



# A Question of Taste

By Hilary Keating Callaghan

## Pea soup, cheese croutons go with Olympics

Imagine you are in Lake Placid for the Winter Olympics. You are staying at a charming country inn. It has a cozy dining room lit by a roaring fire.

Tiny glass windowpanes are layered with patterns of frost on the outside, steam on the inside. What would you be eating?

Somehow the following menu would seem to be perfectly in character: bowls of steaming, thick pea soup with golden cheese-crusteds croutons, freshly-baked bread, and mugs of beer or a bottle of a hearty Burgundy.

For those of us who won't make it to Lake Placid this winter, it is cheering to note that we will probably get a better view of the games on television than at the actual site. Equally cheering is the fact that the menu in this daydream can be made easily at home.

The soup is not the usual dried, split-pea soup. Based on frozen green peas, it has a fresher flavor than the slow-cooked, dried version. Few foods are as satisfying to winter-sharpened appetites as a hearty home-made soup, and few are so easy on the cook. Soup has been identified by psychologists as a comfort food, an appellation which applies to its preparation as well as consumption.

I have included a recipe for vegetable stock for those willing to start from scratch. This recipe is by no means hard and fast. If you don't have one of the vegetables on hand, simply increase the amount of another vegetable to compensate. You may freeze any left-over stock for future use.

If you lack the time to make your own stock, simply dissolve vegetable bouillon cubes in boiling water.

The marinated carrots, tangy with lemon juice, are a perfect foil for the rich soup.

8 to 10 peppercorns  
4 to 5 cloves garlic, peeled  
Salt

Combine all the ingredients in a large pot. Bring to a boil, reduce heat and simmer, uncovered, for 3 to 4 hours. Strain, and add salt to taste. Makes 5 to 6 cups.

### HOT HERBED PEA SOUP

1 medium potato, scrubbed and diced  
1 stalk celery, chopped  
1 onion, chopped  
1 carrot, chopped  
1 clove garlic, sliced  
1/2 tsp. marjoram  
1/4 tsp. thyme  
2 sprigs parsley  
1 tsp. salt  
2 cups vegetable broth or chicken stock  
1 pkg. (10-ounce) frozen peas  
1/4 cups milk or half-and-half  
Freshly ground pepper  
Parmesan croutons (recipe follows)

Combine the first 10 ingredients in a soup kettle. Bring to a boil, cover, and simmer 30 minutes. 2. Add the frozen peas to the cooked vegetable mixture. Simmer covered, for an additional 5 minutes. Remove from heat and cool slightly. 3. Puree the vegetable mixture in batches, in a blender, gradually adding the milk or cream. Reheat soup gently and serve with Parmesan croutons. Serves 4.

### PARMESAN CROUTONS

1 tbsp. butter  
2 tsp. vegetable oil  
4 thick slices firm bread, cubed  
2 tsp. Parmesan cheese, freshly grated  
Freshly grated pepper to taste

Heat butter and vegetable oil in a small skillet. Add the bread cubes and saute over low heat until golden and crisp. Sprinkle with Parmesan cheese and pepper.

### CHILLED MARINATED CARROTS

1 pound fresh carrots, well scrubbed  
1/4 cup diced green onions  
2 tsp. snipped fresh parsley  
1/2 cup salad oil (a light oil, such as safflower, works better here than the heavier olive oil)  
2 tsp. lemon juice  
1/2 tsp. salt  
Dash of freshly ground pepper

Cut carrots in half crosswise; then cut into long, thin slices. Cook in a small amount of boiling, salted water, covered, until just tender, less than 5

minutes. Drain and cool. Combine remaining ingredients; toss with carrots. Chill, covered, several hours. Makes 4 to 6 servings.

NOTE: In the recipe for French bread which appeared in the Feb. 4 issue, the second rising time is 45 minutes. In the sixth step of the recipe, make diagonal cuts 1/4 inch deep in the top of the bread.

Address all letters to Hilary Keating Callaghan, c/o O&E Newspapers, 461 S. Main, Plymouth 48170.



### Sweet and tangy

These Tangy and Sweet Pork Chops get their tang from the use of Worcestershire sauce. They're easy to prepare.

2 tbsp. salad oil  
6 pork chops, 3/4-inch thick  
1 1/2 cups orange juice  
3 tbsps. light brown sugar  
1 tbsps. corn starch  
1 1/2 tbsps. grated orange peel  
1 1/2 tsp. salt  
1/4 tsp. ground cloves  
3 tbsps. Worcestershire sauce  
3 tbsps. water  
2 1/2 tsp. cider vinegar  
1 medium orange, peeled and cut into sections.

Preheat oven to 350 degrees. In a large skillet, heat oil until hot. Add pork chops, 3 at a time; brown on all sides. Arrange chops in a 3-quart baking pan. In a small saucepan, combine orange juice, brown sugar, cornstarch, orange peel, salt, cloves, Worcestershire sauce, water and vinegar; bring to a boil. Pour over pork chops. Bake, covered, for 25 minutes. Add orange sections; cook until pork chops are tender, about 5 minutes longer. Serve with buttered noodles and a fresh green salad, if desired.

### VEGETABLE BROTH

5 quarts water  
4 stalks celery, sliced  
2 medium onions, halved and stuck with 2 cloves  
2 medium potatoes, scrubbed and thickly sliced  
2 turnips, scrubbed and diced  
4 carrots, scrubbed and sliced  
Several large sprigs parsley  
2 bay leaves

Hondo Crouch is self appointed mayor and overseer of Luchenbach, Texas. He lures people to the town he bought through a Want Ad by staging events such as Luchenbach's Home Movies Film Festival and Hell Hath No Fury Women's World Chili Cook Off.

## British patties are of cheese

British Cheese Patties, known as Glamorgan Sausages, taste good for brunch, served with broiled tomatoes and bacon.

In a small bowl, combine mustard with 1 tsp. water; set aside for 10 minutes. In a large bowl, combine 2 cups of the bread crumbs with Swiss cheese, Cheddar cheese, scallions, parsley, black pepper, reserved mustard, egg yolks, Worcestershire sauce and remaining 4 tsp. water. Divide mixture into 12 equal portions; form each portion into a patty. In a shallow bowl, lightly beat egg whites. Place remaining 2 cups bread crumbs into another bowl. Dip each patty into the egg whites, then into the bread crumbs, coating thoroughly. In a large skillet heat oil until hot. Add patties; brown on both sides, about 5 minutes. Yield: 12 patties.

### BRITISH CHEESE PATTIES

1 tsp. dry mustard  
5 tsp. water, divided  
4 cups soft bread crumbs, divided  
2/3 cup grated Swiss cheese  
2/3 cup grated Cheddar cheese  
1/4 cup minced scallions (green onions)  
4 tsp. chopped fresh parsley  
1/4 tsp. ground black pepper  
4 eggs, separated  
2 tbsps. plus 2 tsp. Worcestershire sauce  
1/2 cup salad oil

### Storing energy

Here's an important thought: No food is produced without the use of energy. So if you eat too much you are contributing to the overall energy shortage. It also means that you are storing too much fat and creating your own energy crisis within your body. Keep yourself trim and you won't overuse or overstore energy.

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