

This & That

...More Than A Cookbook

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SOUPS & SALADS



So whether you eat or drink, or whatever you do, do all to the glory of
God. – **1 Corinthians 10:31**

BEEF BARLEY SOUP

My brother Bob and his fellow firemen learned to cook and did all the cooking while on duty.

1 ½ pounds ground beef round	2 cups diced carrots
4 cups beef broth	1 ½ cups chopped onion
1 can (28 ounces) whole or diced tomatoes with juices	3 stalks celery, chopped
2 cups water	½ cup chopped green bell pepper
1 can (8 ounces) tomato sauce	1/3 cup instant barley
¼ cup ketchup	2 beef bouillon cubes
	2 bay leaves
	1 teaspoon salt

In a large pot, brown beef; remove excess grease. Add remaining ingredients. Bring to boiling, reduce heat, cover and simmer 1 hour until vegetables are tender.

**LT. ROBERT E. HEAD (RETIRED), Harper Woods, MI Fire Department,
brother of MARY LOUISE HEAD**

CREOLE PEANUT SOUP

2 tablespoons butter	2 tablespoons minced jalapeño pepper
1 medium onion, minced	1 tablespoon fresh lemon juice
2 tablespoons flour	½ teaspoon celery salt
4 cups chicken stock	Salt and freshly ground black pepper to taste
¾ cup creamy peanut butter (not old-fashioned or freshly ground)	Chopped peanuts
1 cup whipping cream, or light cream	Chopped parsley

In a large, heavy saucepan melt butter over medium heat. Add onion and cook until softened. Stir in flour and cook until lightly browned, stirring constantly, about 4 minutes. Gradually add chicken stock, and then stir in peanut butter. Reduce heat, cover, and simmer gently until slightly thickened, stirring often, about 20 minutes. Stir cream into soup. Add jalapeño, lemon juice and celery salt. Season with salt and pepper.

Sprinkle with peanuts and parsley to serve.

Makes 6 servings

BARBARA RHODES

Ode to Broccoli

It looks pretty, striking in its dark green appearance with its nubby head and its paler green stalks. But as a side dish, it is boring. Let's face facts; broccoli is the "little black dress of vegetables." You can steam it, or eat it raw. Buy it fresh or frozen. Yet, it seems as if it is just waiting for a dip, a sauce or some cheese slices to accessorize it or dress it up.

Broccoli is full of healthy nutrients, vitamins, minerals, and fiber. It can be the wholesome accompaniment to a steak dinner or chopped into a salad with lettuce and tomato. Add butter or ranch dressing. It can be the overcooked mushy ingredient in a creamed soup. It can be part of a decorative platter of other colorful crisp vegetables awaiting salsa or sour cream dressing. It's relatively cheap. It is sold in a sturdy arrangement at the market.

We consume it because it's good for us. It seems like a moral triumph when we eat it. It is omnipresent as the daily vegetable on the menu of every Greek diner in New York. We all eat it, but do we really enjoy it? Broccoli is like a pair of brown oxfords worn with a gold lame evening dress.

As an alternative to eating it, place the broccoli in a silver bowl, arrange some hearty white hydrangeas around it and use it as the centerpiece. No one will disapprove. No one will say, "Gee that looks good enough to eat."

Marie Moser

APPLE MALLOW YAM YUMS

This can be served as a main or side dish.

2 apples, cored and sliced
½ cup chopped pecans
½ cup packed brown sugar
½ teaspoon ground cinnamon
2 cans (17 ounces each) yams, drained
¼ cup margarine
2 cups miniature marshmallows

Preheat oven to 350 degrees F. In a bowl toss together apples, pecans, brown sugar and cinnamon. In a 1 ½-quart casserole dish, layer apple mixture alternately with yams. Dot top of casserole with margarine.

Cover and bake 35 to 40 minutes. Preheat broiler. Remove cover and sprinkle marshmallows over top of yams and apples. Broil until lightly browned.

Makes 6 – 8 servings.

BARBARA CAMPBELL

HELPFUL HINTS

ICE TRAY TIPS

FROZEN PESTO SAUCE CUBES: When basil is plentiful, make pesto sauce and freeze in an ice cube tray. When frozen, pop cubes out of tray and store in a plastic bag. Jazz up leftover pasta or rice with a cube or two of pesto sauce.

FROZEN TOMATO CUBES: When tomatoes are in season and inexpensive, puree chopped tomatoes and freeze in an ice cube tray. Store in a plastic bag. The cubes are good for flavoring and thickening a sauce.

FROZEN COCONUT MILK CUBES: When you have leftover canned coconut milk, freeze in an ice cube tray. Store in a plastic bag. Add a cube to a fish sauce, soup or mashed potatoes.

ERNA DANIELS

RECYCLE TIPS

It seems like we always have tons of plastic grocery bags and they clutter and take up drawer space. But, if you take a paper towel/aluminum foil or plastic wrap cardboard tube you can stuff several plastic bags into it. You have a bag at your finger tips for garbage or whatever and the the cardboard tube slides right into the drawer keeping it neat.

CHERYL MELCHIORRE

One of the best cooks at Trinity United Methodist Church in Port Allegany, Pennsylvania, once told me (while I was trying to scrub a baking sheet shiny clean), "Don't worry about getting that shiny. The baked on blackness, makes for better baking. Distributes the heat." I've followed that advice ever since

JULIA TULLOCH

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