

Black man in the kitchen

by Robert Elliott

If you get invited out to dinner during the holidays, chances are that you'll sit down to a meal prepared by the man of the house.

An informal survey by Kraft, Inc., revealed that surprisingly high numbers of Black men are taking their turn in the kitchen for holiday entertaining.

Many of those surveyed learned their way around the kitchen at a fairly early age, largely out of necessity. They grew up in single parent families or in families where both parents worked. The children had to learn to cook for themselves and their families.

Others learned to cook while students in college. They found that cooking their own meals was the best (and sometimes the only) way to stretch a meager allowance.

Not all of the men really enjoy cooking, but we did discover three men of various lifestyles who take great pleasure in their cooking and love to share their skill with families and friends.

Douglas Alan-Mann is a young actor who has worked in television commercials, films and theater. He eats many of his meals on the run, and even when he has time to cook for himself, he tends to prepare meals that are quick and easy. Yet, he finds room to improvise with even the simplest of meals.

George Whitfield is a member of a security force. He shares cooking chores with his wife, Eugenia, who also works away from home. Both enjoy preparing big holiday meals for their children and grandchildren.

Scott Tyler owns and operates a successful real estate business. It keeps him moving around the country. As a gourmet, he finds that situation very satisfying. It gives him an opportunity to sample the fare at some of the country's great clubs and restaurants. Increasingly, he finds that few of them can surpass the delights he creates in his own kitchen.

In spite of the difference in their lifestyles, the three men have a number of traits in common. In addition to being lovers of good food, they are also very positive and unflappable in their attitudes toward their lives, their work and their futures.

Doug Mann has great confidence in his ability to prepare a good meal, but he keeps the fare relatively simple for two reasons: He likes it that way, and he simply does not have the time or the space to explore the intricacies of ethnic and gourmet cooking on the scale he would like.

The divorced father of an eight-year-old son, Mann has his hands full juggling his time and commitments so that he spends enough time

with De'Alan (nicknamed "Dee") and is still able to be on call for the acting job that may turn up at any moment.

Mann is, in fact, a very busy actor, but that still leaves him with a great deal of time at liberty.

Ironically, Mann's first adult job was as a butcher. He had been working at it for five years when he was laid off six years ago. Some of his friends from amateur theater groups helped him get work in television commercials to tide him over. He never went back to cutting meat for a living.

For fast, simple meals, Mann prefers to use a toaster oven rather than a conventional range whenever possible.

"It costs less, and there isn't as much cleanup when it's over," he said. "I also like being able to keep an eye on the food without opening the oven door all the time. Dee likes to watch, too."

For this evening's simple meal, Mann wrapped frankfurters in slices of American process cheese food, inserted them in hot dog buns and placed them in the toaster oven.

While Dee watched the hot dogs, his father opened a can of vegetar-

ian style beans in tomato sauce. He added a quarter cup of barbecue sauce and warmed them over low heat. By the time the beans were warmed up, the hot dogs were also ready.

Mann said that occasionally he will add chopped raw onion to the beans in the last two or three minutes of cooking, or use barbecue sauce containing onion bits. He didn't use either of those this time because Dee does not like his beans that way.

Doug's hot dogs in cheese can also be served with all of the usual hot dog condiments: onions, mustard, barbecue sauce, relish and—if you like it really hot—jalapeno peppers. This time, however, Dee felt he had waited long enough, and he began to eat without any extra frills.

Unlike the quick and simple approach worked out by Doug Mann, George Whitfield has developed a laid-back approach to the culinary arts in which meal preparation and consumption are deliberate and unhurried, each to be savored and enjoyed in its own right.

Part of the difference in approach may be attributed to the difference in age and experience. At 28, Doug Mann has been cooking seriously

