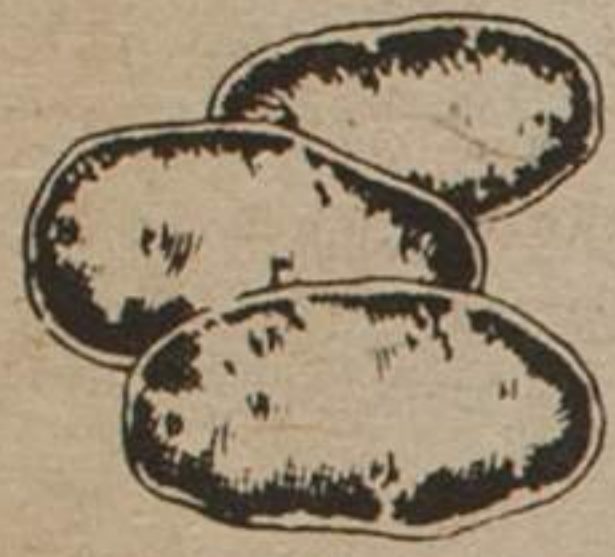


Food Talk

by Laurie Schwarm



Let me reassure Chip Jones that there are a lot of closet meat-eaters out here in the Co-op membership. My husband and I like the taste of a hearty beef stew or a pork chop casserole, but we've tried to expand our diet and food knowledge and to limit our meat intake to two or three meals a week. I think this is a reasonable goal for any meat-eating family.

We all know that the food crisis will have to be partially resolved by eating less meat so there will be more grain for more people. But even if you don't consider this, there is such an infinite variety of other delicious foods to eat that it is easy for meat to take a second seat.

I feel badly that so many people have fallen into the easy trap of the meat/potato/bread dinner menu. I certainly found this to be true when I began cooking for the two of us seven years ago. Why, there were vegetables I'd never even heard of! But I don't feel the evangelical call to tell people, or myself, to cut out their meat-eating all together, although I would love to suggest that they do cut back on their meat consumption and start learning about all the other delicious alternatives.

In terms of this idea, a little education can go a long way. This education is best in the form of first-hand experience, by serving your dinner guests a vegetarian meal. Now this doesn't accomplish much if you just serve your friends who probably have a similar bend-of-mind vegetarian meals. But serve one to your parents, your aunt and uncles, co-workers, and other acquaintances who might be fearful of the idea of a vegetarian

dinner. There is a good chance they will not even notice that there is no meat and they can discover some new and delicious dishes. Then you have the problem of what to serve. I agree that many of those Soy-Protein-Lentil-Nutritional-Spread-type recipes don't sound very good and often don't taste very good either. But every regular cookbook has lots of great non-meat meals that can win over the most hard-core meat-lover.

Here are a few menu ideas to choose from. The starred recipes will appear in next month's issue.

- *Lentil Tomato Soup
garnished with sour cream
- Mushroom Souffle
- Tossed Green Salad
- Brown Bread & Butter
- Strawberry Trifle

- Leek & Potato Soup
garnished with parsley

- *Ratatouille
- French Bread
- Fruit Ambrosia
- Pots of Chocolate

- Quiche
- Steamed Broccoli with Almonds
- *Batter Fried Pineapples
- Pumpernickel Bread
- Chocolate Banana Torte



'A place of good signs and bad signs'

by Diane Luber

While you can get away with a quick shopping trip at the co-op it is far more enjoyable and educational to take your time and read the signs. They are so easy to overlook (people are fed so much information these days that they have to ignore a lot of it to maintain sanity) but so mind-expanding to get into. A word of caution though! Too many signs may be hazardous to your mental health so be selective. Pack a few under your thinking cap every time you visit the store. Signs about co-op operations and products used to be the realm of the work collective while members' signs tended to fall under classified ads or special events. But lately a wide variety of signs are appearing asking questions, offering opinions, and information. And they're not coming from us (the work collective). To that, we say "Hooray!" We know that you know more about something in the co-op than anyone else. Don't be selfish! Share it with us. Make a sign. But be reasonable--imagine what would happen if every household put up a sign at once. And don't be hurt if eventually your

sign gets filed in the waste-basket. We're just making room for more. At this writing the signs below were just a few that were capturing co-op members' attention:

On the Meeting Board to your right as you enter the store--

- Minutes of work collective, steering committee, and general membership meetings
- Results of Co-op Surveys
- Schedule of future meetings
- How to become a Co-op member

On the shelves to your left--

- Sesame butter vs. tahini
- Info on sea vegetables

On the cheese case--

- Coffee prices going up
- Rennet's role in cheese

On the produce case--

- "This produce is illegal"
- Uses of fossil flour

On the yogurt case--

- Tofu and Okara information

TOFU-CHEESE CASSEROLE

Serves 4

- 3 slices whole wheat bread
- 2 Tbsp. butter
- 6 oz. tofu, cut in 1/2" cubes
- 6 oz. sharp cheddar cheese, grated
- 1/2 cup onion, diced
- 1 1/2 cup milk
- 2 eggs
- 1/2 tsp. salt OR 2 Tbsp. miso, dissolved in hot water
- pepper to taste
- 1-1 tsp. other herbs (basil and thyme suggested)

Butter bread and tear in pieces. Coat casserole with oil, then layer bread, tofu, cheese, and onion, repeating layers once.

Combine milk, eggs, salt, pepper, and other herbs and pour over. Bake at 350 degrees for 45 minutes or until golden brown.

--Recipe from Sister Kettle

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