

# FOOD & FAMILY

## Oriental Cookery Gains Favor Here

Connoisseurs of Japanese food and amateur food fanciers are agreed on one point. The three Japanese dishes most likely to succeed in any kitchen are sukiyaki, tempura and teriyaki.

A sauce-pan dish (nabe-nono), sukiyaki is usually cooked at the table. It may be enjoyed indoors or out. Ideal companion beverage would be a light table wine.

**SUKIYAKI**  
2 lbs. standing rib-roast, boned and machine sliced bacon-thin by butcher  
4 stalks celery, cut diagonally in 1/2 inch pieces  
2 onions, sliced lengthwise  
1 bunch green onions, cut in 2 inch lengths (including some green ends)  
1 cup fresh (or canned) mushrooms, sliced  
1 can (8 1/2 oz.) bamboo shoots, sliced  
1 can (8 3/4 oz.) shirataki  
2 cans sukiyaki vegetables may be substituted for the mushrooms, bamboo shoots and shirataki

1/3 cup wine vinegar,  
1 tablespoon oil  
1 tablespoon soy sauce

**Vegetable Sauce:**  
1/3 cup mayonnaise  
3 tablespoons soy sauce  
2 tablespoons lemon juice

**Seafood Sauce:**  
1/3 cup soy sauce  
1/3 cup lemon juice

**Tempura**  
1 doz. fresh prawns or larger shrimp peeled with tails left on.  
1 lb. fish fillet, cut in 2 to 3 inch pieces (also scallops, if available). Onions, green peppers, sliced. Green onions, cut to 2 inch pieces.  
In season: string beans, asparagus tips, cut to 2-inch pieces; sweet potatoes, carrots, squash, egg plant; or zucchini, broccoli, cauliflower, in chunks; watercress sprigs.

**Tempura Batter**  
1 egg, beaten  
1 cup flour  
1/2 tsp. salt  
7/8 cup water  
Spoon mix lightly

**Tempura Sauce**  
1/4 cup soy sauce  
1 tsp. White wine or sake  
1/2 tsp. powdered ginger  
1/2 cup beef bouillon  
1 tsp. sugar  
(Warm mixture, serve in dipping bowls)

Arrange assorted Tempura-vegetables, prawns and fish fillet on large platter. Set electric skillet at 350 deg., fill with vegetable oil to 2 inch depth. Dip ingredients individually into the batter to cover, thoroughly and place in hot oil. Cook until golden brown, about 2 minutes. (For best results, cook a few pieces at a time.) Serve onto paper napkin on salad-size plate, changing napkin occasionally. Dip piping hot pieces into Tempura sauce and eat. Serves four.

Arrange vegetables and meat attractively on large platter. (This can be done in advance and put in refrigerator) Set electric skillet at 300 deg. Melt-piece of beef suet in skillet. Cover one-third meat with one-half sukiyaki sauce in skillet, and add two-thirds vegetables. Turn ingredients gently while cooking 5 to 6 minutes. Add another one-third meat and cook 1 additional minute. Serve directly onto salad-size plates.  
Replenish skillet with fresh ingredients as the cooking proceeds. Serve with rice. (Chicken Suki-yaki is prepared in same way, with boned and sliced chicken). Serves six.

**Chicken Teriyaki**  
1 medium size fryer (cut for serving)

**Teriyaki Sauce**  
2/3 cup soy sauce  
1/4 cup white wine (or sake)  
1 clove chopped garlic  
2 tbsps. sugar  
1/2 tsp. ginger  
Marinate 1/2 hour in Teriyaki Sauce. Bake in 325 deg. oven 1 hour. Baste 2 or 3 times while cooking. Serves four.  
(Steak, Chop and Fish Teriyaki also prepared using same recipe as above and broiling or barbecuing.)

**Steak Sauce:**  
Mix 2 tablespoons catsup and 1 tablespoon soy sauce.

**Salad Dressing:**



BEA WEBB

## Leftover Eggnog Featured in Pie

By BEA WEBB  
Southern California  
Gas Co. Home Economist  
January 2nd and the yearly question of what to do with leftover dairy eggnog. Eggnog is perishable as any other dairy product and maximum keeping time is one week. This is also a product that is not too suitable for freezing, as it will separate upon thawing.  
Dairy eggnog can be used very easily in many recipes, and one particularly good one from our files is for Holiday Eggnog Pie. Why not charm your family with this special dessert some time this week?

