

# the THINKING WOMAN

## Dorothy Johnson's Food Forum



### Shellfish Institute Presents Oyster Favorite

Historic old Virginia, where many of the democratic principles were developed on which this country was founded, can boast of numerous noteworthy events and important people in United States history. Eight of our Presidents came from Virginia, and it was here that Thomas Jefferson drafted our most famous political document, the Declaration of Independence. Many of Virginia's cities shared impressively in our early history and cultural development. Among these is beautiful old Williamsburg where the colonial area of the city has been preserved and restored for posterity by foresighted citizens following the theme "that the future may learn from the past."

Virginia is also noted for its seafood industry. There are approximately 3,000 miles of navigable fishing waters along Virginia's Atlantic seaboard, in Chesapeake Bay, and its tributaries. Oysters, crabs, and finfish are the principal catches.

Oysters are considered a delicacy in colonial times and are even more renowned today. These succulent little gems from bays and estuaries provide a rich supply of valuable protein and practically all the minerals necessary to good health. They are also low in fat and calories and are easily digested. Fresh oysters are available live-in-the-shell or shucked and packed fresh by size and weight into cans which are refrigerated

or frozen. Oysters are also cooked and canned in water or their own liquor and may be kept shelf ready.

Fresh oysters star in a delightful recipe, Oysters Williamsburg, named to honor that beautiful old city. This recipe from the Shellfish Institute of North America presents the tender little mollusks at their flavorful best.

Gently cooked in their own juices until the edges curl, the oysters are added to a subtle sauce, topped with crumbs, and baked until the flavors are blended. Oysters Williamsburg is easily prepared and is ideal for a special luncheon, it may also be served as the dinner entree or as part of a party buffet. Enjoy this oyster specialty soon: it's bound to be a favorite you'll add to your special recipe repertoire.

#### OYSTERS WILLIAMSBURG

- |   |  |
|---|--|
| 2 containers (12 ounces each) medium-sized fresh oysters                | 1/8 teaspoon powdered garlic (or 1 finely chopped clove of garlic) |
| 1/2 cup ripe olives (green pepper cut into small pieces)                | 2 teaspoons Worcestershire sauce                                   |
| 1 tablespoon instant minced onion (or 1/4 cup finely chopped raw onion) | 2 tablespoons fresh lemon juice                                    |
| 1/2 teaspoon paprika  | 1/2 cup margarine or butter  |
| 1/2 teaspoon salt   | 3/4 cup sifted all-purpose flour                                   |
| 1/4 teaspoon ground pepper  | 2 or 3 tablespoons cracker crumbs                                  |

Cook oysters in own juice for several minutes or until edges curl. Cut olives into medium-sized pieces and set aside. Remove oysters with slotted spoon, set aside. Measure oyster liquid (there should be 1-1/2 cups; if not, add chicken broth or water to make up difference.) To oyster liquid, add onion, paprika, salt, pepper, garlic, Worcestershire sauce, and lemon juice. In separate pan, melt margarine and stir in flour; cook over medium heat stirring constantly and vigorously (mixture will look like a paste at first but will break down and thin out). Cook until mixture turns golden brown, about 5 minutes. Remove from heat and slowly stir oyster liquid mixture into browned mixture. Carefully fold in oysters and olives (or green pepper). Turn into a 1-1/2 quart casserole. Top with crumbs. Bake in a hot oven, 400 degrees for 30 minutes. Makes 6 to 8 servings.

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#### CANNING CLASS

The Las Vegas Cultural Services Department's Phil Mirabelli Tenn Center will host a class on the basic techniques of the proper and safe way of preserving vegetables, jams and jellies. Registration begins, Dec. 6 at the Center, located at 6200 Elton.

Classes will start on Jan. 3 from 7:30-9:00. For more information call Ruth Hockenberry at 386-6359.

There will be no charge for the class itself, but participants age 16 and older must furnish their own supplies.



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