



## 60 Chinese dinners coming up

By LORAIN McCLISH

The first benefit for the Farmington Community Center set for this fall will be a Chinese cooking demonstration given by Ina Tchen and scheduled for Thursday.

The Farmington woman has been giving classes at the center about a year for those who want to learn how to cook Chinese dishes. Since the first session, she has had no dearth of students. There has consistently been waiting lists for the next courses to start.

She calls cooking her hobby and says, "My husband's hobby is tennis and he has trophies to show for it. My students are my trophies."

Ina (pronounced Fena) Tchen has given demonstrations before on the culinary art and has taught Chinese women how to cook gourmet Chinese dishes, but she was overwhelmed with the response when she completed her first formal class at the center.

"They went home and gave eight-course dinner parties for as many as 18 people. They wanted more and more gourmet recipes. They wanted an immediate, more advanced follow-up course. So I'm teaching three levels of cooking now," she said.

OF HER LAST advanced class, she stated, "We made Peking duck and Mandarin pancakes. What Kissinger

was eating in China we were eating in class."

She starts her students off by teaching them how to prepare plain rice, how to select meat, what utensils are necessary, where to purchase foods.

"We start with the fundamentals before we try anything like tea-leaf eggs or sweet-and-sour shrimp that will make your mouth water," she said.

For each of her classes she carries her own utensils and food to the center; her cleaver (more important

than a wok she says), her wok with a pointed bottom which fits into the portable one-burner stove that is a standard part of her own kitchen ordered from Hong Kong; her bamboo strainer, and bamboo steamers if that's the order of the day.

Most of the recipes she gives to her students are her own, and most of these will go into a cookbook she's using in class.

MRS. TCHEN explained that in-

stead of the cookbook divided into categories for fish, meat and vegetables, hers will begin with dishes for the novice and follow through, chapter by chapter with advanced dishes as the student progresses.

THE PETITE Mrs. Tchen prefers the Chinese style of dress and has a great many of her clothes made by a tailor in Hong Kong when she visits her friends and family there. She

mixes business with pleasure on those trips and always tries to squeeze in a cooking class or two.

This isn't always an easy thing to do she explains, "They guard their secrets very tight. You have to know some chef or know somebody who does to get in a class. Technique is the important thing, the treatment of the food. I have learned how to make shrimp from the market taste like it was caught in Boston this morning."

She goes light on all of the sauces. Her sweet-and-sour sauce is very thin and used sparingly. She says, she rarely uses mustard sauce. "Why mask the real flavor of the food?" she asks.

American vegetables, she believes, are overcooked, but she accredits her youthful and slim figure to "many vegetables and very little meat."

Her husband and two sons, Terrence and Vincent, eat in the traditional Chinese fashion with her, "more Chinese than American dishes. My husband is so spoiled we rarely go to a restaurant."

SHE WILL PREPARE two Chinese dishes for a maximum of 60 people at the benefit set to begin at 8 p.m. Thursday in the center's living room.

"It's about the maximum that I can take so that everyone can have a substantial taste of what I cook and there is still time to answer questions," she said.

She is volunteering her services for the evening because "I like that place," she said of the community center. "I had been taking bridge lessons and sewing lessons there and I know they are always in the red so I offered to do what I can."

Tickets can be had by calling the center, 477-8404.

### Ina's flanksteak

INGREDIENTS: 10 oz. Flanksteak and 12 oz. Spanish onion.

"A" for Marinate Beef

2T water

1T soy-sauce

2t wine

2t cornstarch (mix in 1 t water)

Others:

1T soy-sauce

1t salt

1st sugar

dash black pepper (optional).

OIL: 2T for cooking Beef

2T for cooking Onion

2T mix with beef before cooking

PREPARATION:

(1) Beef: Trim off fat. Cut into '1x1½" thin strips.

Marinate with "A" for 30 minutes.

(2) Onion: Cut off both ends, remove brown skin. Cut into 4 sections, then cut into '4x1½" strips.

TO COOK:

(1) Add 2T oil in marinated beef, mix well.

(2) Heat 2T oil, turn on second hottest heat, add beef.

fry for 1 minute.

(3) Heat 2T oil, turn to second hottest heat, add onion, stir, add '4t salt and '4t sugar, stir fry 1 minute.

or till onion turns soft. Add cooked beef and 1T soy-sauce, cook 30 seconds. Remove to a dish, sprinkle black pepper, mix well and serve.

VARIATION: Replace onion with fresh tomato. Cut to-

mato into 12 sections.

The above two dishes can be served not only with rice, but also with noodles or spaghetti (to replace the usual spaghetti sauce).

## Festival looks at fashions

By SHIRLEE IDEN

They served up a three-course meal and more than 600 women came.

It was B'nai B'rith Women's Council's Fall Festival held Thursday at Adat Shalom Synagogue in Farmington.

First course was a bevy of exciting boutiques for browsing and shopping.

Featured were small gift items, needlepoint, ceramics, dried flowers, aprons, handbags, plants, baked goods and paperdolls.

After the shopping spree came the lunch break and warm welcomes to the women who have joined the largest Jewish service organization in the world.

COUNCIL PRESIDENT Mrs. Maynard Kalef added her welcome to that of Mrs. Robert Ellis, vice president and membership coordinator.

Completing the membership cabinet, a new innovation this year, Mrs. Sylvia Ross, Mrs. Paul Newman, and Mrs. Harold Robinson briefly addressed the gathering.

In a surprise presentation, past international president Mrs. Leonard Sims was made an honorary past president of the Metropolitan Council.

Mrs. Philip Edelheit was boutique coordinator and Mrs. Jack Levine oversaw the fashion show.

AND WHAT makes fall 1974 fashionable? Well, that course topped off the afternoon.

A fashion presentation by Himel-hochs defined the look of the near future.

Fabrics range from denim to soft corduroys and knits.

Velvets, plain and printed, appear by day or night, and the ease of jersey, anytime.

Sweaters continue to make fashion headlines, both singly or in twin sets.

They come in every length and every weight, some trimmed sumptuously in fur, leather or suede.

PANTS ARE wide and straighter and come to town or country for every kind of occasion.

Skirts are looking down, most covering at least part of the knee with the high fashion look homing in at mid-calf. They move and flow with fullness, usually near the bottom.

The Russian influence shows up in the Cossack look of high necks and full sleeves.

Hats make a comeback, giving that finished look to both pant and skirt outfits.

Rhinestone, lurex and sequins are popular evening trims and evening pajamas are the comfortable way to go.

THE TOTAL knit look features hats, vests, blouses, skirts and sweaters all worn together in layers.

Elongated jackets, suits with pants to match and flutter sleeves are other fall ingredients.

The new shoe look leans to wedgies, t-strap, two-colors and the classic pump.

Designers love the cape look, long and short, and, oftentimes, fur trimmed.

In a mix 'n match mood, the eye is trained to accept stripes and plaids or dots and prints appearing together in unaccustomed combinations.

Colors are muted and softened with the finger of fashion pointing often to greys, taupes, beiges and tans.

To wrap it all up, what's new is volume.

Fall's look is a look of voluminous ease, unstructured, flowing and comfortable.



Hat tops smart daytime outfit. (Photographed by Craig Porter)



Pants