

Cooks discover its joys

Artichokes a diet taste treat

Artichokes have been more commonly eaten on the Continent for centuries but each year more American cooks discover the joys and versatility of this "thistle." Americans also have an advantage since the globe artichoke, for example, is in season most of the year.

A whole steamed artichoke is a treat and also a good item to have on one's diet menu. Serve it with a simple dressing of imported olive oil, wine vinegar and herbs. The heart of the artichoke is a special delicacy and is eaten cold, marinated or used in special dishes such as a minted chicken, sauteed with mint, other herbs and tomatoes.

Serve with rosemary potatoes and a mixed green salad. A chilled white wine, either very dry or semi-dry and fruity, adds to the overall experience.

ARTICHOKE MINTED CHICKEN
1 chicken, quartered, about 3 pounds
Salt and pepper

One-third cup imported olive oil
1 clove garlic, chopped
1 onion, chopped
1 package (9-ounce) frozen artichoke hearts
2 tomatoes, cored and chopped
1 jar (4-ounce) pimiento, drained and diced
1 tablespoon chopped fresh mint leaves or 1 teaspoon dried mint leaves
¼ teaspoon oregano
1 can (13¾ ounce) chicken broth
One-third cup dry white wine (or apple juice)
2 tablespoons flour

Sprinkle chicken with salt and pepper. Heat in a large skillet and brown chicken pieces on all sides. Remove chicken pieces and set aside. Saute garlic and onion in drippings for 2 to 3 minutes or until lightly browned. Drain excess fatty drippings.

Add chicken pieces, artichoke hearts, tomatoes, pimiento, mint, oregano and chicken broth. Cover and simmer gently for 45 to 50 minutes or until chicken is

tender. Remove chicken pieces to a platter.

In a bowl, mix wine and flour. Stir mixture in pan juices. Stir over low heat until sauce bubbles and thickens. Simmer for 5 minutes, stirring constantly. Spoon sauce over the chicken. Serve garnished with parsley. Makes 8 servings.

ROSEMARY POTATOES
1 pound new potatoes
¼ cup imported olive oil
1 clove garlic, chopped
1 teaspoon crumbled Rosemary
Salt

Cover potatoes with water and simmer until potatoes are tender. Cool and then peel in a skillet, heat oil and saute garlic until golden. Stir in rosemary. Add potatoes and stir over medium heat until potatoes are golden brown on all sides. Season to taste with salt. Makes 4 servings.

STUFFED LETTUCE SURPRISE
8 large Iceberg lettuce leaves

8 small fillets of sole
Salt and pepper
1 cup dry white wine or apple juice
1 bay leaf
1 can (10½ ounces) white sauce (or 1¼ cups white sauce)
Parsley
Norway sardines, drained and mashed coarsely
2 tablespoons breadcrumbs
2 tablespoons each finely chopped celery, parsley and green onion

Parboil lettuce leaves until transparent (about 4 minutes). Drain. Season sole with salt and pepper. Mix stuffing and spread a little over each.

Roll up stuffed sole fillets in lettuce leaves. Arrange in kettle. Add wine and bay leaf and simmer, covered, 15 minutes. Remove rolls to warm platter. Add white sauce to broth in pan. Cook and stir until smooth and hot. Season to taste.

Spoon sauce over rolls. Garnish with parsley and whole sardines. Serve at once. Makes 8 servings.

United Way just short of 1980 goal

Though falling short of 1980's \$12.4 million fund raising goal, United Way of the Columbia-Willamette will be able to maintain financial allocations made to 92 member agencies last June, according to United Way President Joseph C. Blumel.

Clackamas County is in the Columbia-Willamette district. Blumel said that United Way will close outstanding accounts with an all-time high of \$12.2 million, just \$170,533 shy of goal. The difference will be filled

by interest returns on United Way cash flow. "We had an outstanding campaign despite adverse economic situations," Blumel told the board. "We came close to meeting our goal — so close that we're able to fulfill our obligations to our agencies."

In board action, a 1981 operating budget of \$1,046,448 was approved, keeping the United Way's overhead at just eight percent.

The board also clarified and codified existing policy for agency admissions and

terminations from the United Way fold. Social services wishing to receive United Way funding should demonstrate "a preponderance of evidence

favoring admission," the board decided. At the same time, existing agencies are expected to maintain responsiveness to changing priorities.

Weight mile tax down

For the first time in 10 years, Oregon's weight-mile tax receipts have declined. Collections were down to \$58 million in 1980, a drop of \$2 million from the previous year. The 1979 total of \$60 million, however, was an all-time record high for annual

collections. The decline is a reflection of the recession. The highway-use tax is collected from truck and bus operators based on the weight of their vehicle and the number of miles traveled on Oregon highways.

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