



Remember the aroma of slowly simmering soup?

Today's column is an excerpt from the soup chapter in *The Happy Cooker* by Elaine S. Stulberg, copyright 1973.

Most of us have pleasant memories stirred within us as we recall the wonderful aroma of slowly simmering soup, coming from the kitchen, and deliciously scenting the whole house. For hours, we would wait and eagerly anticipate the taste of the contents of the "soup kettle."

However, in this era of canned, quick-freeze concentrates and bouillon cubes, it is a rare gastronomic delight to sip a cup of delicious homemade soup.

Soup-making is an art in itself, and for many, an awesome and tedious one. However, it need not be. It is no longer necessary for soups and stocks to cook for 10-14 hours or longer to produce a perfectly succulent kettle of soup.

With the many fine kitchen conveniences available today, soup-making is no longer the chore that it used to be for the homemaker.

Most soups begin with a good rich stock, which is also the basis for many marvelous sauces. Therefore, it appears to me, the advantages in learning how to prepare soup are innumerable. Generally speaking, soups fall into three categories:

"Clear, thin types such as bouillons, broths and consommés."
"Light, delicate types such as bisques and thin cream soups."
"Thick, heavy types such as chowder and minestrone, which, incidentally, are often served as a meal in themselves."

In today's column, you will find a selection of soups that are both easy on the budget and in preparation and will have family and guests smacking their lips in approval. You will also note that many of them are also low carbohydrate. And after all, that's the name of the game.

OLD-FASHIONED CHICKEN SOUP
(Forget the commercial for the packaged imitation. This is the "real" chicken soup like Mama used to make.) It is also the recipe to use when poultry stock is required in a recipe.)
5-lb. stewing chicken, cut up, including gizzard, heart and neck
4 1/2 qts. cold water

A Mort Crim favorite:

By ELAYNE STULBERG

Channel 4's Mort Crim began his career as a news writer at Chicago's WLS radio in 1965 while working on his master's degree in journalism at Northwestern University. Space prohibits a complete breakdown of his credits, which are mind-boggling.

Included here are a few highlights: The two-hour documentary, "A Matter of Policy," earned him an Emmy in 1978 and was nominated for a Columbia Dupont Award, which is the Pulitzer prize of television; coverage of the manned space shuttle, moon landings, three presidential summit conferences, the Newark riots and President Lyndon Johnson's 1965 Asian trip.

During the Yom Kippur War, Crim filed daily radio and television reports from the Golan Heights.

Other honors include Alfa Creative Award for Syndicated Commentary; Philadelphia's Man of the Year in Television Award in 1973; an honorary doctor of letters degree from Anderson College in Indiana; the Harrison Award from Northwestern University; and the Society of Professional Journalists' Award.

Two books, "Like It Is" and "One Moment Please" were written by Crim, in 1970 and 1972 respectively. His biography appears in a number of prestigious works including Contemporary Authors and Who's Who in America.

Crim is an Illinois native and, prior to his arrival here, was a news anchorman in Chicago. Crim, his wife, Nicki, and two children moved to Michigan in August 1978 when he joined WDIV-TV as anchorman of the 6 and 11 p.m. newscasts.

Try Nicki and Mort's recipe for fresh corn pudding. It is a Julia Child specialty and a favorite with the Crims.

FRESH CORN PUDDING

- 12-14 ears fresh corn (to make about 3 cups)
- 6 eggs
- 2 tbsps. grated onion
- 1 tsp. salt
- 4 tbsps. minced parsley
- 1/2 cup bread crumbs (from crustless nonsweet bread, lightly pressed down)
- 1/2 cup grated cheese (Swiss and/or cheddar, lightly pressed down)
- 1/2 cup heavy cream
- 1/2 tsp. cayenne pepper
- 8-10 grinds fresh pepper

Scrape the corn and measure to be sure you have about 3 cups. Beat the eggs in a mixing bowl to blend; then all the rest of the ingredients, including corn. Preheat oven to 350 degrees. Butter an 8-cup baking dish and line bottom with a round of buttered waxed paper. Stir the corn mixture thoroughly to blend and pour into baking dish. Set the corn dish in a larger dish and pour boiling water to come 3/4 up the dish.

Bake in the lower-middle rack of oven for 1 1/2 hours, then turn oven down to 325 degrees. Baking time is 1 1/4 to 1 1/2 hours. Water around dish should not bubble (too high heat can make the custard grainy). Let stand in turned-off oven with door open for approximately 10 minutes before unmolding.

Continue cooking for 1 1/2 hours. Add rice and cook an additional half hour. Remove from heat and discard celery stalk. Remove meat and bones with meat attached. Cut meat into bite-sized pieces. Discard bones and return meat to soup kettle. Allow soup to cool and then cover and refrigerate overnight.

Discard hardened layer of fat that has formed. Place sufficient amount for one meal in saucepan. Freeze balance in canning jars. Will keep at least three months. Yields 4 to 5 qts. Grams per cup 7.4.

LOBSTER BISQUE

- 4 tbsps. butter or margarine
- 4 tbsps. cornstarch
- 3 cups half-and-half
- 1 cup cream
- 1 pt. Fish Veloute base* (see recipe below)
- 2 cups lobster meat (fresh or frozen), diced
- Salt and pepper to taste
- 3/4 tsp. paprika
- 2 tbsps. dry sherry (no cooking wine, please)

Heat butter in saucepan over medium heat. Mix cornstarch with 1 cup half-and-half until smooth and stir into butter. Add remaining half-and-half, cream and veloute gradually, stirring constantly until bisque comes to a boil and is smooth and thickened. Add lobster, seasonings and sherry. Simmer 15 minutes. Yields 8 servings. Grams per cup 11.8.

