



pilot
light
Greg
Melikov

TV's 'Mama' left a bad taste

I had managed to avoid the television show Mama Malone (that's Ma-lon-ee) until that fateful evening. I don't know why I didn't move the dial before I received a lesson in bad taste. Call it bad judgment.

What makes matters worse, Mama Malone is a cook who has a TV show. This episode featured a few overgarbage — how fitting — and a misundestood neighbor.

Mama Malone is preparing a large pot of Italian boiled meats when she isn't cracking the most tacky jokes I've heard on the tube. She's too lazy to dispose of the garbage in the routine manner. Instead, it is deposited in the hallway of her apartment house.

The neighbor returns the bagged contents in a gift-wrapped box. Finally, after several tasteless exchanges, the neighbor drops the garbage in her pot.

Is Mama disturbed? Yes, but she just happens to have a replacement dish in the oven. When she hears that the neighbor is a New York Yankee fan, she splits on his choice — square on the dish.

The best part of the show: the commercials. Mama Malone is giving Italian cooking a bad name. I have a few I'd like to deliver in person to the writers and the network.

VEAL SCALOPPINE MARSALA
1 1/2 lbs. veal cutlets, pounded thin and cut in strips
6 tbsp. all-purpose flour
1/2 tsp. each salt and black pepper
4 tbsp. butter
2 tbsp. olive oil
1 small onion, sliced
1 garlic clove, cut in 3 pieces
1/2 lb. mushrooms, sliced

1 cup chicken broth
1/2 cup Marsala wine
1/4 cup tomato juice
Pinches of nutmeg, tarragon, basil and oregano
1/4 cup grated Parmesan cheese

Dredge veal in mixture of flour, salt and pepper, set aside. In electric fry pan, swirl together 2 tablespoons butter and oil, saute onion and garlic several minutes. Lightly brown meat on both sides, adding 1 tablespoon butter to pan, saute mushrooms 5 minutes, add broth, wine, tomato juice and seasonings, reduce heat to 200-210 degrees, cover and cook 12 minutes. Return veal, adding a little more wine and tomato juice of needed; cover and cook 25 to 30 minutes, occasionally stirring. Sprinkle on cheese, turn off heat and let stand 10 minutes. You can garnish with fresh parsley. Serve 4.

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Cucumber yogurt is treat

The beauty of yogurt is that it supplies important vitamins and minerals, protein and calcium. Cucumbers are in fact a fruit, which are widely available and low in calories. Ancients felt that cucumbers had a cosmetic value and incorporated them into facial soaps.

COOL AS A CUCUMBER YOGURT
1 envelope unflavored gelatin
1 can (8 oz.) vegetable juice
2 cups low-fat vanilla yogurt
1 cup shredded cucumber
1/2 cup shredded carrot

1/4 cup chopped radishes
Cucumber slices for garnish
1. In saucepan, sprinkle gelatin over juice to soften. Place over low heat, stirring constantly until gelatin is dissolved.
2. In medium bowl, gradually stir juice mixture into yogurt; fold in remaining ingredients except cucumber slices.
3. Cover and refrigerate 4 hours. Stir before serving. Garnish with cucumber slices. Makes 3 cups or 6 servings.

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