

Try variations for vegetables

Monday, October 21, 1974 THE OBSERVER & ECCENTRIC (F)9A

Enhance the garden-fresh flavor of homegrown vegetables by preparing them in a variety of ways, suggested Anita Dean, extension foods and nutrition specialist at Michigan State University.

To boil vegetables, use as little water as you can. One-half to one inch in a heavy, tight-lidded pan is plenty. Bring the water to a boil, add the vegetables and cook until they water quickly to a boil again. Then lower the heat and cook gently.

adding 1/2 to 3/4 teaspoon salt for each pound of vegetables. Cover and cook until they're just done.

"THE COOKING liquid will contain many valuable nutrients," Mrs. Dean noted. "You can save them by removing the lid for the last few minutes of cooking and evaporating the water, or save the liquid to use in gravies, soups or sauces."

Mrs. Dean recommended braising greens, cabbage, celery, okra, green beans or young beets. Slice, dice or shred the vegetable, removing midribs and heavy stems. Heat one or two tablespoons of fat in a heavy skillet or saucepan. Add the vegetable, toss lightly in the fat and season. Cook over low heat, to prevent scorching, until the vegetables are crisp-tender.

Squash, potatoes, onions, tomatoes, carrots, beets and turnips can be baked. Slice or shred the vegetable into a casserole, add seasonings and a small amount of water. Cover tightly and bake at 350° to 400° F. until tender.

STEAMING is a good method for cooking white and yellow vegetables to prevent nutrient loss that occurs when vegetables are boiled and cooking liquid discarded.

Place the vegetables in a rack in the bottom of a tight-lidded pan. Add enough water to make plenty of steam, but not so much that it touches the rack. Cover and let the water boil vigorously. The steam will cook the vegetables.

Potatoes are a favorite pan-fried vegetable, but Mrs. Dean pointed out that carrots, rutabagas, parsnips or leftover vegetables of many kinds can also be prepared this way. Eggplant and summer

squash are delicious dipped in egg and bread crumbs before frying. Melt enough fat in a skillet to make a one-eighth inch layer. Add the sliced vegetables, seasoned lightly and brown on both sides. Cook until tender.

POTATOES, onions, eggplant and cauliflower are some of the best vegetables for deep-fat frying. Cut dry vegetables — water will make the fat splatter and pop — into pieces all about the same size. Break cauliflower into flowerets and boil three to five minutes, drain and dip in egg and crumbs. Cut eggplant in one-fourth inch

slices, dip in egg and crumbs. Slice onions in thin rings, soak in milk for 30 minutes, drain and dip in seasoned flour or fritter batter.

Heat enough fat to cover the vegetables. For cauliflower, eggplant and onions, the fat should be 375° to 385° F. For potatoes, it should be between 385° and 395° F. Add the vegetables and cook until they are nicely browned. Then remove them from the fat, drain on absorbent paper, salt and serve hot.

"With all these different ways to prepare vegetables, there's no reason for them ever to be dull," Mrs. Dean concluded.

B'nai B'rith plans Oct. 31 luncheon

Mrs. Louis Kash, president-elect of B'nai B'rith Women International, will be the guest speaker at the "Golden Gifts Luncheon" planned for noon Oct. 31 at Knollwood Country Club, 5050 West Maple Road, West Bloomfield.

The luncheon, sponsored by B'nai B'rith's Council of Metropolitan Detroit, will climax the special gifts campaign conducted in conjunction with the B'nai B'rith Youth Services Appeal.

Goal of this year's appeal is \$300,000.

Beneficiaries of the youth appeal

are philanthropies with emphasis on youth services both in this country and in Israel and in Hill Country on college campuses, vocational guidance and the Children's Home in Israel.

Attendance at the luncheon is open to the entire membership of B'nai B'rith Women upon pledge of \$50 or more to the fund drive.

CONTRIBUTORS OF \$100 or more will be presented with an engraved menorah plaque or a "Jewel Light" for a branch of their menorah, if they have already received the plaque. Women's Council President Mrs. Maynard Kalif has appointed Mrs. Gordon Fruitman of Oak Park as special gifts chairman.

Assisting her will be Mrs. Jack Freeman of Oak Park and Mrs. Henry Score, Mrs. Harold Rowe and Mrs. Ira Albion, all of Southfield.

Mrs. Kash, who lives in Los Angeles, has served in many leadership positions in B'nai B'rith Women. Mrs. Kash was national treasurer for three years and national chairwoman for the youth organization.

SHE HAS ALSO served as BBW Anti-Defamation League Chairwoman and is a former president of District No. 4 which encompasses nine western states and British Columbia.

Currently, she serves on both the budget and planning committees. An added attraction at the luncheon will be entertainment by comedienne Bev Marsh, Canadian television and stage personality.

Reservations may be made through individual B'nai B'rith Women's Chapters of the Youth Services Appeal office, 21711 Ten Mile Road, Southfield, 48075.

Federation to hold tea

The Federation of Women's Clubs of Metropolitan Detroit will hold an Officers Reception and tea in the Federation Club House, 15800 Fenkel, Thursday, Oct. 31, beginning at 1:30 p.m.

Area women who will be in the reception line are Mrs. Frank Wirtz, the club's corresponding secretary of Southfield, and Mrs. James Hayes, also of Southfield, a member at large.

Following the reception and tea the guests will be entertained with a program called "Musical Moments" with soloists Eileen Littell and Dorothy Douglass. They will be accompanied on the piano by Beulah Glassey.

School psychologist to address meeting

Jean Hollingsworth, a school psychologist in Lansing, will speak at the Farmington Chapter of the Michigan Association for Children With Learning Disabilities, Inc. meeting Thursday at 8 p.m. in East Junior High School, 25000 Middle Belt.

Her topic will be "Questions Parents Should Ask About Testing."

She will demonstrate and explain many of the tests commonly used in evaluating children for educational placement needs and discuss the parent's role in the Educational Planning and Placement Committee. This committee is mandated in the Michigan Mandatory Special Education Law and is the first opportunity for the parents to have a part in the educational planning for their child.

Norma Ringquist, spokesman for the group said, "Testing has been a mystery and a no-no to many parents and it is hoped that by taking some of the mystery out of testing, it will help bring closer cooperation between parents and professionals to create a better educational climate for our children."

All meetings of the association are open to the public at no charge.

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