be constructed at VA hospitals in Buffalo, Providence, Iowa City, Shreveport and Fayetteville, ARK., at a cost of nearly \$2 million bringing the total number of such units to 93.