

# FOR THE LADIES

## WILMA RUDOLPH'S SHRIMP SUPREME

1/4	cup corn oil	1	can (14 1/2 ounces) whole tomatoes
1	pound shrimp, shelled and deveined	1/4	pound mushrooms, quartered
1	green bell pepper, cut in 1-inch squares	1/4	cup dry vermouth
1	medium onion, coarsely chopped	1/8	teaspoon hot pepper sauce
2	cloves garlic, minced	2	tablespoons chopped cilantro or parsley
1	teaspoon chili powder	1	tablespoon lime juice
			Hot cooked rice

- Heat corn oil in large skillet on medium heat. Add shrimp. Sauté until shrimp turns pink. Remove shrimp. Add green pepper, onion, garlic and chili powder. Sauté 5 minutes. Add undrained tomatoes. Crush tomatoes. Stir in mushrooms, vermouth and hot pepper sauce. Bring to a boil. Reduce heat. Simmer, stirring occasionally, 15 minutes. Stir in shrimp, cilantro and lime juice. Serve over rice.

4 to 6 servings

Wilma Rudolph, Athlete

## STRONG SALES OF "BLACK FAMILY REUNION COOKBOOK" DEMONSTRATE THE HUNGER FOR TRADITIONAL VALUES

Even prior to its debut in major bookstores for Black History Month, "The Black Family Reunion Cookbook" easily sold out its first printing of 15,000 books in less than two months solely through sales by National Council of Negro Women members. Inspired by NCNW's annual Black Family Reunion Celebration events, "The Black Family Reunion Cookbook" draws on recipes and "food memories" from people from all regions and all walks of life. Celebrities and

community leaders such as Dionne Warwick, Nancy Wilson, Dr. Johnetta Cole, Joyce Dinkins, Maxine Waters, and Patti LaBelle, among others are included. "The Black Family Reunion Cookbook" is now available at all Waldenbooks, B. Dalton and other quality bookstores, as well as at selected Nordstrom's department stores.

"The response to this cookbook has been great!" stated Dorothy I. Height, Present and CEO of the National Council of



Dr. Dorothy I. Height, president and CEO of the National Council of Negro Women. "It has given NCNW yet another tool to help us build upon our historic strengths and traditional values. The vital role of the meal in giving us a sense not only of culture and tradition, but also of family, community and fellowship, cannot be underestimated."

"The Black Family Reunion Cookbook" is published by Tradery House and is available at major bookstores such as B. Dalton and (list). It can also be purchased by calling (800) 362-MEAL. A significant portion of proceeds from the sale of each book supports the social service programs of the National Council of Negro Women.

3790 S. Paradise Rd., Suite 100  
Las Vegas, NV 89109  
OFFICE: (702) 796-7777  
Message Center (702) 457-4623

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## CREOLE CHICKEN GUMBO

### Stock

3 1/2 - 4	pounds chicken pieces	1	medium onion, quartered
3	quarts water	1	bay leaf
2	outer ribs celery, with leaves	1	teaspoon salt
1	carrot, cut in thirds		

### Gumbo

1/3	cup Crisco Shortening or Crisco Oil	1/2	teaspoon dried marjoram leaves
1/2	cup all-purpose flour	1/2	teaspoon dried basil leaves
1	pound okra, washed and cut in 1/4-inch pieces	1	can (14 1/2 ounces) whole tomatoes
1	cup chopped onion	1/2	pound ham, cubed
3/4	cup chopped celery	1	pound hot smoked sausage, sliced
1/2	cup chopped green bell pepper	1	teaspoon Worcestershire sauce
1/2	cup chopped green onions		Salt
2	cloves garlic, pressed		Black pepper
1/4	cup chopped fresh parsley		Cayenne pepper
1	bay leaf		Hot pepper sauce
3/4	teaspoon dried thyme leaves		Steamed rice

- For stock, place chicken, water, celery, carrot, onion, bay leaf and salt in large Dutch oven or kettle. Bring to a boil. Simmer 25 minutes, skimming foam and fat from top. Remove meat from bones and reserve. Return bones to stock. Continue simmering.
- For gumbo, heat Crisco Shortening or Crisco Oil in large Dutch oven or kettle. Add flour gradually. Cook and stir until medium brown. Add okra, onion, celery, green pepper. Cook and stir until okra is crisp-tender. Add green onions, garlic, parsley, bay leaf, thyme, marjoram and basil, undrained tomatoes, ham and chicken meat. Strain stock. Stir slowly into gumbo. Cook sausage. Drain well. Add to gumbo. Simmer 1 1/2 hours, stirring occasionally. Add Worcestershire sauce, salt, pepper, cayenne and hot pepper sauce. Remove bay leaf before serving.
- To serve, spoon desired amount of rice into individual soup bowls. Ladle gumbo over rice.

Note: Use 2 packages (10 ounces each) frozen okra if fresh is not available. Make ahead and freeze, if desired.

18 one cup servings

## AS THE NATIONAL EXECUTIVE DIRECTOR OF THE N.A.A.C.P., MR. BENJAMIN HOOKS STEPS DOWN FROM HIS POST, HIS WIFE IS STEPPING UP TO LAS VEGAS NEVADA WITH HER NEW ORGANIZATION, "WOMEN IN THE N.A.A.C.P. (WIN)."

Mrs. Benjamin Hooks will be honored at a reception at Gates Bar-B-Q located at 2710 East Desert Inn (between Eastern & Pecos-Mcleod) Friday, February 28, 1992 at 8:00 p.m. Mrs. Hooks

is visiting the Las Vegas area to spearhead her new organization, "WOMEN IN THE N.A.A.C.P. (WIN)."

Local Las Vegas dignitaries will attend this very timely GATES BAR-B-Q Reception to meet and greet Mrs. Hooks and to receive additional information about her "WIN" organization. Also, Mrs. Hooks will address media questions regarding the recent retirement of her husband, Mr. Benjamin Hooks, from his Executive Directorship of the National N.A.A.C.P.

Mr. George Gates, owner of Gates Bar-B-Q eating establish-

ment, and long time and renowned minority entrepreneur will welcome Mrs. Hooks along other Las Vegas business people and politicians.

Also, African American art work will be on display paying tribute to African American Women who partook in the struggle to secure African American advancement. Compliments of Maxine Porter's Art Works from the New Town Tavern.

Gates Bar-B-Q sends out the month of February, BLACK HISTORY MONTH, with this very timely reception in honor of WOMEN IN THE N.A.A.C.P.

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Designs by Donna

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