

the THINKING WOMAN

Dorothy Johnson's ~~Special~~ Food Forum Quick-Cooking Entrees For Cool Summer Meals

Hot summer days call for cool, fast cooking. If you are looking for speedy cooking entrees that do not short change good taste, here are some ideas.

Your best bet is to rely on quick cooking meats such as chicken, veal, steaks, ground beef, lamb or turkey, tender fish or seafood and even tuna and cheese.

The recipes given take anywhere from 15 to 30 minutes to produce from scratch, and still allow time to prepare a salad or fast-cooking starch course (Pasta or rice are good choices.)

CHINESE CHICKEN SKILLET

- 2 tablespoons soy sauce
- 2 tablespoons dry sherry
- 1 teaspoon ginger
- 1 clove garlic, crushed
- 2 large whole chicken breasts, boned, skinned and cut into bite-size pieces
- 1/4 cup butter or margarine
- 2 cups sliced mushrooms
- 1 cup thinly sliced celery
- 1/2 cup thinly sliced celery
- 1/2 cup chopped green onions
- 1 (7-ounce) package snow peas, thawed
- 1 (8-ounce) can water chestnuts, drained and sliced
- 1 tablespoon cornstarch
- 2 tablespoons water
- 3 cups hot cooked rice

Blend together soy sauce, sherry, ginger and crushed garlic. Toss chicken in marinade to coat well. Melt butter in skillet, add chicken, mushrooms, celery, green onions and peas. Saute 10 to 15 minutes stirring constantly, until chicken is tender and vegetables are crisp. Stir in water chestnuts. Combine cornstarch and water. Stir into chicken and vegetable mixture. Cook and stir until thickened. Serve at once with hot cooked rice. Makes 4 to 6 servings.

HERBED CHICKEN LIVERS

- 1 pound chicken livers, cut in halves
 - 3/4 teaspoon salt
 - 1/8 teaspoon pepper
 - 1 tablespoon minced onion
 - 1 tablespoon minced parsley
 - 1/2 teaspoon tarragon
 - Flour
 - 2 tablespoons butter or margarine
- Sprinkle livers with salt, pepper, onion, parsley and tarragon. Dust lightly with a small amount of flour. Melt butter in skillet over medium heat. Add livers and cook 5 minutes, turning occasionally. Makes 4 servings.

SOLE MACADAMIA

- 1 cut chopped macadamia nuts or almonds
- 1/4 cut butter or margarine
- 1-1/2 pounds filet of sole
- Salt, pepper, paprika

Cook nuts in one tablespoon butter until evenly toasted. Remove and set aside. Melt remaining butter in skillet. Sprinkle fish with salt, pepper and paprika to taste and add to skillet. Cook about 4 minutes on each side or until fish flakes easily when tested with a fork. Arrange on heated serving platter and spoon pan drippings over fish. Sprinkle with toasted nuts. Makes 4 servings.

TUNA BOMBAY

- 3 to 4 apples
- 2 (7-ounce) cans water-packed tuna
- 1 cut grapes
- 1/2 cup finely chopped celery

- 1/4 cup chopped nuts
- 1/2 cup mayonnaise
- 1 tablespoon lemon juice
- 1-1/2 to 2 teaspoons curry powder

Wash apples but do not peel. Cut into quarters. Remove cores and slice to make 2-1/2 cups. Drain tuna and break into large pieces. Cut grapes in half. Discard seeds if necessary. Combine grapes, apples and tuna in large bowl. Add celery and nuts and toss together. Combine mayonnaise, lemon juice and curry powder. Toss with tuna mixture until blended. makes 4 servings.

HONEY-GLAZED HAM SLICES

- 1/4 cup orange juice concentrate
- 1/4 cup honey
- 1 teaspoon mustard
- 1 smoked ham steak, 1 inch thick

Combine orange juice concentrate, honey and mustard. Place ham on rack in broiling pan. Brush with orange sauce. Broil ham approximately 8 to 10 minutes on first side, 3 inches from heat source. Remove from stove, turn ham and brush with sauce. Replace pan under broiler for 6 to 10 minutes or until meat is heated through, brushing with sauce occasionally. Makes 4 to 6 servings.

VEAL MADERIA

- 2 tablespoons butter or margarine
- 2 pounds thin veal cutlets
- 1-3/4 cups beef broth
- 1/4 cup Madeira
- 1/2 teaspoon chopped parsley
- 1/2 teaspoon salt
- Dash pepper

Melt butter and add veal. Cook one minute on each side. Stir in broth, wine, parsley, salt and pepper. Cover and simmer 20 minutes, stirring occasionally or until veal is tender. Makes 6 to 8 servings.

CHINESE BEEF

- 1-1/2 pounds lean round steak
- 1 tablespoon cornstarch
- 1 tablespoon sugar
- 1 teaspoon soy sauce
- 1 tablespoon sherry
- 1/4 cup oyster sauce
- 3 tablespoons oil
- 1 clove garlic, minced
- 1/2 cup thinly sliced onion
- 1 cup Chinese peas, blanched

Cut meat into thin strips. Combine cornstarch, sugar, soy sauce, sherry, oyster sauce and one tablespoon oil. Mix with meat. Let marinate 20 minutes, stirring occasionally. Heat remaining two tablespoons oil in a saucepan and brown garlic. Add meat and onion and stir fry one minute. Add peas and cook one minute longer. Makes 6 servings.

DIAMOND JIM SPECIAL

- 1 pound ground beef
- 6 tablespoons minced onion
- 3 medium mushrooms, sliced
- 1 (10-ounce) package frozen chopped spinach, thawed
- 6 large eggs, slightly beaten
- Salt, pepper

Brown meat, stirring to keep crumbly. Add onion and mushrooms and cook until lightly browned. Stir in well-drained spinach and eggs and cook and stir until eggs are set but still moist. Season to taste with salt and pepper. Makes 4 to 6 servings.

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Women Highway Safety Leaders



LEFT: ESTHER DOHERTY, RIGHT: ARLEE ANDERSON

The National Association of Women Highway Safety Leaders, Inc. (NAWHSL) is a nationwide organization of women volunteers in support of traffic safety programs. It is the only women's organization exclusively devoted to traffic safety.

In July 1975, Governor Mike O'Callaghan appointed Mrs. Marguerite Glisczinski of Reno to serve as the Nevada representative.

The Clark County District Representative is Esther Doherty and Assistant District Representative is Arlee Anderson. Mrs. Doherty, a local community leader is listed in 1975-1976 Bicentennial Edition of Community Leaders and Note-worthy Americans. She is the immediate past president of the Las Vegas Business and Professional Women's Club, and is employed in the Base Equipment Management office at Nellis Airforce Base.

Mrs. Anderson is from Los Angeles, Calif., and has been a resident of Las Vegas for 19 years. She is married and has one son. She is serving as a missionary with the New Jerusalem Baptist church, is an active member in PTA, Vice-President of Clark County Extension Services, President of Dorcas Homemakers Club, and member of Eastern Star #34, Rose of Sharon.

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