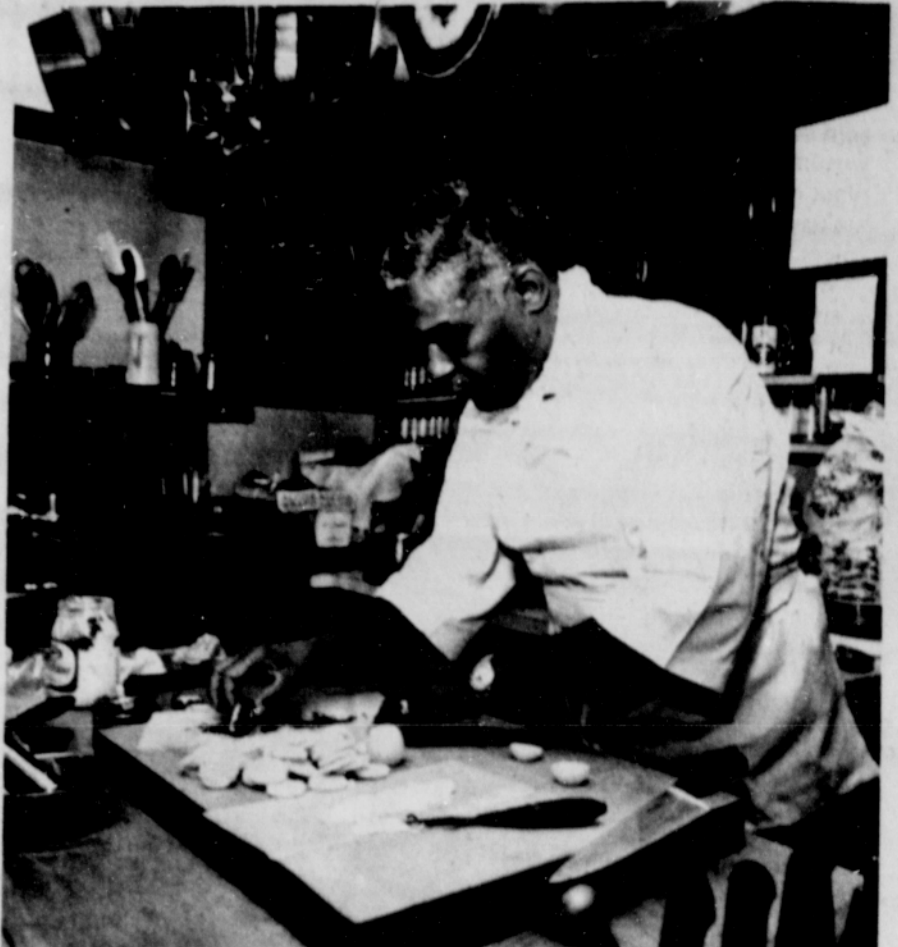
only since his divorce. He cooks when he has to or when he can squeeze it in. Whitfield, on the other hand, has one grandchild in college and two others under the age of 10. He has been cooking most of his life, he says, and cooking is a major element of his lifestyle. He does it almost every day.

Because he and his wife work different hours, Whitfield does most of the shopping and cooking on weekdays so that his wife can come home to a ready meal. Mrs. Whitfield normally does the cooking on weekends.

During the holiday season, in addition to the big, traditional Thanksgiving, Christmas and New Year's Day feasts, there are frequent family get-togethers for which either or both of the elder Whitfields may do the cooking.

George Whitfield invited us to share a typical meal for the Sunday between Christmas and New Year's. He also allowed us to observe his preparation of the meal and let us in on some of his secrets.

Several years ago, Whitfield was diagnosed as a diabetic. The discovery dictated a major change in his lifestyle, especially his diet and food preparation.



Scott Tyler prepares his onion sandwich canapes. He places thin slices of onion between circles of white bread. The edges are spread with mayonnaise and rolled in finely chopped parsley.



De'Alan and Doug Mann enjoy a father and son talk over their dinner of hot dogs wrapped in a blanket of melted cheese. It is a typical meal for the Manns before they go Christmas shopping.

"Black Man in the Kitchen" SPECIAL COUPONS!

Redeemable at the Following Safeway Stores:
1100 NE Broadway—6400 N. Interstate—5920 NE Union

EASY CHEESE DOGS

Frankfurter buns, split
Kraft American singles pasteurized process cheese food

For each sandwich, fill bun with process cheese food and frankfurter. Place on cookie sheet or toaster oven tray. Bake at 350°, 15 minutes. Variation: Top frankfurter with one tablespoon Kraft barbecue sauce before baking. To Microwave: Wrap each sandwich in paper towel. Microwave on High or until hot.

DOUG'S TANGY BEANS

1 16-oz. can vegetarian beans
Dash of ground red pepper
1/4 cup barbecue sauce

Combine ingredients; simmer 15 minutes, stirring occasionally. Variation: substitute 1/2-cup can pork and beans for vegetarian beans.