**Holiday Eggnog Pie**  
**Crust:**  
1 1/3 cup graham cracker crumbs (about 18 crackers)  
1/4 cup sugar  
1/4 tsp. nutmeg  
1/4 cup soft butter or margarine

**Filling:**  
2 Tbsp. unflavored gelatin  
6 Tbsp. sugar  
1/2 cup boiling water  
2 1/2 cup dairy eggnog

1/3 cup golden rum  
3 drops yellow food coloring  
2 egg whites  
1/8 tsp. cream of tartar  
3/4 cup heavy cream  
grated unsweetened chocolate

**Method:**  
Crust—In a medium bowl, combine the crumbs, sugar and nutmeg, mixing well. With the back of spoon or fingers, rub in butter until well mixed. Press evenly to bottom and side of 9-inch pie plate. Bake at 375° in modern gas oven for 8 minutes, or until golden brown. Cool on wire rack.  
Filling—In large bowl of mixer, sprinkle gelatin over 1/2 cup cold water; let stand 5 minutes to soften. Add 4 Tbsp. sugar and boiling water, stirring until gelatin and sugar are dissolved. Heat 1 cup of eggnog just to boiling; stir into gelatin mixture until well combined. Refrigerate until consistency of unbeaten egg white, about 30 minutes.  
At medium speed, beat

(Continued on Page C-9)



FIRST WINNER of the Cook of the Week contest is Mrs. Ronald Bohannon of 21015 Madrona Ave., whose recipe for risoni combines ground beef, potatoes and rice in a flavorful tomato-flavored sauce. The adaptation of an old Italian favorite was given Mrs. Bohannon by her mother.

## Texture, Harmony, Contrast Keys to Successful Meal

While serving as head chef of the Japanese embassy in Washington, D.C., Tatsuji Tada, director of the Japanese Cooking Research Institute of Tokyo, discovered that Americans consider Japanese cuisine delectable, piquant and fascinating. To satisfy curiosity regarding the art of Oriental cooking, he shares the following authentic recipes with this explanation:

"Like so much else in Japan, cooking is characterized by simplicity and variety. Its first principle is to develop the natural flavors of each ingredient. It is not the Japanese practice to blend, but rather to combine flavors. Nor is it the practice to cook foods too long. Many meats and seafoods are often raw with a sauce and a condiment. Dinners are planned with attention to textures, taste harmonies and contrasts. Flavors often are most subtle."

**One Lobster Sashimi**  
Unless one has eaten sashimi — raw seafood — one cannot lay claim to having dined on the most typical of Japanese dishes. Many Americans are fond of raw clams and oysters; and indeed it was the fashion among American college students a decade or so ago, I am told, to consume live goldfish in record numbers.

**Table Utensils Make Use of Natural Objects**  
In the olden days, the people of Japan used to serve their food on oak leaves and used the twigs of trees for eating purposes.  
Among Japanese table utensils, some vestige of this ancient custom may still be seen. Beautiful chopsticks of wood and bamboo are an excellent example.  
Another characteristic is that the table utensils are often in the shape of natural objects. For instance, many pottery, porcelain and lacquerware serving dishes are made in the shape of leaves and fish.  
An important element in Japanese cooking is the appearance of the food. The skilled cook seeks to gain the diner's admiration for his artistry, and the food is served beautifully and harmoniously in a variety of different shaped containers.

Raw clams and oysters are in the true sense sashimi; live goldfish are not. Sashimi of a great variety is eaten in Japan. Each has a distinctive flavor and texture. Lobster sashimi is sashimi in this booklet because among the favorite in Japan. What's more, lobsters often are sold alive, and there is no danger of sashimi prepared from freshly-killed lobster being tainted.

1 lobster tail removed from live lobster  
Sauce:  
2 tbs. shoyu  
Pinch of aji-no-moto  
Dash of lemon juice  
Cut the soft undershell of the lobster tail as illustrated. Remove meat, taking care not to damage tail shell. Remove black vein and rinse meat in cold water. Cut into eight or ten small bite-size pieces. Place pieces in ice water and chill about 12 minutes. Remove and dry thoroughly with cloth. Boil shell after removing meat until it turns red. Line the inside of cooled shell with a garnish of green vegetables and shredded daikon or radish. Place pieces of lobster on garnish and serve with sauce.  
Prepare sauce by mixing shoyu, aji-no-moto and lemon juice. Serve in small individual side bowls. Serve small mounds of grated fresh horseradish in separate condiment dishes. Each diner mixes horseradish with his sauce in what ever proportion he desires. Dip lobster meat into sauce horseradish mixture and eat.  
Chilling the lobster meat makes the texture firm and also removes whatever harshness there may be in the flavor.  
Freshly grated horseradish is preferable to prepared horseradish in this as well as in other Japanese dishes. If fresh roots are not available I suggest using canned dehydrated wasabi, a Japanese horseradish of excellent flavor.

**Servings: Four Hbiyaki**  
There are two principal reasons for the dominance of fish in the Japanese diet. The first of course is that Japan is an island country surrounded by rich fishing waters. The other is that only a very small portion of the total area of Japan is suitable for use as farmland, and thus with a large population and limited agricultural land, Japan has had to rely on the sea as a major source of food.

