

Create

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She demonstrated the fine art of making "rivels," which she called a Pennsylvania Dutch delight. She said they are mini-dumplings and showed how they can be rubbed between the hands into the boiling liquid. She cautioned that the liquid must be boiling or the rivels will sink to the bottom. They also swell as they cook, she noted.

For bean soup Letie said a number of things affect how fast they will soften. It will

take longer if beans are very old or if the water is very hard. All beans should be soaked before being cooked, either by soaking overnight or by bringing them to a boil and soaking for an hour. The exception to this is lentils and split peas.

After the beans are soaked, they should be cooked before tender. Letie said, "Don't add sugar or tomatoes until they are tender, because the addition of the sugar and the acid will not let them get tender no matter how long they cook."

To make tomato soup without curdling requires combining ingredients in the

right order "and a little luck," Letie said. Both the thin white sauce base and the tomato juice should be heated to close to the boiling point in separate containers, then the tomato juice should be poured slowly into the milk. This should produce uncurdled soup. She cautioned that the addition of baking soda to neutralize the acid destroys the Vitamin C.

Included below are two recipes to get you started on making soups for your family, and providing warm nourishment for the remaining cold winter days.

CREAM OF TOMATO SOUP
 2 tablespoons butter or margarine
 2 tablespoons flour
 1 teaspoon salt
 1/8 teaspoon pepper
 1 quart milk
 2 cups tomato juice (plain or seasoned)

Melt butter, add flour, salt and pepper and heat until it bubbles, stirring constantly. Remove from heat, slowly add milk, stir rapidly with wire whisk or rubber scraper. Return to heat and bring to a boil. Meanwhile, in another saucepan, heat tomato juice almost to a boil. Remove from heat.

When milk is hot, remove from heat. Pour heated tomato juice slowly into the milk, stirring constantly. Serve promptly.

LES HALLES FRENCH ONION SOUP
 6 cups brown beef stock or canned beef broth
 6 large yellow onions, thinly sliced
 2 tablespoons butter
 1 tablespoon oil
 1/2 cup port wine
 1/2 cup diced Gruyere or Colby cheese
 1 cup shredded Parmesan or Romano and Gruyere or Colby

6 sliced buttered toasted French bread, 1/2" thick
 1 tablespoon butter, melted
 Saute onions in butter and oil until limp. Cover and simmer for 15 minutes. Pour in beef stock and simmer 30 minutes. Taste, season if necessary. Add port wine and simmer 30 minutes longer. (This can be done in the oven at 350 degrees F. in oven-proof casserole if you plan to serve from the casserole at the table. If you plan to serve in individual oven-proof bowls, do this

(Turn to Page B6)

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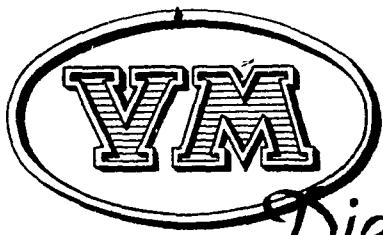
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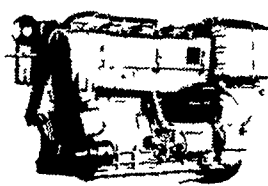
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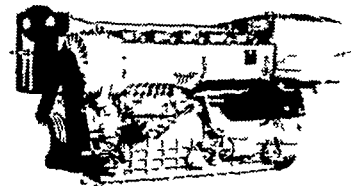
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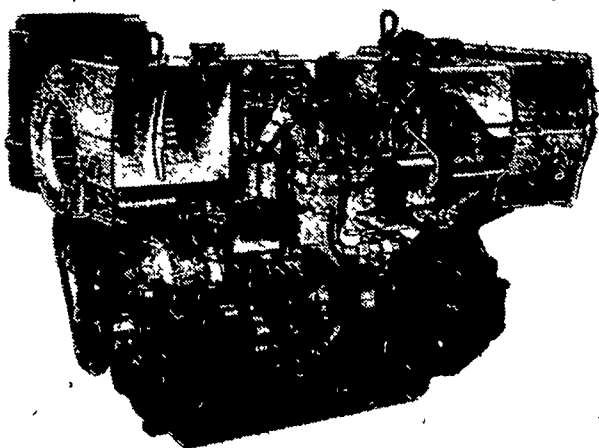
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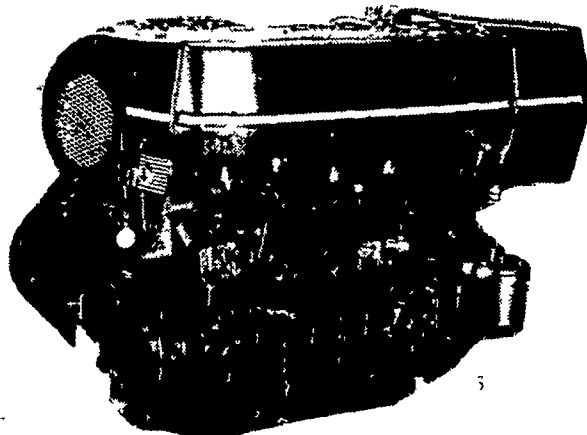


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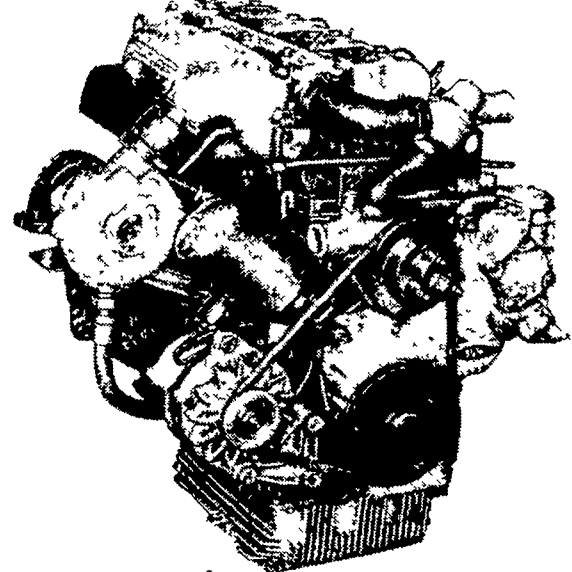
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