SAVORY BEEF ROAST

1 5-lb. rolled rump roast
Salt and pepper
1 8-oz. bottle Kraft Italian dressing

1 teaspoon oregano leaves, crushed
3 garlic cloves, cut in half
1 can mushroom soup
2 onions, cut into quarters

Lightly season meat with salt and pepper; place in deep bowl. Combine dressing and oregano; pour over meat. Cover; refrigerate several hours or overnight, turning occasionally. Drain meat. With tip of sharp knife, make slits in roast; insert garlic cloves. Place meat on heavy duty aluminum foil. Place in shallow baking pan. Spoon soup over meat; add onions. Wrap securely. Bake at 325°, 2 hours. Open foil; brown roast uncovered at 350°; 15 minutes or until medium rare (145°). 10 to 12 servings.

HOLIDAY FRUIT DRESSING

1 1/2 cups Kraft real mayonnaise
6 tablespoons honey
1 tablespoon lemon juice
2 teaspoons grated lemon rind
1/2 teaspoon ginger

Watermelon chunks
Grapes
Melon wedges
Kraft mild natural colby cheese, cubed

Combine mayonnaise, honey, lemon juice, lemon rind and ginger; mix well. Chill. Arrange fruit and cheese on platter; serve with dressing. 2 cups.

WHITE CHOCOLATE MOUSSE

6 oz. white chocolate
1/2 cup milk
2 egg whites

1 cup Kraft marshmallow creme
1 tablespoon lemon juice
1 cup whipping cream, whipped

Cut chocolate into small pieces; melt with milk over low heat, stirring occasionally. Cool, stirring occasionally. Beat egg whites until soft peaks form; gradually add marshmallow creme and lemon juice, beating until stiff peaks form. Fold chocolate mixture and egg whites into whipped cream. Spoon into dessert dishes. Chill several hours or overnight. Garnish with semi-sweet chocolate shavings, if desired. 4 to 8 servings. Variation: Omit lemon juice and substitute 1/2 cup semi-sweet chocolate pieces for white chocolate.

CHICAGO STYLE CANAPES

1/2 cup soft Parkay margarine
2 tablespoons Kraft pure prepared mustard
Dash of ground red pepper
Thin sliced white bread

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Kraft real mayonnaise
Thin onion slices
Chopped parsley
Ham slices

Combine margarine, mustard and red pepper; mix well. Cut bread and ham with assorted 2-inch cutters. For each canape, spread bread with margarine mixture; top with ham. Garnish as desired. Cut bread with 2-inch round cutter. For each canape, spread two bread rounds with mayonnaise, fill with onion slice. Spread rounded edge of canape with mayonnaise; roll in parsley.

FLORENTINE STUFFED TOMATOES

10 firm medium tomatoes
1/4 cup margarine
1/2 cup chopped onion
1/2 cup flour
1/2 teaspoon salt
1/4 teaspoon white pepper

Dash of nutmeg
Dash of ground thyme
2 cups milk
1/2 lb. ground beef
10-oz. pkg. frozen chopped spinach, well-drained

Cut off tops of tomatoes. Remove pulp, leaving 1/4-inch shell. Lightly sprinkle insides of tomatoes with salt; invert and drain on absorbent paper. Melt margarine in saucepan over low heat. Add onion; cook until tender. Blend in flour and seasonings. Gradually add milk, cook, stirring constantly, until thickened. Brown meat; drain. Add meat and well-drained spinach to sauce; heat mixture thoroughly. Place tomatoes in 13 1/2 x 8 1/2-inch baking dish, fill with hot sauce mixture. Bake at 350°, 10 minutes. 10 servings.

SAFEBAY COUPON

Coupon Good 12/16/81 Thru 12/24/81 At 1100 NE Broadway, 6400 N. Interstate, 5920 NE Union

Sliced Cheese Singles
Kraft American
8-oz. Pkg., Reg. \$1.53
Limit 1 With Coupon
\$1.09

SAFEBAY COUPON

Coupon Good 12/16/81 Thru 12/24/81 at 1100 NE Broadway, 6400 N. Interstate, 5920 NE Union

Barbecue Sauce
Kraft, Assorted
18-oz. Btl., Reg. \$1.19
Limit 1 With Coupon
79¢

SAFEBAY COUPON

Coupon Good 12/16/81 Thru 12/24/81 at 1100 NE Broadway, 6400 N. Interstate, 5920 NE Union

