



## Recipe Corner

by Dorothy Johnson

### A TASTY SQUASH

The thought of having to pay .69 lb for zucchini in the middle of summer has driven non-gardeners to planting their own. Zucchini, patty pan, small crook neck and other squash varieties are showing up in quantity among those vegetables now thriving in home gardens.

The small, delicately flavored patty pan and yellow neck squash, not quite-so-delicate zucchini, the hard-shelled acorn and the larger banana and Hubbard varieties with their more pronounced flavor can be lightly seasoned and served by themselves or combined with other foods to make simple side dishes or sturdier main dishes. Some, such as zucchini, patty pan and small crooked varieties are every bit as good raw as they are cooked. Their sweet flesh and crunchiness make them ideal choices for fresh vegetable salads.

### ZUCCHINI SOUFFLE ROLL

1 lb. zucchini, grated  
Salt  
1 1/2 tbsp. butter or margarine  
1 small onion, minced  
1 cup milk  
1 tsp. each chopped carrots  
Celery  
Onion  
2 sprigs parsley  
1 bay leaf  
Pinch thyme  
1/4 cup flour  
4 egg yolks  
nutmeg  
Pepper  
6 egg whites  
1/3 cup grated parmesan cheese  
Mornay sauce

Toss grated zucchini with 2 tsp. salt and let stand 10 minutes. Rinse vegetable, drain and squeeze. Melt butter in skillet and saute onion until limp. Add zucchini and saute 5 more minutes. Scald milk, with carrot, celery, onion, parsley, bay leaf, and thyme. Remove from heat and let stand covered 10 minutes. Strain milk and cool. In saucepan, gradually add milk to flour, stirring until dissolved. Bring to quick boil, beating until thickened, about 30 seconds. Remove from heat and beat in egg yolks, 1 at a time, beating well after each addition. Add egg yolk mixture to the zucchini mixture and season with nutmeg, salt and pepper to taste.

Beat egg whites with pinch of salt until they form semi-stiff peaks but are not dry. Stir 1/4 of the whites into the zucchini mixture and fold in remaining whites. Pour into greased and floured foil-lined jelly roll pan, spreading evenly. Bake at 375 degrees 15 minutes. Turn out onto a clean towel that has been sprinkled with parmesan cheese. Spread with 1 cup Mornay Sauce and roll length wise using towel to roll it. Serve with remaining sauce. Makes 8 to 10 servings.

### MORNAY SAUCE

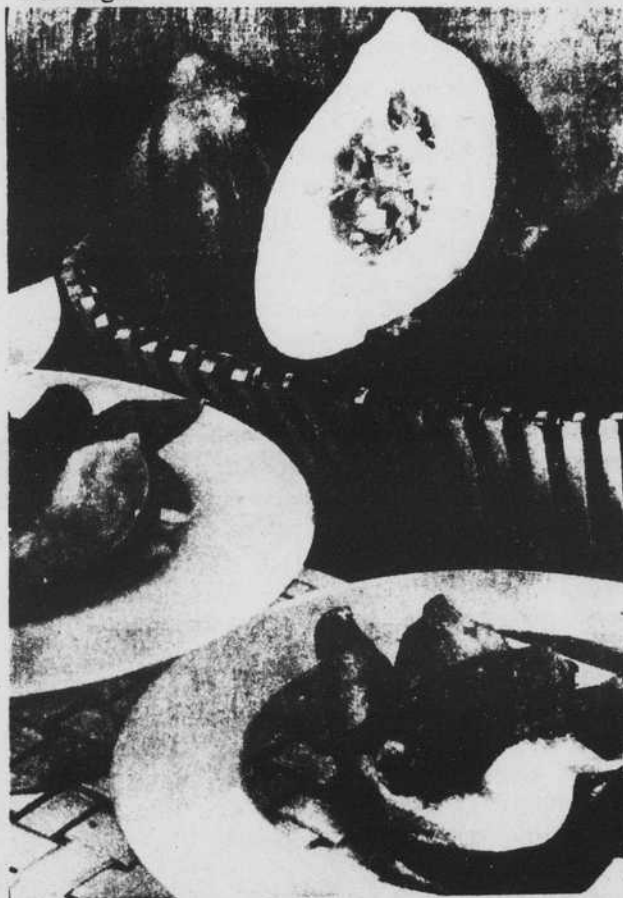
3 tbsp. butter or margarine  
Flour  
Salt  
White pepper  
1 1/2 cups milk  
1 egg  
3/4 cup shredded swiss cheese

Melt butter in sauce. Blend in flour, salt and pepper to taste. Gradually add milk, stirring until smooth and well blended. Cook and stir over low heat until thickened. Beat in egg yolk and cheese. Cook about 3 minutes longer or until cheese melts. Makes about 1 1/2 cups.

