

Cookery Corner

Summer's Bounty -Vegetable Variations-

TÖKFOZOLEK

(ZUCCHINI IN DILLED CREAM SAUCE)

- 1 lb. zucchini, 4 - 6 small
- 1 tsp. salt
- $\frac{1}{4}$ cup white wine vinegar
- 2 - 3 Tblsp. butter
- 2 tblsp. all-purpose flour
- 1 Cup milk
- 1 Teasp. paprika
- 1 Tblsp. freshly snipped dill or
- 1 tsp. dried dill weed

1. Scrub zucchini well and trim ends. Cut zucchini into strips about 2 inches long, $\frac{1}{4}$ -inch square (julienne cut).
2. Place zucchini in a bowl. Add salt and vinegar and let sit at least 30 minutes. Toss occasionally to ensure even coating of the brine.
3. When ready to cook, drain the zucchini sticks well and pat dry with paper towelling. Melt butter in a large skillet. Add the zucchini and gently saute until the squash sticks are just tender-crisp.
4. Sprinkle the flour over the zucchini. Cook-stir the roux (butter - flour mixture) 2 - 3 minutes to release the starch. Slowly add the milk, stirring constantly. Cook-stir the mixture 5 minutes, or until the sauce is thickened.
5. Stir in the paprika and dill. Serve at once, or keep hot in a double boiler over hot, not boiling water. Serves 4.

VEGETABLE STUFFED PEPPERS

- 3 medium green peppers
- $\frac{1}{4}$ Cup chopped onion
- 2 Tblsp. butter
- 1 cup kernel corn, canned or fresh cut
- 1 large tomato, peeled, seeded and chopped
- $\frac{1}{2}$ cup cooked lima beans
- 1 tblsp. butter, melted
- $\frac{1}{2}$ cup soft bread crumbs

1. Remove tops and seeds from peppers. Cut in half lengthwise. Blanch the peppers in boiling salted water 5 minutes. Drain well.
2. Saute the onion in the 2 tablespoons of butter until the onion is cooked but not browned. Add the corn tomato, beans and mix well.
3. Season pepper shells with salt and pepper to taste. Fill the shells with the vegetable (succotash) mixture.
4. Combine the one tablespoon melted butter with the breadcrumbs. Sprinkle over stuffed peppers. Place the peppers in a baking dish and bake at 350° 30 minutes. Serve at once. Serves 4 - 6.

BROCCOLI CROWN

- 2 lbs. fresh broccoli
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{4}$ Cup butter
- 4 tblsp. all-purpose flour
- 1 tsp. salt
- 1 cup milk
- 3 eggs, lightly beaten
- $\frac{1}{2}$ Cup mayonnaise
- $\frac{1}{4}$ cup chopped parsley

1. Trim leaves and tough ends from broccoli and finely chop stems and flowers (about 4 cups, chopped).

2. Cook broccoli in boiling salted water until just tender-crisp, about 10 minutes. Drain well.

3. Saute the onion in butter until soft. Stir in the flour and salt. Cook-stir the roux 2 - 3 minutes. Slowly stir in milk, stirring constantly until the sauce thickens. Cook-stir 1 minute longer.

4. To the lightly beaten eggs add $\frac{1}{2}$ cup of the hot sauce, stirring constantly so that the eggs do not cook. Return the egg mixture to the sauce and cook-stir over medium heat 2 - 3 minutes, or until the mixture thickens. Remove from heat and stir in mayonnaise and parsley.

5. Fold cooked broccoli into the sauce, and turn mixture into a well greased 5-cup ring mold. Set the mold in a baking dish and put boiling water in the dish to the depth of one inch.

6. Bake the crown at 350° for 30 minutes, or until a knife inserted in the centre comes out clean.

7. Remove the mold from the dish of water and let it stand several minutes. Loosen around the edges with a knife and invert the crown onto a serving plate. For garnish, centre of the crown can be filled with Herbed Cherry Tomatoes. (Recipe follows.) Serves 6.

Herbed Cherry Tomatoes:

Wash one pint cherry tomatoes and remove the stems. Melt 2 tablespoons butter with 1 tablespoon fresh, minced basil or 1 tsp. dried basil. Add the tomatoes and gently cook until the tomatoes are just heated through about 3 - 4 minutes.

June Greenhorn.

TRIPPING OVER ELECTRICAL CORDS?

Get excessively long appliance cords out of the way with the aid of the humble empty toilet -paper tube. Fold the extra length of wire up and slip the coil into the cardboard tube. Placed near the wall outlet, the cord will be out of the way, and usually, out of sight too.

CEDAR CHIPS

Cedar has been used for centuries to repel moths from storage trunks. Try sprinkling cedar wood chips around your dog's sleeping blanket to keep him free of fleas, ticks and lice.

APPROPRIATE TECHNOLOGY

About a dozen interested members of the AT Group met near Athens last month for a seminar on beekeeping. The meeting was hosted by beekeeper Chuck Gobeil.

Most of the meeting took place on the site - at the hives. After a gentle smoking, hives were opened and frames carefully lifted out. Chuck pointed out the queen bee and various types of cells within the hive. Discussion ranged over such topics as: methods of introducing a new hive or new queen, control of swarming, wintering over, drawing honey, control of disease and inspection. A very interesting afternoon for those who took part!

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An informal Steering Committee has met to plan future seminars. It is hoped that the duty of organizing workshops may be rotated. Anyone interested in joining the group or in helping plan activities is asked to call 359-5647.

The August meeting will be on the topic of Putting Up Food. We hope to cover the pros and cons of canning, freezing and drying; root storage methods and food safety.



Chuck Gobeil shows his bees to the Appropriate Technology Grp.

OVERRIPE BANANAS?

Many of us from time to time find ourselves with an overripe banana on our hands. You hate to throw it out, but what what can you do with it? Try this whipped cream substitute: Add the soft banana to several stiffly beaten egg whites and whip until fluffy and thick. Of course it's not real whipped cream, but it's interesting!

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