



TRY SUKIYAKI, HAWAIIAN-STYLE

Hawaii was settled by peoples of many lands, and the foods served there show the influence of the early settlers, the Japanese, Chinese, Philipinos, Portugese and Koreans.

Sukiyaki is one of the foods the Japanese introduced. Its great popularity is due to the fresh flavor of the meat and vegetables and the great speed with which it is cooked. It takes only a few minutes, about five, to cook sukiyaki. The cooking can be done dramatically at the table in an electric frypan to the delight of the family and friends or over the kitchen range.

Tender, lean beef, such as sirloin, is generally selected for sukiyaki. The beef is cut diagonally across the grain of the meat into strips 2 to 2½ inches long, ½ inch wide and ¼ inch thick. It takes a bit of time to prepare the ingredients correctly, but they may be cut several hours before serving time, wrapped carefully and stored in the refrigerator until preparation time.

SUKIYAKI, HAWAIIAN-STYLE

- 1 pound sirloin, cut ½ inch thick, thinly sliced
- 2 tablespoons shortening
- 1 cup diagonally sliced celery
- 1 cup thinly sliced onion
- 1 clove garlic, finely minced
- 1 cup sliced mushrooms
- 1 package (10 ounce) frozen cut asparagus, cooked and drained
- ½ cup water
- 2 tablespoons sherry
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon salt
- 1 beef bouillon cube, optional
- ½ teaspoon sugar
- ¼ teaspoon ginger

Heat shortening in heavy pan. Add celery, onion and garlic; stir and fry over high heat 1 minute. Add meat; stir and fry 1 minute. Add mushrooms; stir and fry 1 minute. Add asparagus; heat 1 minute. Blend together remaining ingredients. Add to meat mixture. Cook and stir until sauce thickens. Serve plain or with hot seasoned rice, as desired. Yield: 4 servings.



by MARY LEE THOMPSON

Americans may be able to obtain their caloric needs easily, but they're apt to fall short of their nutrient needs. According to a 10-state survey a significant proportion of the population is malnourished or risking the development of nutritional problems.

The survey, conducted under contract with the federal government, was one of the most comprehensive studies of the nutritional status of low income people ever attempted. It involved more than 40,000 people with 50 per cent 16 years of age or under; 30 per cent from 17 to 44, and the rest 45 or older.

Evidence of the malnutrition was most commonly found among the black, less commonly among Spanish Americans, and least among white persons. Males showed more evidence of malnutrition than females, and adolescents had the highest prevalence of unsatisfactory nutritional status.

In general, the nutrients most often found lacking were iron, vitamin A, riboflavin, protein and low intakes of vitamin C. Dr. Philip L. White, secretary of the Council of Foods and Nutrition of the American Medical Association, says this is no indictment of our food supply but rather an indictment of our food habits.

He believes that indifference to sound nutritional principles is common to all income groups and is more of a factor than ignorance. Good nutrition information is easily available through newspapers, magazines, food companies, and public service agencies. What we need is the motivation to eat more fruits, vegetables, meat, dairy products and cereal, and less soft drinks and snack foods, he says.

Adolescents 10 and 16 years old showed the most malnutrition due to carelessness in food selection and the lack of protective foods.

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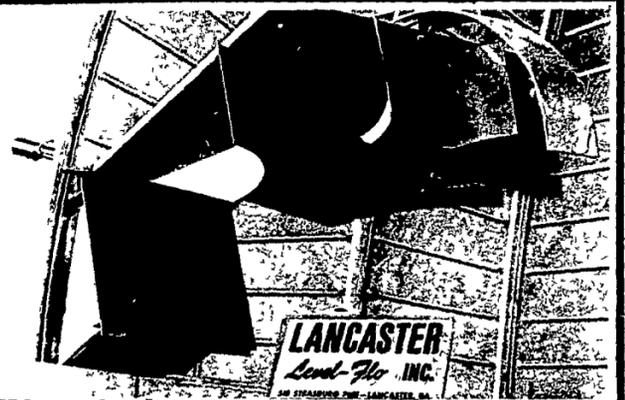
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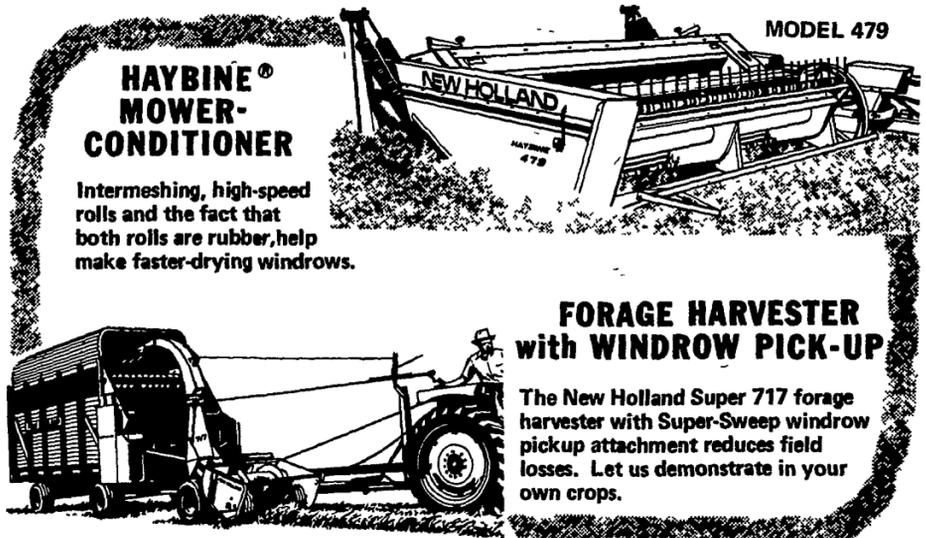
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