

# the THINKING WOMAN

## Dorothy Johnson's Food Forum

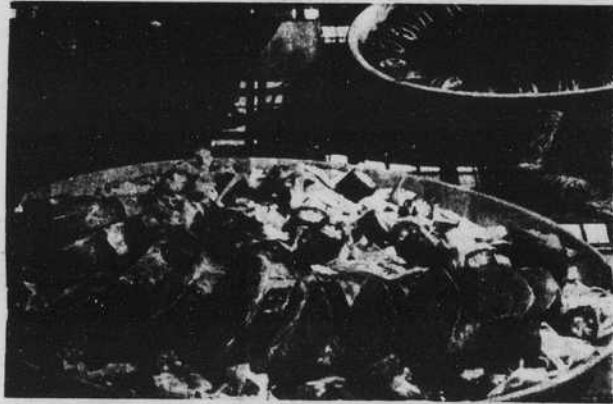
### MOTHER'S DAY

It's popular these days to take Mother out to a restaurant on "her" day, but maybe she doesn't like crowds, and at the best places you may have to wait an hour or so even if you have a reservation.

Most Mothers, I think, would consider it the best celebration to be queen for a day in their own homes, beginning with breakfast in bed, and with the knowledge that they won't have to do a dish or make a bed all day. Dad and the children can plan the main dinner, do the shopping, and surprise Mother with the menu.

Mother's likes and dislikes should get first consideration.

I would like to salute Louise Key, who has been my Western Mother and my own Mother Estella Waldron in Kansas City, who is 90 years young.



PERFECT PAIR--The Southern Smoked Pork Dinner, scent of dinners below the Mason Dixon line.

#### SOUTHERN SMOKED PORK DINNER

- 1 boneless smoked pork shoulder roll, (2 to 3 lbs.)
- 1 medium head of cabbage
- 1 (10 oz.) pkg. frozen okra or (8 oz.) fresh okra
- 2 tbsps. drippings, butter or margarine
- 2 tps. salt
- 1/8 tsp. pepper

Place pork shoulder in dutch oven. Add enough water to cover meat and bring to a boil. Reduce heat, cover tightly and cook slowly 1-1/2 to 2 hours, or until tender. Quarter, core and coarsely shred cabbage. Partially defrost frozen okra or wash and remove stems from fresh okra and slice crosswise into 1/4 to 1/2 inch pieces. Heat drippings in large skillet. Add shredded cabbage, okra, 1/4 cup broth from meat, salt and pepper. Cover tightly and cook over medium heat 10 minutes. Stir thoroughly combine. Reduce heat, cover and cook slowly 10 minutes, or until cabbage and okra are tender, stirring occasionally. Arrange vegetables on hot platter with carved pork. Makes 6 to 8 servings.

#### BEEF BURGUNDY

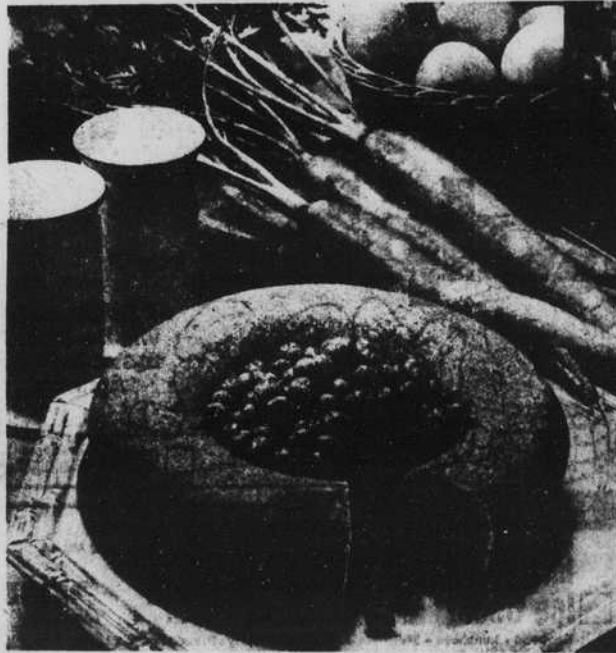
- 2 lbs. beef stew meat, cubed
- 1/4 cup flour
- 3 tbsps. oil
- 1 bay leaf
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. thyme
- 1 clove garlic, minced
- 1 (4 oz.) can sliced mushrooms
- 1 (8 oz.) can small whole olives
- 1 (1-lb.) can whole carrots
- 1 cup burgundy

Dredge meat in flour. Brown in hot oil in dutch oven. Add bay leaf, salt and pepper, thyme, and garlic. Drain vegetables and add liquids to meat along with wine. Cover and simmer 2 hours or until meat is tender. Add mushrooms, onions and carrots. Cover and simmer 15 minutes longer. Makes 6 servings.

#### HONEY BAKED CHICKEN

- 2 (1-1/2 to 2-lb) broiler fryers, cut up
- 1/2 cup butter or margarine, melted
- 1/2 cup honey
- 1/4 cup prepared mustard
- 1 tsp. salt
- 1 tsp. curry powder

Place chicken pieces in shallow baking pan, skin side up. Combine butter, honey, mustard, salt and curry powder and mix. Pour over chicken and bake at 350 degrees 1-1/4 hours, basting every 15 minutes until chicken is tender and nicely browned. Makes 4 to 6 servings.



COLORFUL--Spiced Carrot Pudding puts emphasis on a plain vegetable to make it festive.

#### SPICED CARROT PUDDING

- 1-1/2 cups flour
- 1-1/2 tsp. baking powder
- 1-1/2 tps. cinnamon
- 1/8 tsp. nutmeg
- 1-1/2 tsp. salt
- 1/2 cup butter or margarine -
- 3 cups grated carrots
- 3/4 cup dark brown sugar, packed
- 3 eggs, separated

In a medium bowl, combine flour, baking powder, salt, cinnamon and nutmeg. Set aside. In a medium saucepan melt butter. Blend in carrots, sugar and egg yolks. Stir into flour mixture. Beat egg whites until stiff and fold into carrot mixture. Pour into greased and floured 6 cup ring mold. Bake at 350 degrees about 45 minutes until a cake tester inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Unmold. Serve hot with center filled with hot peas, if desired. Makes 8 servings.

#### BLUE CHEESE SAUCE FOR GREEN BEANS

- 1/4 cup butter or margarine
- 3 tbsps. flour
- 1/2 tsp. salt
- 1-1/2 cups milk
- 1/4 cup crumbled blue cheese
- 1-1/2 lbs. cooked green beans, drained

In a 2-quart saucepan melt butter. Stir in flour and salt. Remove from heat and gradually stir in milk. Return to heat. Cook and stir until thickened. Cook 2 additional minutes. Add cheese and stir until melted. Add beans. Reheat over very slow heat.



### Three Organizations Sponsor Fashion Show

Coming attraction is Ophelia Dudley and The Originals' Fashion Show featuring Crochets and Knits. The show will be held on Saturday, May 8, 1976 at the Stardust Hotel-Crown Room. There will be no host cocktails at 7:00 p.m.

Sponsors of this elaborate affair are the National Associates of University Women in cooperation with Beta Psi and Beta Eta Theta Sororities.

Designer Ophelia Dudley is a well-known California designer of original crochet garments. Her clothing is said to be "sensual for sensual girls" and more often are referred to as "catch clothes."

There will be free door prizes and other surprises for the audience. For ticket information please call Mrs. J.T. Banks at 642-4171, 649-4417 or 649-2265. The public is invited.

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