

the THINKING WOMAN

Dorothy Johnson's **Food Forum**

Bengali Chicken Goes Southern



ADD SOME SPICE TO YOUR LIFE

Bengali Chicken with Blackeye Peas combines the "best of both worlds," traditional Indian marinated chicken and an American favorite, now available in convenient fresh-frozen form.

Team up the tantalizing cuisine of India and a nutritious staple from America's South and where in the world do you land? Right in the best tradition of American cooking — blending foreign favorites with our own regional style.

Here is taste adventure — Bengali chicken and blackeye peas combining chicken marinated in yogurt and spices (Tandoori-style) with well-seasoned blackeyes. Serve with East Indian Salat, a change-of-pace salad combining sweet onion, lemon quarters, sliced tomatoes, radishes, cucumbers and mushrooms.

- 1 (3-lb.) roasting chicken
- 1 container (8-oz.) plain yogurt
- 1/3 cup lemon juice, divided
- 2 cloves garlic, finely minced
- 1 teaspoon salt
- 1 teaspoon ginger
- 1/4 teaspoon cumin
- 1/2 teaspoon turmeric
- Dash of Tabasco
- 1 (16-oz.) polybag of frozen blackeye peas
- 1 cup chicken broth
- 1 medium onion, finely chopped
- 1 small carrot, minced
- Salt and pepper

Truss (tie compactly) chicken and place in a glass bowl or baking dish. Mix yogurt with 3 tablespoons of lemon juice, half the garlic and remaining seasonings. Spread mixture over the chicken. Cover and let stand in the refrigerator for several hours. Meanwhile, cook peas as directed on bag. When peas are tender, but not mushy, stir in remaining lemon juice and garlic with chicken broth, onion, carrot, salt and pepper. Turn peas into baking dish, place chicken on top of peas. Roast in a moderate oven, 350 degrees, about 75 minutes until chicken is tender. Add more liquid (water, broth or wine) to peas as needed. Makes 6 servings.

YOGURT SAUCE

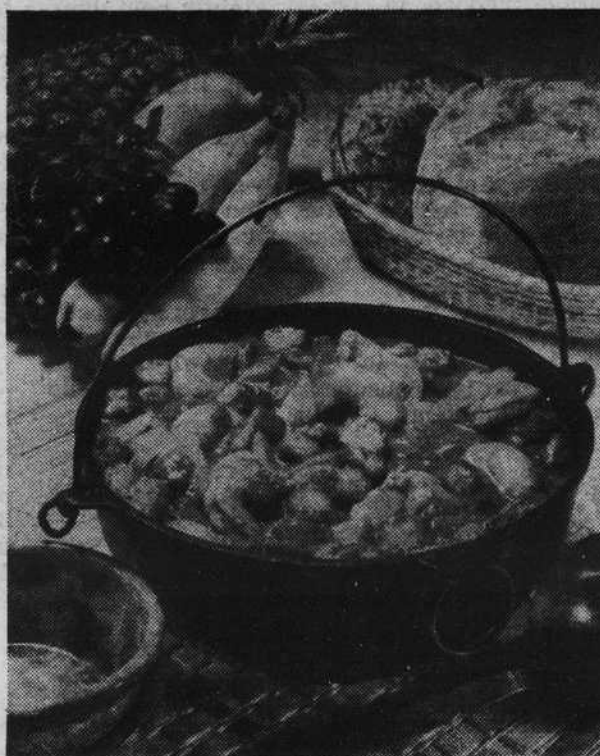
Combine 1 cup of plain yogurt, chopped scallions and Herb Seasoning. Mix to taste and pass separately in serving bowl.

EAST INDIAN SALAT

Sliver or slice 2 large sweet onions and spread in a layer over a shallow serving dish. Slice 2 large ripe tomatoes and arrange

in ring around the edge of the dish on top of onions. Fill center of dish with sliced radishes, cucumbers and mushrooms. Garnish with lemon quarters. Sprinkle lemon juice, salt and plenty of pepper over all.

Great Gumbo



EASY AND ELEGANT --- GREAT GUMBO

An uncomplicated but impressive dinner to serve family and guests is Authentic Shrimp Gumbo, combining convenient fresh-frozen okra with shrimp and seasonings.

Mention "Gumbo" to most folks and the reaction's likely to be "New Orleans" or "Southern specialty."

Actually, gumbo originated in Africa where it was a kind of fish stew. An African dish called "Caruru" with shrimp, okra, onions, "greens," dried malagueta pepper and salt, was the model for the shrimp gumbos that became the popular Southern dish.

AUTHENTIC SHRIMP GUMBO

- 1 16-oz. polybag of frozen cut okra
- 3 large onions, sliced
- 2 cloves garlic, chopped
- 1/2 pound dry hot sausage, diced or sliced
- 2 tablespoons bacon fat or butter
- 1 bay leaf
- Salt and pepper to taste
- 1/2 teaspoon crushed red pepper
- 1 can (1-lb.) stewed tomatoes
- 1 can (8-oz.) tomato sauce
- 2 cups water
- 2 pounds cleaned raw shrimp

Combine all ingredients except shrimp. Simmer 30 minutes over low heat. Add shrimp. Simmer an additional 15 minutes. Makes 6 servings.

Get Acquainted

With The Red Cross

The American Red Cross will be hosting a Get-Aquainted Night at the Clark County Library on Flamingo rd. Wednesday, Aug. 18, 7:30-9:00 p.m. Spouses and parents of military personnel (especially new recruits) are cordially invited to go and get an idea of what military life is like and how the Red Cross does help.

The ARC offers a wide range of services to aid military families. Red Cross services include reports to the military verifying family emergencies and other urgent matters.

Red Cross can help with communication problems, clearing up difficulties resulting from mail delays and insufficient information.

Refreshments will be served following a question and answer period.

Call 384-1225 to reserve a place before 4:30 Aug. 17.

Follow Directions

for Safe Home Canning

A record-breaking 19 to 23 million Americans will take to the stove and the chopping boards to can foods at home this year. For most, the practice will represent a slight savings in money and tremendous satisfaction in eating their own produce long after the harvest is past. Others will benefit from substantial savings and a good start in feeding their families for the year. For a few, who use inadequate canning materials and fail to follow directions faithfully, home canning may mean grave health danger and possible death.

"If you do everything right, you shouldn't have more than one out of every 100,000 jars spoil," Jean Carper says from the August issue of Reader's Digest. She adds, "It is fun."

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