
FOOD FORUM

 Dorothy Johnson

New Treatment For An Old Bean

The Green Bean appears on the menu of restaurants from the beanery to the Gourmet menus. Popular as it is the green bean seldom gets its just due. All too often it is overcooked, undressed and otherwise badly treated before it ever makes it to the serving platter. Raw with a good dip it is a delightful accompaniment for cocktails.

SPICED GREEN BEAN PATE

- 3 (9 oz.) package frozen French-Style green beans
- 1/4 cup butter or margarine
- 2 tbsp onion flakes
- 1 tsp salt
- 1/2 tsp nutmeg
- 1/8 tsp pepper
- 4 hard cooked eggs finely chopped paprika.

Cook green beans according to package directions, except omit salt. Drain well. Cool and chop fine. Melt butter in large skillet, add onions and cook over low heat until lightly browned. Remove from heat and blend in salt, nutmeg and pepper. Add onion mixture to beans and blend well. Add eggs and mix beans and blend well. Add eggs and mix well. Spoon into mold or grease mold and turn out. Garnish with paprika and additional sieved hard-cooked egg yolks. Serve hot or cold with crackers or toast. Makes 4 cups.

GREEN BEAN FRITATTA

- Olive oil
- 1 green pepper, chopped
- 3 (1 lb.) can French style green beans, drained
- 1/2 cup grated Parmesan cheese
- 3 cloves garlic, minced
- 1 small onion chopped
- 3/4 cup bread crumbs
- 3 eggs, beaten
- Salt, pepper
- Dash of sage and oregano
- 1/4 cup sherry.

Heat 2 tbsp olive oil in skillet, add green pepper and onion and cook until soft but not brown. Combine with green beans, cheese, garlic, bread crumbs, eggs, salt and pepper to taste, sage, oregano, 1/4 cup olive oil and sherry. Pour into buttered baking dish. Sprinkle with additional Parmesan cheese and paprika. Bake at 325 deg. 40 minutes.

GREEN BEANS WITH HOT MUSTARD SAUCE

- 1/2 tsp. dry mustard
- 1 tbsp butter or margarine
- 1 tsp flour
- 1/8 tsp salt
- 1/8 tsp pepper
- 2 egg yolks beaten
- 3/4 cup milk
- 2 tsp lemon juice
- 1 lb green beans, cooked
- chopped pimiento

Mix mustard and 1/2 tsp water and let stand 10 minutes to blend flavors. Melt the butter and stir in mustard, flour, salt and pepper. Blend well. Mix egg yolks and milk and stir into mustard mixture. Cook and stir until slightly thickened. Do not boil. Add lemon juice and pour over beans. Garnish with pimiento.

GREEN BEANS A LA SALSA

- 2 (1 lb) cans green beans drained
- 1/2 tsp salt
- 1 (7 oz) can green chile salsa
- 1/3 cup finely crushed dry bread crumbs
- 1/3 cup grated cheddar cheese.

Mix green beans, salt and salsa. Spoon into shallow baking dish. Mix crumbs and cheese and sprinkle over beans. Bake at 350 deg. approximately 20 to 30 minutes or until cheese melts.

GREEN BEANS SINGAPORE

- 1 (2-1/2 oz.) jar sliced mushrooms, drained
- 3/4 cup diagonally sliced celery
- 1/4 cup butter or margarine
- 1 (1 lb) can sliced green beans
- 1 tbsp cornstarch
- 1-1/2 tsp soy sauce.

Cook mushrooms and celery in butter until celery is tender but still crisp. Drain beans, reserving 1/2 cup liquid. Blend liquid with cornstarch until smooth and add soy sauce. Stir into mushroom mixture. Cook and stir until slightly thickened. Do not boil. Add beans and heat.

HONEY BEAR BEANS

- 1 (16 oz) can cut green beans
- 1-1/2 tbsp butter or margarine, melted
- 2 tbsp honey
- 1/4 tsp salt
- 1/4 cup chopped walnuts.

Drain liquid from beans into small saucepan. Bring to a boil, add beans and simmer. Drain well. Drizzle with melted butter blended

SWEET & SOUR GREEN BEANS

- 4 slices bacon
- 1 tsp. flour
- 1/2 cup chicken broth
- 2 tbsp. vinegar
- 2 tbsp. sugar
- 1 tbsp. minced onion
- 1 (10 oz.) pkg. frozen green beans, cooked and drained
- 1 cup diced bananas

In a medium skillet cook bacon until lightly browned. Remove, drain, crumble and reserve. Remove all but 2 tbsp. bacon drippings from skillet. Blend flour into drippings. Stir in broth, vinegar, sugar and onion. Cook and stir until mixture thickens and comes to a boil. Add green beans, bananas and reserved bacon. Heat and serve.

CENTER OPENS SUMMER DOOLITTLE

This year's summer playground at Doolittle Center began registration, Friday the 14th of June, 1974 at 10 a.m. The program is open to all children ages 6 - 12, Monday through Friday; 9 a.m. - 12:00 noon and 1:00 p.m. to 4:45 p.m. Sack lunches will be provided by the Economic Opportunity Board.

Daily activities will include arts and crafts, table games, music and rhythm, drama, sports, stunts and contests. Parents are invited to visit frequently.

Thursday -- Girls and Ladies night at the Center 7 p.m. to 9:30 p.m.

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Increased from the first \$10,800 to the first \$13,200, but there is no increase in the contribution rate. Employees and employers will continue to pay 5.8 percent each on covered earnings, and the rate for self-employed people drops to 7.9 percent.

The Las Vegas social security office is at 300 Las Vegas Blvd., South. The phone number is 385-6371.

The North Las Vegas office is located at 820 E. Lake Mead Blvd. The phone number is 385-6567.

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Other members are Larry McCracken of Carson City, director of the Nevada Employment Security Department; Linda Ryan of the Carson City office of Sierra Pacific Power Co., and Lou Paley, of Reno, secretary-treasurer of the AFL-CIO of Nevada.

Completing the 13-member council are Hope Roberts of Reno, manager of K.D. Kelly Personnel; Larry Luna of Las Vegas, director of Service Employment Redevelopment, Inc.; Ed Phillips of Las Vegas, training representative for Reynolds Electrical & Engineering, Inc., and Edita Perez of Las Vegas, columnist for the Las Vegas Sun.

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