

FOOD FORUM

DOROTHY JOHNSON

WAYS TO PREPARE TURNIPS

Turnips are in good season now. Although the turnip is cultivated principally for its white or purple roots, its young leaves, turnip greens are also eaten, particularly in the South. The "yellow turnip" is a popular designation for the rutabaga, which is actually related to the cabbage family, in culinary use is associated with the white turnip.

TURNIPS and ONIONS AU GRATIN

Peel and dice 1 pound of white turnips and cook them in boiling salted water for about 10 minutes, or until they are tender. Peel 1 pound small white onions and cook them in salted water until they are tender. Drain the vegetables and arrange them in a buttered casserole dish. Heat 1 cup heavy cream combined with 2 tbsp. cornstarch, until cream begins to thicken. Stir in 1/4 cup white cheddar cheese, grated and salt and pepper to taste. Pour sauce over the vegetables. Sprinkle the dish with fresh bread crumbs browned in a little butter and dot with shavings of cheese. Heat the dish in a moderately hot oven (375) degrees until it is brown and bubbly.

TURNIPS SOUBISE

Saute 3 or 4 mild onions, sliced with 2 slices of bacon, finely diced until the onions are soft and golden. Add 2 tomatoes, coarsely chopped, 2 garlic cloves, minced and mashed to a paste, with a little salt, 1/2 tsp. basil, 3 or 4 peppercorns, and about 3/4 cup beef stock. Simmer onions, covered, until they are soft. Press the mixture through a fine sieve or food mill, return it to the pan, and reserve it. Peel 2 pounds white turnips, parboil them in boiling salted water for 15 minutes, and drain them. Add the turnips to the reserved sauce and simmer mixture over low heat for 20 minutes, or until the turnips are tender. Season with salt and pepper and serve them in a hot dish with triangles of buttered toast.

TURNIPS and POTATOES NEW ENGLAND STYLE

Peel and dice 1 pound yellow turnips and cook them in boiling salted water to cover for 10 minutes, or until they are tender. Drain the turnips. Mash them with a fork, and combine them with an equal amount of freshly cooked mashed potatoes. Add 1/2 stick or 1/4 cup butter melted, 3 tbsp. cream, 1 egg, well beaten, and salt and pepper to taste. Spread the mixture in a buttered baking dish and cook it in a hot oven (400) degrees for 20 minutes. Spread a thick layer of whipped cream on top and brown the dish lightly under the broiler.

TURNIPS PAYSANNE

Peel 2 pounds of yellow turnips and dice them or cut them into small balls with a melon-ball cutter. In a saucepan saute' the turnips in butter over high heat until they are lightly browned on all sides. Add 1 cup chicken broth and cook the turnips, covered, over low heat until they are tender. Stir in 1/2 garlic clove, 3 or 4 shallots, and 4 or 5 sprigs of parsley, all finely chopped, and cook the mixture over high heat until the liquid is reduced to almost a glaze.

SPECIALIZATION NOW



Some of the consultants at the Career Clinic, left to right: Attorney Addeliar Guy, Miss Phyllis Baker, Mrs. Magnolia Kennedy and Miss Gertrude Woods.

The UNLV Student Union provided the setting for the first major activity of the Iota Debutantes. A Career Clinic sponsored by Les Femme Douze. The theme of the clinic was: Specialization Now and clearly set the stage for the many specialized consultants present.

Consultants represented a variety of professions which were divided into three groups; Professional Services, consultants were: Attorney Guy, Law; Miss Phyllis Baker, Airline Stewardess; Miss Gertrude Woods, Customer Service Representative, Western Airlines; Mrs. Mari Scivally, Nurse, Sunrise Hospital; Mrs. Magnolia Kennedy, Real Estate Agent, Dean Realty; Mrs. Ruby Garland, State Inspector of Cosmetology for Southern Nevada; Social Services, with consultants; Detective Sam Craig, Criminology; Miss Wilma Ficklin, Lab Aide, Sunrise Hospital; Mr. Jack Kinderberg, Lab Technician; Mr. Dwain Peterson, Social Work; Mr. William Smith, Hotel Services; and Business Education with consultants: Mr. Grover Lewis, Computer Science and Mr. Mark Miscevic, Education Dynamics. Debutantes were given valuable information by the consultants.

A luncheon concluded the Clinic with a panel of speakers who further enlightened the Debutantes, namely Mr. Thomas Brown, Counselor, Community College, Mrs. Claudette Enus, Commissioner, State Equal Rights Commission, and Mrs. Jean Dunn, Education Coordinator of CEP.

Concluding remarks were made by Mrs. Gwendolyn Bennett, President of Les Femmes Douze.



CHIEF RADARMAN Matt McGuire, USN, of the Los Angeles Navy Recruiting Station, joins Sugar Ray Robinson and members of his youth club in building Navy ships and aircraft models. Shown at work (from left) are Sandra Hawkins, Steven Eddy, Todd Corbin, Sugar Ray, Ruth Spitzer, Chief McGuire, Thomas McGuire and Karen Epps. The group has been working on the model building project for several weeks. The best ones are displayed in the Los Angeles Navy Recruiting District headquarters. There are eight chapters of Sugar Ray's Youth Foundation--now three years old--located in southern California and Las Vegas. The foundation combines a program of high ideals mixed with crafts, drama and athletics for youths between 8-16.

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