



Old Fashioned Burgoo

Souper Suppers

When that bone-chilling late winter wind is whistling outside and frost is in the air, few dinner meals give as much sustenance to the body and spirit as a large, steaming bowl of good soup. Essence food editor, Venezuela Newborn, suggests using leftovers (vegetables and meat) to prepare one of her own mouth-watering soup dishes your family will long remember:

OLD-FASHIONED BURGOO

(Pictured)
 21 lbs. chuck (cut in 1-inch cubes)
 1 stewing chicken, quartered
 1 rabbit (skinned and quartered)
 1/2 lb. salt port (diced)
 3 large cans beef bouillon
 1 large can whole tomatoes (2 lbs. 3 oz.)
 4 cups whole kernel corn (canned or frozen)
 2 cups sliced carrots
 2 cups onion, coarsely chopped
 4 cups sliced cabbage
 4 cups diced white potatoes
 3 cups green lima beans (fresh or frozen)
 2 cups okra, sliced (fresh or frozen)
 2 tablespoons salt
 1 tablespoon black pepper
 2 tablespoons chopped parsley
 1 teaspoon ground sage
 1 pod red or green hot pepper (chopped)
 3 tablespoons worcestershire sauce
 1/2 cup brandy

Place chuck, chicken, rabbit and salt pork in 8-10 quart pot. Add bouillon and 3 cans of water. Simmer about 1 hour until chicken and

rabbit are tender enough to remove meat from bone. When chicken and rabbit are cool enough to handle with fingers, remove meat from bones and return meat to pot. Bring to boil again. Add tomatoes, corn, carrots, onions and cabbage. Simmer for 2 hours. Add remaining vegetables and seasoning. Cook for another hour until all vegetables are done. Add brandy. Burgoo is self-thickening. Serve with onion spoon bread. Serves 12.

ONION SPOON BREAD

2 cups yellow cornmeal
 2 cups boiling water
 2 cups milk
 2 teaspoons salt
 3 teaspoons baking powder
 4 teaspoons butter
 1 cup chopped onions
 4 egg yolks, well beaten
 4 egg whites, stiffly beaten

In large saucepot, combine boiling water and 1 cup of milk; gradually stir in cornmeal, making sure the mixture does not become lumpy. Cook 10 minutes (mixture will look like mush). Remove from heat, add salt, baking powder and remaining milk. Melt butter in skillet, saute onions in butter for 5 minutes until transparent but not brown. Remove onions from heat and add to cornmeal. Mix in beaten yolks, stir vigorously, fold in stiff egg whites. Grease a 9" X 13" X 2" baking pan or 1 1/2-quart souffle dish well with shortening or lard; pour mixture into pan or souffle dish. Bake in preheated 350 degree oven for 1 hour. Spoon into soup bowl and add Burgoo. Serves 12.

Holiday foods can be nutritious

Holiday foods can be low in calories, high in nutrition and high in elegant taste in the opinion of Susan Bates, a Portland Community College workshop teacher.

Some of Mrs. Bates suggestions include:

-Substitute neufchatel cheese for cream cheese for lower fat and lower calorie cooking.

-Substitute yogurt for recipes which call for sour cream.

-Use tofu-a custard-like soy bean product-instead of either cream or sour cream for a low-fat, high protein dish.

-Try falafel, a middle eastern flour made of dried garbanzo beans, instead of meat for a crunchy low-fat meatball dish.

"The typical holiday foods have lots of butter and cream and calories, but I think my recipes are every bit as flavorful," Mrs. Bates said. "They are not part of the skim milk syndrome, but very full and tasty so you aren't aware of the low calories at the time."

Mrs. Bates tries out recipes on her 15-year old son. He is a fan of her falafel meatballs. "Anything my 15-year old loves I just know others would like," Mrs. Bates said.

Her recipes for holiday entertaining, which she will distribute during the workshop, include the falafel meatballs, strawberry tofu cheesecake, curry-tuna-tofu dip, apple fruitcake, Chicken Italian and peanut sticks.

Mrs. Bates said she has collected recipes for years which she believes will help her family eat better.

"None of us is overweight and we feast out very well on low cholesterol," Mrs. Bates said.

She is a home economist and substitute teacher in Beaverton School District. Mrs. Bates is also a master's degree candidate in business education

and a typing teacher at Portland Community College.

"People have to be very confused about nutrition these days with all the conflicting information coming out in the papers," she said. "If I am confused then I am sure other people must be. I hope the workshop can clear up some of the information."

Mrs. Bates said she "cooks healthier, but not health foods."

I've always cooked from scratch and never used mixes so these holiday foods are really nothing very different for us," she said.

During the holidays she entertains family and friends with buffets, cocktails parties and a number of dinner parties at the Bate's Hillsboro farm which includes an apple orchard, berry garden and vegetable garden.

Here are some of Mrs. Bates recipes which she will share in her holiday entertaining workshop:

FALAFEL MEATBALLS AND MUSHROOMS

1/2 cup dry falafel mix
 1/4 cup water
 1 pound ground beef or turkey
 1/2 cup finely chopped green onion, tops included
 2 tablespoons margarine
 3 dozen (1 1/4 pounds) small whole mushrooms

In a small bowl, combine the falafel mix and water; let stand 10 minutes. Mix in beef or turkey and onion. Shape mixture into 36 meatballs, each 1 inch in diameter. Place meatballs on a 10X15 shallow rimmed baking pan and bake in a 450 degree oven for 10 to 15 minutes or until browned. Remove from oven; set aside. In a 10-inch frying pan over medium heat, melt the margarine. Add the mushrooms and saute until golden brown, about 8 minutes. Assemble each appetizer by

spearling a mushroom and a meatball with a sturdy wooden pick. Offer a bowl of tomato-based chili sauce for dipping the appetizers. Makes 36.

STRAWBERRY TOFU CHEESECAKE

Crust:

1 1/2 cup honey graham cracker crumbs

3 tablespoons melted margarine

1 tablespoon honey

Filling:

2 eggs, separated

1/2 cup honey

1/2 cup lemon juice

1 teaspoon grated lemon rind

1/2 teaspoon vanilla

2 blocks tofu

Topping:

2 tablespoons cornstarch

3 cups chopped strawberries

1 1/2 cups juice of strawberries with water

1/4 cup honey

1/2 teaspoon salt

Mix crust ingredients. Press into bottom of 9-inch springform pan.

Bake in a 300 degree oven for 5 minutes; cool.

Blend egg yolks, honey, lemon juice, rind, vanilla and half of tofu until smooth. Add gradually, remainder of tofu (chopped), continuing to blend until mixture is smooth. Beat egg white until stiff and fold blended mixture into egg whites.

Pour over graham cracker crust and bake at 300 degrees for 60 minutes, or until a toothpick inserted in center comes out clean. Turn off oven; open door to cool, leaving cake in oven to prevent center of cake from dropping. When fully cooled, remove from oven and remove side of pan.

Dissolve cornstarch in liquid and add honey. Cook over medium heat until boiling, stirring constantly. Add strawberries and salt; stir until mixture boils again and thickens. Remove from heat, cool. Spoon cooled topping over cake, letting it drip down sides. Cool thoroughly before serving.

This recipe is from the Oregonian and credited to the National College of Naturopathic Medicine.

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