### ACORN SQUASH AND OKRA

1 small acorn squash  
1 1/2 cups canned dashi (Japanese soup stock)  
1/2 cup sugar  
3 tbsp. soy sauce  
1 tbsp. sake (rice wine)  
12 okra pods  
Course salt

Cut acorn squash into 6 wedges and seed it. Heat together dashi, sugar, soy sauce and sake over medium heat, stirring until sugar is dissolved. Add squash and simmer 15 to 20 minutes until tender, turning occasionally. Parboil okra in boiling salted water to cover 3 minutes, then drain. Place okra in a bowl, add braising liquid from the squash to just cover. Marinate until cool. Arrange okra on squash wedges and serve at room temperature with marinade. Makes 3 to 4 servings.



SUMMER SQUASH CALIFORNIA

2 tbsp. olive oil  
2 tbsp. butter or margarine  
1 medium onion, minced  
2 large stalks celery, thinly sliced  
1 lb. yellow crookneck squash, diced in 1/2 inch cubes  
1 lb. pattypan squash, thinly sliced  
1 lb. zucchini, thinly sliced  
1/2 cup white wine  
1/4 tsp. basil  
1/4 tsp. oregano  
1/2 tsp. salt  
1/8 tsp. pepper  
Nutmeg

Heat oil and butter in large, heavy skillet. Saute onion, celery and squashes until onion is transparent. Add wine, basil, oregano, salt, pepper and nutmeg to taste. Cover and simmer about 20 minutes or until tender.

### SQUASH RING

1 lb. banana squash  
1/2 onion, chopped  
1/2 green pepper, chopped  
1 small clove garlic, minced  
Water  
1/4 cup milk  
1 cup shredded jack cheese

## Squash

Butter or margarine  
3/4 tsp. salt  
1/4 tsp. tarragon  
1/2 tsp. marjoram  
1/4 tsp. pepper  
1 tbsp. sugar  
1/4 cup five dry bread crumbs  
2 eggs

Peel squash and cut into 1/2 inch cubes. Combine with onion, green pepper and garlic. Add water to cover. Cover pan and simmer 10 minutes. Drain. Add milk, cheese 1/4 cup butter, salt, tarragon, marjoram, pepper, sugar, bread crumbs and eggs. Mix together thoroughly but lightly. Cool to prevent sticking to mold. Coat 1 quart ring mold with coat 1 quart ring mold with 4 tbsp butter. Spoon squash mixture into mold. Place in a pan of water 1 inch high and bake at 350 degrees 45 minutes or until wood pick inserted in center comes out dry. Cool 15 to 20 minutes. Run knife around edges to loosen. Invert on to plate. Makes 6 servings.

### SAUTE OF GRATED ZUCCHINI AND CHOPPED SPINACH

2 to 2 1/2 lbs. zucchini  
2 lbs. fresh spinach  
A large kettle of boiling water  
2 to 3 tbsp. olive oil  
1 or 2 large cloves of mashed garlic  
Pepper  
Salt  
2 to 3 tbsp. soft butter

Trim, wash, grate, salt, squeeze and dry the zucchini. While it is draining with salt, trim and wash the spinach; drop it into the rapidly boiling water and boil for a minute or two just until limp. Drain, refresh in cold water, squeeze dry and chop. When zucchini has been squeezed and dried, saute, tossing and turning frequently in hot oil with the garlic. When almost tender, stir in chopped spinach, about 10 minutes before serving re-heat, tossing and stirring, then cover pan and let cook several minutes over low heat until spinach is as tender as you wish it to be. Season carefully to taste. Remove from heat and fold in the butter a tsp. at a time. Serve immediately.

### CHAYOTES STUFFED WITH CHEESE

3 large chayotes, halved  
2 quarts boiling salted water  
4 tbsp butter or margarine  
2 tbsp. minced onion  
1 cup shredded swiss or cheddar cheese  
Salt  
Pepper  
Hot pepper sauce  
2 tbsp. dry bread crumbs

Cook chayotes in boiling salted water until tender. Drain and cook. Remove core and scoop out chayotes flesh leaving shells intact. Mash flesh. Heat 2 tbsp. butter in saucepan and saute onion until tender. Add Chayote and cook about 2 minutes stirring constantly. Add cheese and cook just until cheese is melted. Remove from heat, season to taste with salt, pepper and hot pepper sauce. Stuff chayote shells with mixture and arrange in shallow baking dish. Sprinkle each 1 tsp. bread crumbs and dot with remaining butter. Pour about 1/2 inch boiling water around chayotes. Bake at 350 degrees 20 to 30 minutes, or until golden. Makes 6 servings.

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