

FOOD FORUM

DOROTHY JOHNSON

OYSTERS

Lake Trout, New England Clams, Florida Pompano and Shellfish from Chesapeake Bay--surely the people of a country bounded by two oceans, great lakes and a gulf were meant to be fish lovers. "Oysters R in Season." Fresh oysters may be purchased in the shells or ready shucked. Oysters in shells should be tightly closed or should close when touched; shucked oysters should be plump and shiny, surrounded by clear fresh-smelling (almost odorless) liquor.

OYSTERS ON THE HALF SHELL

Loosen each oyster from the deeper half shell but let it remain in the shell; discard the other half shell. Serve oysters on a bed of cracked ice around a small bowl of chili sauce or a cocktail sauce. Garnish with a wedge of lemon.

OYSTERS CASINO

Sprinkle oysters on a half-shell with chopped parsley, chopped chives, a few bread crumbs and paprika. Top each with a small strip of bacon. Place under the broiler until bacon is cooked.

SCALLOPED OYSTERS

2/3 cup melted butter
3 cups stale bread crumbs
1 tsp. grated onion
1 tsp. salt
1/8 tsp. pepper
1/4 tsp. nutmeg
1-1/2 pts. oysters
1/3 cup oyster liquor
1/3 cup cream

Combine butter, crumbs, onion and seasonings. Drain oysters, reserving 1/3 cup liquor. Place a layer of oysters in a greased shallow baking dish; top with a layer of crumbs and then with remaining oysters. Pour oysters liquor and cream over layers. Top with remaining crumbs and sprinkle with paprika. Bake in a moderate oven (375 degrees F.) 25 to 30 minutes or until browned. Makes about 6 servings.

OYSTER PIE

1-1/2 pints oysters
1-1/2 cups oyster liquor and milk
3 tablespoons butter
1/2 cup thinly sliced, celery
2 teaspoons grated onion
2 tablespoons flour
1 cup cooked and diced carrots
2 tablespoons finely chopped parsley
1 teaspoon salt
1/4 teaspoon pepper
rich biscuit topping.

Drain oysters, reserving liquor. To liquor add enough milk to measure 1-1/2 cups. Heat butter; add celery and onion. Cook over low heat about 5 minutes. Blend in flour. Slowly add milk mixture, and cook over low heat, stirring constantly, until thickened. Add carrots, parsley, oysters and seasonings. Pour into greased casserole (about 1-1/2 quarts capacity.) Cover with biscuit topping. Bake in a hot oven (400 degrees F.) 23 to 30 minutes or until browned. Makes about 6 servings.

OYSTERS ST. JACQUES

1 pint oysters
2 onions
1 tablespoon butter
2 tablespoons flour
1/2 cup milk
1 beaten egg yolk
1/4 cup buttered bread crumbs
1/2 teaspoonful creole mustard
1 teaspoon creole Herb Blend
2 tablespoons chopped mushrooms
salt and pepper

Fry the onion in butter until brown, slowly add flour and brown. Add milk and heat to boiling. Add the seasonings and the herbs and

REDDY KILOWATT'S

Control Temperature To Control Bacteria Growth

Sometimes too little thought is given to the all-important control of bacteria in a food service establishment. Germs are everywhere, and some harmful bacteria may be in all food. Control of heat and cold is probably the surest way of reducing bacterial action in foods. Generally speaking, food cooked at a high temperature is same when removed from the cooking equipment. Yet, when this food is held over long serving periods, it should be held constantly at over 140 degrees F. NEVER LET FOOD STAND ANY LENGTH OF TIME AT ROOM TEMPERATURE. The safety range for food is below 40 degrees or above 140 degrees F.

Here is a scale of critical temperatures:

212 degrees - Water boils at sea level. This kills most bacteria within 2 min.

180 degrees - Water at this temperature in rise line of dishwater will give 170 degrees F. -- killing temperature at the utensil.

170 degrees - Practically all common disease producing bacteria killed at this temperature.

140 degrees - Bacterial growth is practically stopped.

98.6 degrees - Body temperature. Bacteria's most rapid growth.

70 degrees - Room temperature. Bacteria grows good.

50 degrees - Bacteria growth slowed greatly, almost stopped below this point.

32 degrees - Freezing point of water; practically no bacteria growth.

To freeze food for storage, flash freezing at extremely low temperatures (below minus 30 degrees F is needed.)

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mushrooms. Simmer 12 minutes; then stir in the beaten yolk and the oysters. Place on deep oyster shells, or French shells. Cover with buttered crumbs and bake in moderate oven 15 minutes.



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VA FACTS

Interest rates on home loans guaranteed by VA were reduced from 7.5 to 7 per cent on Feb. 18, the third reduction in recent months.

Any veteran who financed his home with a VA guaranteed loan before May 1968, still has a \$5,000 or \$8,500 loan entitlement available depending upon when he received his loan.

Needy veterans who served during America's border conflict with Mexico are now eligible for disability pension benefit from VA on the same basis as other wartime veterans.

Veterans and servicemen who have used their GI home loan guaranty and, through no fault of their own are forced to sell their homes for reasons of health, employment, condemnation proceedings, or other compelling reasons now may have their guaranty privileges restored by VA.

Veterans benefits such as compensation and pension, educational assistance, subsistence payments to vocational rehabilitation trainees, and grants for homes or autos to severely disabled veterans are exempt from taxation, and need not be reported as income on tax returns. GI insurance dividends also are not taxable. However, the interest earned on these dividends is considered earned income.

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