Shiyaki means salt broiling. It refers in this case to the use of salt as one of the chief, rather than incidental, ingredients.  
1 lb. filleted rockfish or  
1 tsp. salt  
(continued on Page C-6)

## Hawaiian Foods Are Evident in Mel-Mel Ling Collection of Recipes

Ever-popular among lovers of Oriental foods are dishes containing chicken. Diversity of poultry favorites for all tastes are evident in a collection prepared by Mei-Mel Ling, home economist, of Honolulu. Chicken specialties in the islands follow:

**Soy Sauce Chicken**  
Ingredients:  
1 chicken, 2 to 3 lb. dressed, cut into halves  
1 Tb. cooked oil  
Sauce:  
2 cup soy sauce  
2 cup water  
1/2 tsp. salt  
1 tsp. sugar  
2 Tb. liquor  
2 slices ginger root or 1/2 ground onion  
Method:  
1. Put sauce in pot and bring to boil. (Pot should be wide enough for half chicken to lay flat.)  
2. Rub cooked oil on chicken and put into hot sauce.  
3. When sauce begins to boil again, lower heat immediately. (Do not allow chicken to boil in sauce.)  
4. Let chicken remain in hot sauce for 20 to 30 minutes.  
5. Cut into serving pieces and serve with some sauce.

**Coddled Chicken**  
Ingredients:  
1 chicken, 2 1/2 to 3 lbs.  
2 Tb. cooked oil  
1 small round onion  
2 tsp. salt  
Method:  
1. Rub oil all over chicken.  
2. Put salt and onion in large pot of water (enough to cover chicken) and bring to a boil.  
3. Add chicken. When water begins to boil again, lower heat immediately (do not allow water to boil again). Cover and cook over very low heat for 45 minutes. Turn off heat and let chicken stand for another 15 minutes. Remove and rub with cooked oil.  
4. Cut into serving pieces and dip into sauce made with soy sauce, cooked oil, and mustard.

**Curried Chicken**  
Ingredients:  
1 lb. chicken, cut into 1 inch pieces  
1 small round onion, sliced  
2 tsp. curry powder  
1 cup milk  
1 potato, diced  
Sauce:  
1/2 tsp. salt  
1/4 tsp. sugar  
1 tsp. cornstarch  
1 tsp. soy sauce  
1/2 tsp. liquor  
Method:  
1. Mix chicken with sauce.  
2. Pan fry onion, add chicken and fry for 1 minute.  
3. Add curry powder, mix and fry another minute.  
4. Add milk, bring to boil and simmer for 15 minutes.  
5. Add potatoes, simmer another 15 minutes.  
6. Thicken with cornstarch if desired. Serve.

**Roast Chicken**  
Ingredients:  
1 roasting chicken, 4 to 5 lbs.  
2 tsp. salt  
4 slices ginger root or 1 small round onion  
2 Tb. cooked oil  
Sauce:  
1/2 tsp. sugar  
6 Tb. soy sauce  
2 Tb. liquor  
2 tsp. cornstarch  
Method:  
1. Rub salt into chicken.  
2. With ginger or onion, rub sauce into chicken. Marinate for 3 hours.  
3. Drain off excess sauce.  
4. Spread cooked oil all over chicken.  
5. Put in hot oven (450 deg. F.) for 10 minutes, reduce heat to 350 deg. F. and roast for 1 1/2 to 2 hours.

## Gourmet Recipes for Crowd Please Palate

A blend of Anglo-Indian South Asian-American cuisine is featured in a group of recipes developed in the kitchen of the Bombay Bicycle Club. The gourmet selection is designed for large parties with a flair for the unusual.  
Recipes are geared to serve 50.  
**Crab Meat Salad**  
Yield: 25 portions.  
Ingredients:  
King Crab Meat, 6lbs.  
Rice, boiled, 2qts.  
Onions, finely chopped 1 lb.  
Celery, finely chopped 1 pt.  
Water Chestnuts, sliced 1 pt.  
French Dressing (made with four parts oil and one part wine vinegar)  
Method:  
Combine all of above ingredients and season with pepper, paprika, dry mustard and soy sauce.

**Curry Sauce Bombay**  
Yield: 50 portions  
Ingredients:  
Apples, chopped 5  
Onions, chopped (large) 3

Celery Stalks, chopped 3  
Butter 1 lb.  
Curry Powder 4 tbsps.  
Salt 1 tbsps.  
Tomato Juice 2 48-oz. cans  
Chutney 8 tbsps.  
Method:  
Saute apples, onions and celery in butter until just transparent. Sprinkle with curry powder. Season with salt. Add tomato juice and simmer for about 20 minutes. Before serving add chutney.

