



New York Businesswoman Frances Savage serves a typical Manhattan champagne brunch featuring her own Parmesan Oven-Fried Chicken, Super Brunch Salad and fried Plantain.

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less he absolutely had to.

Today there are new stirrings. New theater and dance groups rise up almost every week. Most of them die just as quickly, but others take their place. A few manage to hang in there.

The state of New York has built a beautiful new State Office Building in Harlem. There are new construction and rehabilitation all over the place. On Strivers' Row, beautifully restored brownstones recall a long ago era of gentility and elegance.

Small's Paradise and the Cotton Club are gone, but the Apollo is still there. It is battered and dirty, and it is closed much of the time, but it is there. Maybe someone will restore it, too.

In the meantime, the Black Americans of New York and environs have carried their own and the Harlem heritage into all parts of the city, creating new lifestyles for themselves and making their own contribution to the New York style. It shows in every aspect of their lives, including cooking and entertaining.

Those styles, like almost everything about New York tend to be eclectic. They borrow from everywhere, including the cultural past of other areas of the country and other nations. Soul food has undergone a sea of change in the process of re-crossing 110th Street.

It has happened because New York is a port city. The foods of the

world find their way to its markets, and this infinite variety is one of the things that make New York such an exciting place to live.

Frances Savage says she could easily live almost anywhere, but right now New York, particularly Manhattan, is where the action is, and it's where she chooses to be.

A businesswoman and management consultant, Ms. Savage lives in a West Side high-rise apartment that commands views of Lincoln Center and Central Park.

"Everything I want," she says, "is right here."

That statement applies to her career and her non-working life. A woman who enjoys cooking and entertaining, she finds New York the perfect place for an adventurous palate.

"Just two blocks from me is the most fabulous market. I can get almost anything you can imagine. Fresh fruit and vegetables from all over the world. The finest meat, fish and poultry. You name it. If they haven't got it, they'll get it for you."

As if to demonstrate the variety of choices for her guests from Kraft, she prepared a champagne brunch that featured oven fried chicken, (a true Southern dish), fried plantain, (a Latin American favorite), and a salad of fresh mushrooms, lettuce, tomatoes and California avocados. It was accompanied by a punch made of New York State champagne and orange juice.

She called it a typical Manhattan brunch.

Helen Fletcher is a widow and a retired public health nurse who lives in the Co-Op City development in the Bronx. She was born in Oxford, North Carolina, and grew up on a farm outside Morristown, New Jersey.

She recalls, "In Morristown, we raised chickens and pigs, and we ate a lot of raw fruit, nuts and vegetables. My father hunted for game. It was plentiful around that area back then, and we frequently ate squirrel, rabbit, pheasant and turtle.

"We had a lot of one-dish meals because that's what my father wanted. So we had a lot of ham with beans put in a pot, seasoned and cooked all day. And stews. We had a lot of stews. And we cooked just about everything with sugar. I still do. I never know salty rice until I came to New York."

Mrs. Fletcher was one of six children. She shared cooking chores with her mother and sisters. "I did the main dishes and breads. My sister made the desserts."

For her guests, she prepared a skillet spaghetti dinner with salad and a corn pudding dessert. She combined spaghetti and sauce at the stove and served them in one dish for simpler, easier serving and a faster clean up.

That kind of efficiency provides simple, delicious meals and leaves her a lot of time for more important



Helen Fletcher of the Bronx serves her special skillet spaghetti dinner with Corn Pudding Dessert and an appetizer of fresh grapefruit halves.

activities such as her senior citizens' dance class.

Earline and Charles Wilson have an instant familiarity about them.

They could easily have stepped out of the cover of *Ebony* or *Essence*, bright, well-educated, articulate, attractive and upwardly mobile.

As a matter of fact, Charles was once the subject of an interview in a major men's magazine, and Earline is a former television producer from Baltimore.

The Wilsons live in a co-op penthouse in a West Side Manhattan building that is being restored. He works for an international education agency near the U.N., and she works full-time in their jointly-owned marketing consulting busi-

ness. They enjoy their life and the city around them.

Part of that life involves eating well. Both of the Wilsons are accomplished cooks, although he says he has been banished from the kitchen except on weekends.

On the other hand, Charles is not much of a meat eater. One result of this is that the soul bird appears on the Wilson menu fairly frequently in a variety of guises.

For the guests, Earline Wilson prepared a hot and spicy oven barbecued chicken, her special maca-

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