

Ruth's Appointment Calendar Used To Be The TV Guide



Now her calendar is full

A few years ago, Ruth used to go to the movies with friends. After losing her driver's license, new TV shows were the only things that broke up her day to day routine.

Now that Ruth lives in a Chartwell residence, she's learned how to use the game system instead of the TV remote control and every day is filled with new friends and experiences.

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What's Cookin': Things you can do with okra

I was so excited the other day when I saw fresh okra available in the grocery store. It is a delight to have a different fruit or vegetable available after the long winter of limited varieties. My hubby is a huge okra fan! The first thing that comes to mind, of course, is the traditional southern dish—gumbo. That's why you've got the gumbo recipe in the paper today.

However, there are other things you can do with okra. First of all, once you cut okra open, you will notice that it is quite slimy on the inside. If it is your first time handling okra, don't be surprised—there is nothing wrong—its supposed to be that way. When you release that glutinous interior to a pot of gumbo, it helps thicken it.

This time I chose to slice the okra up and use in a stir fry for dinner. I had never done this before and it was good, but the slimy texture was noticeable still. Next I tried stir

Lori Gysel & Gerry Kentner



frying the okra whole, this gave a much better result, as that trademark texture was concealed inside the pod. Just heat some oil in a large fry pan, add the okra and cook over medium heat until slightly browned on all sides. Add salt and pepper to taste.

You can also stew the okra with tomatoes (the acidity in the tomatoes helps break down the slimy interior of the okra) or add rice as well for a delicious side dish. Or, for a slightly less healthy option, you can bread and deep fry the okra.

Any way you choose it, have fun and keep cooking!

Chicken Gumbo Soup

Serves 10

Ingredients

- 2 tbsp olive oil
- 1/2 Spanish onion, diced
- 3 ribs celery, diced, including tops
- 1 carrot, diced
- 1 (28 oz) can whole tomatoes, broken
- 8 cups chicken stock
- 2 cups sliced fresh okra
- 2 cups diced cooked chicken



- 2/3 cup long grain rice
- 1 tsp celery seed
- salt and pepper to taste

Method

1. Sauté onion, carrot and celery until translucent in a large pot with olive oil.
2. Add tomatoes and chicken stock. Simmer 10 minutes.
3. Add okra, chicken, spices, salt, pepper and rice.
4. Simmer 20 minutes and adjust seasoning.

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