**Lamb Curry**  
Yield: 50 portions  
Ingredients:  
Lamb Shoulder, boned 21 lbs.  
Onions, stuck with 2 cloves 6  
Bay Leaves 6  
Cloves of Garlic, crushed 5  
Salt 1 oz.  
Maggi Bouillon, dissolved in 1/2 gal. boiling water 6 oz.  
Butter 1 lb.  
Apples, chopped, unpeeled 4  
Onions, large, chopped 3  
Curry Powder 2 1/2 tbsps.  
Ground Ginger 2 tbsps.  
Chili Powder 1 tsp.  
Pepper 1/2 tsp.  
Catsup 6 tbsps.  
Beurre Manie  
Method:  
Cut lamb into serving-size pieces. Place in a saucepan with onion, bay leaves, garlic and salt. Add bouillon to cover, bring to boil. Cover and simmer for 45 minutes. Melt butter, add apples and onions. Saute tender. Add curry, ginger, chili, pepper and catsup. Skim fat from the broth.

**Bombay Pilaf**  
Ingredients:  
Yield 50 portions  
Rice, uncooked 5 lbs.  
Onion, sliced (large) 3  
Butter 1 1/2 lb.  
Chicken Granules, 1/2 lb.  
Chicken Granules, dissolved in 1 gal., 1 pt. boiling water  
Method:  
Wash rice. Brown the sliced onion lightly in butter and add to rice. Cook over low heat for 5 minutes, stirring to brown evenly. Pour the boiling bouillon liquid over the rice. Cover the pan tightly and bake at 350 deg. F. for 30 minutes or until liquid has been absorbed.

**Guava Water Ice**  
Yield: 50 portions  
Ingredients:  
Guava Jelly 6 8-oz. jars  
Water, boiling 1 gal.  
Lemon Juice 6 tbsps.  
Egg Whites 12  
Method:  
Combine jelly and water and stir over moderate heat until jelly dissolves. Add lemon juice. Cool. Pour mixture into refrigerator trays. Freeze until firm. Remove from freezer. Break in chunks into mixing bowl. Beat with electric beater until smooth. Fold in egg whites, stiffly beaten. Return to trays; freeze.

## Simplicity Keynotes Japanese Cookery

Japanese cooking is essentially simple but with a remarkable tastiness in this simplicity. Natural flavors and the beautiful colors of the food are emphasized. Dining is regarded as an aesthetic experience, as indeed it should be.  
Japan abounds in a variety of fish, meat and vegetables, and the art of seasoning has been highly developed. Thus the dishes served by the Japanese are many and varied.  
Japanese cooking has also adapted many of the special characteristics of cuisine from other lands. This practice of blending foods and seasonings from other lands dates back several thousand years. This custom has grown increasingly popular during the past 18 to 20 years.  
Japanese cookery today has assimilated foods and seasoning from every country in the world and created a truly new type of Japanese cuisine so that it now may be termed international in concept.  
Basic to all Japanese meals is rice and tea.

Rice is bread and potatoes to the Japanese, and is served with the humblest as well as with the most elaborate fare. Rice accompanies the other courses of a dinner except when sake is served. In such a case rice is eaten as the very last course.  
Japanese prefer eating rice plain and unflavored, with pickles and with the other courses of a meal. We like it prepared in a number of ways and often with a variety of other ingredients, but steamed white rice is the general favorite. Against the bland taste of rice, other flavors are greatly accented, as colors are against a neutral background.  
1 cup rice  
1 1/2 cups water  
Wash rice through many waters. Drain and place in one-quart saucepan. Add water. Bring to a rolling boil then turn flame down to a medium fire. After ten minutes turn flame down very low and steam for another ten minutes. Saucepan must be kept covered during entire process and until ready to serve. Do not stir rice. Serves four.

**TEA**  
(continued on Page C-6)

## COOK OF THE WEEK

First winner of the "Cook of the Week" contest is Mrs. Ronald M. Bohannon of 21015 Madrona Ave. Her recipe for risoni features ground beef and potatoes in a tomato sauce.

**RISONI**  
1 cup chopped (boiled) potatoes  
1 cup (boiled) brown rice  
1 cup (boiled) celery  
1 lb. ground round  
1 small can tomato puree  
1/2 cup diced onion  
Garlic powder, salt, pepper  
Boil separately rice, celery and potatoes.  
Brown ground round and onion in a deep pan, using about 2 tablespoons of cooking oil or lard. When meat has evenly browned, add tomato puree and one cup water. Season to taste with garlic powder, salt and pepper. Cover and let boil for approximately 20 minutes, stirring occasionally. Fold in rice, potatoes and celery. Cover and let simmer for 10 minutes.  
Top with parmesan cheese.  
Serves four.  
Enter your favorite original recipe in our food and family contest. Weekly winners will receive \$5. Submit entries to Gourmet Editor, Torrance Press.