



Byrd's Kitchen

by Vivian Byrd

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(F3B)

New soy product stretches protein and budget

It is time to send up some hurrahs for a vegetable that gets few cheers, though it well deserves them, a vegetable that probably can be found five days out of seven in most refrigerators.

In our house, as is likely true in most homes, at least once a day someone eats a carrot . . . or two . . . or more. They are good with just about everything.

Raw carrots show up, peeled into curls and tossed into a salad, cut into strips and served as a snack. They are sliced, julienned, carved into ovals, or shredded, then steamed, boiled, sautéed or fried into any number of recipes.

However they're prepared, carrots are chock full of Vitamin A, an aid to good vision. Low in calories, they are sometimes referred to as "diet food."

Carrots have a natural sweetness which is quite evident when the vegetable is steamed and served quite simply tossed with butter or margarine, or even plain.

In addition to all their other super qualities, carrots are available year round and are not expensive.

THE RECIPES below barely scratch the surface of what can be done with carrots, an ordinary everyday food that can be made quite interesting and even exciting with just a little imagination.

Set out Dilly Carrots as an appetizer for your family or at your next party, or use them to garnish a cold meat platter or molded salad.

A soup that is basically a vichyssoise becomes quite interesting with a generous

addition of carrots and makes up easily with help from a food processor.

For a change-of-pace salad or side-dish, toss sautéed green pepper, basil, carrots and oil. We call it Southern carrots.

Noodles with carrots and fresh chives, that can be snipped from the garden now that it is spring, are an interesting, buttery addition to any meal. They are particularly tasty with chicken.

DILLY CARROTS

8 to 10 small young carrots
1/2 cup basil white wine vinegar
1/2 cup water
1 tsp. dill weed

1 tsp. Beau Monde Seasoning
1 Scrape and trim carrots; cut in quarters lengthwise. Add vinegar, water, dill weed and Beau Monde. Cover and simmer for about 20 minutes or until carrots are crisp-tender. Chill for several hours or overnight in liquid. Makes about 1 pint.

CARROT SOUP

1 1/2 lb. carrots
1 lb. potatoes, peeled and quartered
1 cup celery
2 onions or 3 leeks
3 pints beef stock
Salt
Freshly ground black pepper
2 tbsp. chopped fresh chives

1 cup sour cream

Roughly chop the vegetables in the work bowl of the food processor. In a stock pot combine all ingredients except the sour cream and chives (use fresh chives, available now in markets and backyards). Cook for one hour. Place in the work bowl, two cups at a time, and process until mixture has a fine texture. To serve, season and finish off with the sour cream and fresh chives. Whisk the sour cream into the soup, then sprinkle the chives on top.

SOUTHERN CARROTS

2 bunches (about 10) carrots
Boiling salted water to cover
1 tsp. dry basil
2 tbsp. salad oil
1/2 cup minced green pepper

about five minutes. Drain the carrots and toss with the pepper. Serves 8.

NOODLES WITH CARROTS AND CHIVES

1 medium carrot, trimmed and scraped
1/2 pound fine noodles
Salt to taste
5 tbsp. butter or margarine
Freshly ground pepper to taste
1 tsp. freshly cut chives, or to taste

Cut the carrot into two-inch pieces. Cut the pieces into quarter-inch slices lengthwise, then into strips lengthwise. They should be about the size of matchsticks. There should be about 2 1/2 cups. Put the noodles on to cook in boiling salted water, to the desired degree of doneness. Heat the butter in a small skillet and add the carrots. Sprinkle with salt and pepper. Cook about two minutes, stirring. Add the chives to the pan. When the noodles are ready, drain them quickly but thoroughly. Spoon them onto the carrots and chives. Toss quickly. Serve hot.

Sauce gives chops flavor twist

Now is an especially good time to expand your pork-chop recipe file. These versatile chops are priced attractively this spring, especially when featured on sale as they often are. Fortunately, it is easy to include pork chops often on the dinner menu since they can be prepared in so many different and delicious ways.

It pays off to try a new recipe for, although pork chops are always a popular menu choice, the family is sure to sit up and take special notice when you treat them to the unexpected. You can do this by cooking and serving the chops with a delicious orange sauce that's flavored with chocolate syrup. You'll find that the sauce, as unusual as it sounds, makes an appealing accompaniment for the braised pork chops. It also goes well with that favorite menu companion — sweet potatoes.

When shopping for the chops, you can choose either rib or loin chops which are cut from the center portion of the loin section. Loin chops contain both the loin eye and tenderloin muscles while rib chops contain only the loin eye muscle. Or choose economical sirloin or blade chops, cut from the ends of the loin.

Pork is also a valuable contributor of some important vitamins and minerals. It is the leading source of the B-vitamin thiamin, containing three times as much as any other food. Thiamin helps the body digest food and release energy. In addition, it promotes normal appetite and is needed for a healthy nervous system. Also found in pork are the B vitamins riboflavin, niacin, B-6 and B-12 and the minerals iron and zinc.

PORK CHOPS WITH SURPRISE SAUCE

6 pork rib or loin chops, cut 3/4 to 1 inch thick
1 tbsp. cooking fat
Salt and pepper
1 small onion, chopped
1/4 cup water
1/4 cup orange juice
2 tbsp. chocolate-flavored syrup
1 tsp. grated orange peel
Dash cinnamon
2 tbsp. water
1 tbsp. flour
Orange peel curls, if desired

Brown pork chops in cooking fat in large frying pan. Pour off drippings. Season chops with salt and pepper. Add onion and 1/4 cup water, cover tightly and cook slowly for 30 minutes. Combine orange juice, chocolate-flavored syrup, grated orange peel and cinnamon; add to chops and continue cooking slowly, covered, 15 minutes or until meat is done. Remove chops to a warm platter. Combine 2 tablespoons water with flour; stir into cooking liquid and

cook, stirring constantly, until thickened. Garnish chops with orange-peel curls, if desired. Serve sauce with pork chops. Six servings.

With Pork Chops with Surprise Sauce capturing the menu spotlight, the rest of the meal can be

completed simply. Sweet potatoes and fresh green beans will be welcome additions as will a salad of lettuce wedges topped with a favorite dressing. End on a refreshing note with fresh strawberries served with cream.

Slice carrots diagonally in very thin slices. Add to boiling salted water with basil. Cook about 10 minutes. Meanwhile, put the salad oil in a saucepan, add the green pepper and saute for

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