

summer meal. Thank the Rodale Cook Book for this recipe.

1. Beat up 5 eggs with a half cup of water, using

either blender or mixer. Do this 4-5 minutes.

2. Chop up one-fourth to one-half cup of bean sprouts, one-fourth to one-half cup of mushrooms, one-fourth to one-half cups of onions. You'll find the balance you favor. Measure out a tablespoon or two of soy sauce. Add the vegetables, soy sauce to the beaten eggs.

3. Heat a tablespoon of oil in a skillet. Pour this stuff into the skillet. Brown it on one side (takes from 3-9 minutes, depending on skillet heat. Don't overcook!) then the other.

4. You'll find, in turning it, that it is easiest not to try to keep it in one piece. Quarter it and turn it.

5. Serve on a plate and season with soy sauce.
Serves one large couple.

Been picking those deep red beets, juicy, sweet ears of corn, crisp cukes and eye-watering onions from your back-yard garden? The best thing to do with all these good fruits and vegetables of the earth is to eat them fresh from the garden. Carry a little salt with you on your next venture into the tomatoe patch. Pick one of the reddest, most appetizing tomatoes, wipe it off, bite into it, shower it with salt. Don't forget to crane your neck and head out away from your body, lest the juices of the fruit run from your chin all the way down to your belly button.

den and consume every appetizing morsel in sight. You're likely to become bloated, suffer heat stroke, or insanity. Besides, it's nicer to be able to share your riches with your friends and neighbors. Here's the best way to store your produce until the big feast.

REFRIGERATED AND COVERED

Asparagus, cauliflower, onions (green), beans, broccoli, cabbage, celery, corn, cucumbers, greens, peppers and radishes.

REFRIGERATED, COVERED OR UNCOVERED

Apples (soft), apricots, avocados berries, cherries, grapes, nectarines, peaches (soft), pears, peas (in shell), and plums.

ROOM TEMPERATURE OR REFRIGERATED

Beets, carrots, grapefruit, lemons, limes, melons, oranges, parsnips, pineapples, squash (summer)

ROOM TEMP OR SLIGHTLY COOLER (60-70 F)

your riches with your friends and neighbors. Here's Apples (hard), bananas, onions (dry), peaches (firm) the best way to store your produce until the big potatoes, rutabagas, squash (winter), sweet potatoes, turnips, tomatoes.

VEGETARIAN COOKBOOK

BY CASEY ASHE.

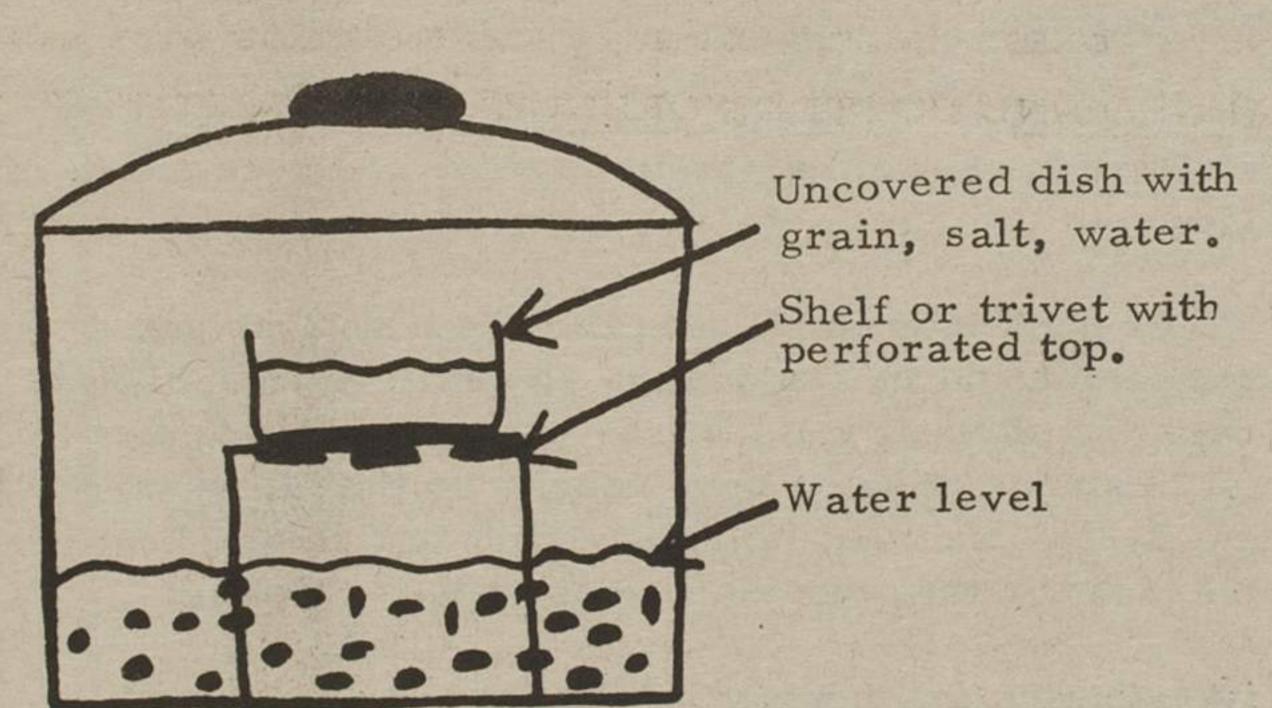
To Cook Your Grains: Always wash the grain first, in cold water. It is not necessary to soak most grains (rice, barley, cracked wheat.) However, I've found it helpful to soak whole wheat berries, whole rye or whole oats overnight. You also could simmer them awhile and then soak for two hours to shorten the cooking time.

Cooking the regular way in a covered saucepan:

A. Put the washed grain in a pan. Cover with twice as much water as grain, add salt and a little butter or oil (I tablespoon per cup of grain.) Bring to a boil, cover and simmer (moderate heat) until done. This is not the best way unless you want a sticky lump of grains, which can be all right. You can stir it up to tear the grains and make it more of a goo. But, it does make a nice pottage of hot breakfast cereal.

B. For fluffier grain, it's better to pour in the amount of boiling water you need, like from a tea kettle or pour the washed grain into a pan of boiling water. Then bring the water back to a simmer and cook 'til done. Use twice as much water as grain.

C. An improvement over the above method is to rig a double boiler contraption and cook the grain in the top half. At the same time you could cook beans in the lower half. The boiler could work something like this:



D. A nice twist, especially: but not exclusively, for bulghur wheat is to saute the grain in oil for five minutes or so, before adding water. Then cook any of the above ways.

Pressure Cooking: This method will reduce cooking time almost in half. Determining the amount of water to use, however, can be tricky. For small

amounts of grain, one cup or less, use twice the amount of water, but for larger amounts of grain use less than twice the water. There's no specific formula for water reduction. You just have to experiment. As a standard, try three and one-half cups water for two cups grain. Use twice the amount of water for pressure cooking hard grains so they will be as soft as possible when fully cooked. Confusing? You bet.

Brown rice, barley 40-45 min. & other medium grains.

Bulghur, cracked wheat, & soft or par- 20-30 min. 5-10 min. tially cooked grains.

pressure

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723 Mass.

20 min.

Whole wheat berries,
whole rye, whole 1 hr. or 35 min.
oats & other hard longer
grains.

Remember: Cooking, above all, is guess work; experience is your best guide. Happy Complimentarity!





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