*FISH VELOUTE BASE

- 2-3 lbs. fresh fish trimmings and bones
- 1 lg. onion, chopped
- 2 carrots, scraped and cut into slices
- 2 whole celery stalks
- 1 parsnip, scraped
- 1 cup dry white wine (no cooking wine, please)
- 4 tbsps. butter or margarine
- 5 sprigs parsley
- 4 tbsps. flour
- 2 cups fresh fish stock
- Salt and pepper to taste

FISH STOCK: Rinse fish trimmings and bones. Place in bottom of large soup kettle. Add onion, carrots, celery

and parsnip. Add 3 qts. cold water and bring to boil; cook 10 minutes. Reduce heat to simmer and skim scum from surface. Cover and cook 1 1/2 hours. Strain and discard fish and vegetables. Return stock to kettle. Add wine and parsley. Simmer 15 minutes. Remove 1 pt. stock and reserve for veloute. Freeze remaining for future use in fish soups and sauces.

VELOUTE: Melt butter or margarine over low heat in saucepan. Remove from heat and blend in flour. Gradually add 1 pt. reserved stock, stirring constantly over low heat until sauce is thickened and smooth. Add seasonings and strain to use in Lobster Bisque recipe. Yields approximately 2 1/2 qts.

CREAM OF CHICKEN SOUP

- 1 qt. chicken stock (from old-fashioned chicken soup)
- 1 egg yolk
- 1 1/2 cups heavy cream
- 1 tsp. dry sherry (no cooking wine, please)

Heat stock, but do not boil. Beat egg yolk and cream together. Add a bit of stock to cream-yolk mixture and then stir it all back into stock. Add sherry and cook on low heat for 10 minutes. Serves 6. Grams per cup 8.8.

NEXT WEEK: DRINKING AND COOKING WITH WINE

Mrs. Stulberg is a food writer/restaurant reviewer, lecturer and author of the gourmet cookbook for dieters, "The Happy Cooker." Letters, requests and recipes for column sharing are welcome. All communications and book order inquiries should include name, address and telephone number. Send to The Happy Cooker, P.O. Box 573, Pontiac 48055.

Potato recipes can add variety to winter menus

To add variety to winter menus, try these recipes for potatoes.

POTATO PANCAKES
2 eggs
2 cups grated raw potatoes
1/2 tsp. baking powder
1 1/2 tsp. salt
1/4 tsp. pepper
Dash of powdered thyme
Fat for frying

Beat eggs slightly, stir in grated potato, baking powder, salt, pepper and thyme. Heat griddle or heavy skillet slowly. Lightly grease griddle before baking each batch. Spoon batter onto heated griddle, making each thin pancake about 3 inches in diameter. Bake pancakes on each side until crisp and golden. Serve plain, or with maple syrup or applesauce and sour cream on top. Yield: 8 pancakes. NOTE: The grated potato mixture tends to darken on standing, but the pancakes will whiten as they cook.

PAN-BROWNED POTATOES
1/2 cup water
1 beef bouillon cube
1/4 tsp. dehydrated onion flakes
1/4 tsp. tarragon
Dash of paprika
6 oz. cooked potato, sliced

In a nonstick skillet, heat water to boiling, add remaining ingredients except the potatoes; cover and cook 2 minutes. Add potatoes, cook over medium heat until the liquid is evaporated. Yield: 2 servings for dieters.

CHATEAU POTATOES
18 oz. cooked potatoes, peeled
1 cup chicken bouillon
1/2 tsp. imitation butter flavoring
Salt to taste

Place potatoes in a small oven-proof dish; add bouillon, imitation butter flavoring and sprinkle with salt. Bake in a 400 degree oven, basting occasionally with the bouillon, until brown on top. Yield: 6 servings. Just right for a diet, too.

MASHED POTATOES AND FRANKS
8 frankfurters
2 cups seasoned mashed potatoes
1/2 to 3/4 cup grated cheese
Paprika

Slit franks lengthwise, almost through; spread open. Place franks cut side up on a greased baking sheet. Heap mashed potatoes on franks. Sprinkle with grated cheese and paprika. Heat in a 400 degree oven for about 15 minutes. Yield: 4 servings.

'Kraut not German

People think sauerkraut is a German dish, but it actually was created in China. Coolies working on the Great Wall of China were fed a dish of cabbage and rice. To preserve it as a winter food supply, wine was added and it became known as sauer cabbage. When the recipe reached Europe, it was called sauerkraut.

Safety rule has impact

A Federal standard requiring protection for cars in side impact accidents has substantially reduced the number of fatalities and serious injuries to drivers and passengers, according to an advisory from the U.S. Department of Transportation.

The report notes that lower injury rates occurred in accidents where one car was involved in a sideways impact with a tree or other fixed object.

While the advisory noted successes in single car crashes, it also showed that improvements in cars involved in side-

impact crashes with other vehicles must be made.

"The greatest benefit of this rule has been the protection provided in accidents where a car skids into a telephone pole, street light, tree or other object," said Joan Claybrook, NHTSA administrator.

These conclusions are contained in report available by writing to General Services, NHTSA, 400 Seventh Street, Washington D.C. 20590. Reference should be made to the evaluation of Standard 214.