Italian Dressing
Kraft Salad Dressing
8oz. Bt., Reg. \$1.02
Limit 1 With Coupon
79¢

SAFEBAY COUPON

Coupon Good 12/16/81 Thru 12/24/81 at 1100 NE Broadway, 6400 N. Interstate, 5920 NE Union

Empress Honey
Clover Honey
8-oz. Size, Reg. 95¢
Limit 1 With Coupon
79¢

SAFEBAY COUPON

Coupon Good 12/16/81 Thru 12/24/81 at 1100 NE Broadway, 6400 N. Interstate, 5920 NE Union

Whipping Cream
Lucerne Rich & Thick
Pint Ctn., Reg. \$1.09
Limit 1 With Coupon
69¢

SAFEBAY COUPON

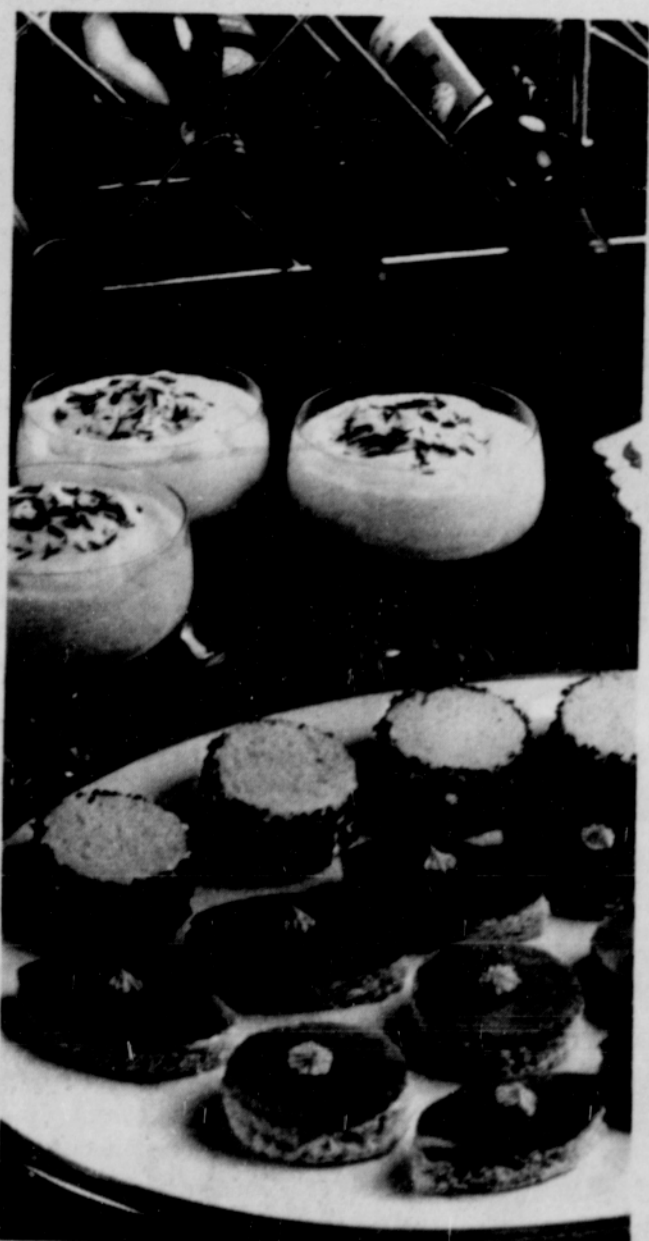
Coupon Good 12/16/81 Thru 12/24/81 at 1100 NE Broadway, 6400 N. Interstate, 5920 NE Union

Sandwich Bread
Mrs. Wright's
32-oz. Loaf, Reg. 97¢
Limit 1 With Coupon
69¢

SAFEBAY COUPON

Coupon Good 12/16/81 Thru 12/24/81 at 1100 NE Broadway, 6400 N. Interstate, 5920 NE Union

Chopped Spinach
Bel-Air Frozen
10-oz. Pkg., Reg. 37¢
Limit 1 With Coupon
29¢



White Chocolate Mousse and Chicago Style Canapes.



Holiday Fruit Dressing and Savory Beef Roast.