

# FOOD FORUM

DOROTHY JOHNSON

## LENTEN DISHES

Fillet of Sole is one of the favorite lenten dishes. It is so versatile. Can be featured with other sea foods, vegetables and in soups. Its light delicate flavor adapts itself to a great variety of preparations.

### FILLET OF SOLE FRANCAISE

- 6 large fillets of sole
- 5 tbsp. butter or margarine
- 2 cups sliced mushrooms
- 1/2 lb. crab meat
- 1 tbsp. cracker crumbs
- 1/2 tsp. dill weed
- 1-1/2 tsp. season salt
- 1 lemon (thinly sliced)
- 1 cup dry white wine
- 1 cup water
- 1 egg
- 2 tsp. arrowroot or 4 tsp. cornstarch

Wash and dry sole well. Melt 4 tbsp. butter in a small skillet, add mushrooms and saute' until lightly browned. Remove from heat and stir in crab meat, cracker crumbs and 1/4 tsp. dill weed. Spoon mixture onto center of each fillet. Roll lengthwise and fasten with wooden picks. Sprinkle with remaining dill weed, season, salt and lemon slices. Add wine and water. Cover and simmer fish fillets and lemon slices to a heated serving platter.

Reduce poaching liquid by half. Beat egg until light and fluffy. Add arrowroot. Beat in a small amount of hot liquid. Return to skillet, stirring constantly until mixture thickens. Do not boil. Serve hot sauce over fish. Makes 6 servings.

### SOLE FLORENTINE

- 2 cups butter or margarine
- 2-10 oz. frozen chopped spinach
- 1 tsp. salt
- 1/2 tsp. onion powder
- 1 lb. fillet of sole
- 1/4 cup flour
- 2 cups milk
- salt
- pepper
- 1 cup shredded American Cheese

Melt 1/4 cup butter in a large skillet, add frozen spinach and heat until defrosted, breaking up with fork. Cook and stir until moisture has evaporated. Add 1/2 tsp. salt and onion powder and turn mixture into a greased 1-1/2 qt. casserole.

Rinse out skillet, add water and remaining 1/2 tsp. salt. Bring to a boil, add fish fillets that have been cut into serving sized pieces and cook gently until fish flakes, turning once. Arrange fish on top of spinach. Melt remaining 1/4 cup butter in skillet. Add flour and blend. Add milk and cook and stir until sauce is smooth and thickened. Season to taste with salt and pepper, then pour over fish. Sprinkle with cheese and bake at 350 degs. for 20 to 25 minutes or until hot and lightly browned on top.

### CHEESE BAKE

- 8 oz. elbow macaroni
- 1-1/2 cup dairy sour cream
- 1 cup cottage cheese
- 1 egg, beaten
- 1-1/2 tsp. salt
- 1/8 tsp. pepper
- 2 tsp. prepared mustard
- 1/4 cup chopped celery
- 1/4 cup chopped green pepper
- 2 tbsp. chopped green onion
- 2 tbsp. chopped pimiento
- 1 tbsp. chopped parsley
- 1 cup grated Cheddar Cheese

Cook macaroni until tender and drain well. Combine with sour cream, cottage cheese, egg, salt, pepper and mustard. Stir in celery, green pepper, onion pimiento and parsley and turn into greased casserole or baking pan. Bake at 350 degs. 40 to 45 minutes. Makes 6 to 8 servings.

## LAS VEGAS BRANCH NAACP BULLETIN

The Las Vegas Branch of the NAACP urges all Blacks to attend the Clark County School Board meeting at the Education Center on Flamingo Road on Thursday night, 8:00 p.m., March 9, 1972.

It is very important that the Blacks attend this meeting to represent the Black students, who are trying to continue the observance of National Negro History Week.

THE WHITES ARE SAYING NO MORE BLACK HISTORY IN OUR SCHOOLS!

Are we learning too much about ourselves? Witness with your presence against this racial evil on this Thursday night at 8:00 P.M., at the School Board meeting.

Marion D. Bennett  
President

### General Membership Meeting

The Las Vegas Branch of the NAACP will hold its General Membership meeting on Sunday, March 12, 1972, at the Zion Methodist Church, 2108 No. Revere St. at 3:00 p.m.

All members and interested citizens are urged to attend because Mr. Leonard Carter, West Coast Regional Director, will be present at the meeting to speak on and lead the discussion of the following two topics:

- I. Low Income Housing
- II. The Next Step of the School Desegregation Plan.

## JOIN THE NAACP

### HOME MANAGEMENT HINTS

by Karen Mason.

"Mildred, my left-handed widge flange was on the workbench last weekend. What did you do with it?"

It always seems the most important tool a home hobbyist has is the one he can't find when he needs it. And no one is more aware of the frustration of misplaced materials than the hobbyist's wife who usually gets blamed for secreting away paraphernalia she can't even pronounce.

Lack of organization can make a man's hobby a nerve-grating venture for everyone in the family, and can add unnecessary headaches to the already considerable job of home management.

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- 2 Always use wood and paper in your kite...not wire or metal.
- 3 Always fly your kite on days when there is no rain.
- 4 Always avoid busy streets and highways while flying your kite.
- 5 Always fly your kite away from TV and radio aerials.
- 6 Always keep away from fallen wires.
- 7 Always fly your kite far from electric or power lines.
- 8 Always call your power company if your kite gets snagged in power line. Do not pull the string or climb power poles.





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