

# Cook's Question

(Continued from Page B8)

**ANSWER** — Patricia Smith from Gore, Va., requested a recipe for Red Pepper Soup that is thick and cheesy and uses tiny bits of red pepper. This request remained unanswered for many weeks. Special thanks to Betty Light of Lebanon who searched 35 cookbooks to find two different recipes that may be what Patricia wants.

## Emergency Cheese Soup

¼ cup butter  
 ¼ cup plus 2 tablespoons flour  
 2 (10½ oz.) cans chicken broth, undiluted  
 2 cups milk  
 ¼ teaspoon white pepper  
 2 tablespoons chopped pimento  
 ¼ cup plus 2 tablespoons white wine  
 ½ teaspoon Worcestershire sauce  
 ¼ teaspoon hot pepper sauce  
 2 cups shredded sharp cheddar cheese

Melt butter in a heavy saucepan. Add flour, stirring until smooth. Cook one minutes, stirring constantly. Gradually add broth and milk. Cook over medium heat., stirring constantly until thickened and bubbly. Stir in pepper, pimento, white wine, pepper sauce, and worcestershire sauce, stirring frequently until heated thoroughly. Remove from heat, add cheese and stir until melted. Serve immediately. Yields about 5 cups.

## Creole Cheese Soup

1 medium onion, chopped  
 ½ cup chopped green peppers  
 ½ cup chopped celery  
 1 large clove garlic, minced  
 ¼ teaspoon crushed dried red pepper  
 ¼ cup bacon fat or margarine  
 ¼ cup flour  
 ¼ to ½ cup dry white wine  
 1 pound cheddar cheese, shredded  
 4 cups milk  
 Salt and pepper  
 Minced chives or chopped parsley

Saute first six ingredients in fat until golden. Blend in flour and cook, stirring about 3 minutes. Over very low heat, stir in wine, cheese, and milk. Cook, stirring, until cheese is melted and mixture is smooth and slightly thickened. Add salt and pepper to taste. Serve with chives. Makes 2 quarts.



## Have You Heard?

By Doris Thomas  
 Lancaster Extension  
 Home Economist

### DON'T THROW NUTRIENTS DOWN THE DRAIN

Cooking of any kind destroys some nutrients no matter how careful you are. The total amount of nutrients lost will depend on the freshness of the food to begin with, how long you cook it and at what temperature, and how much surface area is exposed to water and air. Certain nutrients are more likely to be destroyed by heat than others — Vitamin C, for instance, and the B vitamins such as thiamine and riboflavin. Others, including most vitamins and some minerals, are likely to leach into the cooking water.

Here are a few guidelines to help you prepare vegetables and fruits so they retain as many nutrients as possible:

- \* Cook foods as quickly as possible. Microwaving, steaming, and stir-frying are the fastest methods. Covering a pot or pan will also cut cooking time.
- \* Cook vegetables whole and unpeeled whenever possible — or eat them raw. Don't buy pre-cut

produce.

- \* Never soak fruits and vegetables in water.
- \* If you boil vegetables, use as little water as possible. Don't place them into the water until it is at a full boil. This will cut down on cooking time. If you use the water from boiling or steaming to make soups and gravies, you will consume any nutrients that leached into the cooking water.

- \* Do not leave cooked food stand at room temperature.
- \* Cook foods just before you are ready to serve them whenever possible.

- \* To get the most nutrients from fresh produce, shop often and buy only as much as you can use in a few days. If the vegetables and fruits look wilted or pallid, or if they tend to sit in your refrigerator for a week, you would be better off with frozen. Frozen fruits and vegetables may retain more Vitamin C than fresh produce that has been mishandled in transport of storage or that has sat in the grocery store for days.

### LEAN, LITE, AND LOW-FAT

If you are cutting back on foods that are high in fat and sodium, you most likely have eliminated bacon from your breakfast menus. But should you be tempted by the lean, lite, and low-fat sausages and breakfast meats you find in the supermarket? Not really. Though many of the light alternatives do contain less fat, they still derive about 70% of their calories from fat. That's not lean in anybody's book. Usually the manufacturer has reduced the fat content by adding turkey, rice or other filler to the meat.

As an alternative to these alternatives, you might try a slice or two of Canadian bacon or other lean ham. Two slices contain only 4 grams of fat and derive just 42% of their calories from fat. That is not low-fat, but it certainly is better than 70%. High sodium is still a problem with these meats, especially Canadian bacon. When you read ingredient listings, remember that sodium comes in many forms besides salt, including monosodium glutamate (MSG), sodium nitrite, and sodium phosphate.

An occasional small serving of sausage, ham, or bacon for breakfast can still be part of a low-fat, low-sodium diet, if you control your fat and sodium intake at other meals during the day. Of course, bacon, ham and sausage usually go along with eggs, cheese, and butter (all high in fat and cholesterol). For the long haul, fruits, grains (breads and hot or cold cereal), and low-fat or nonfat dairy products are your best choices for breakfast.

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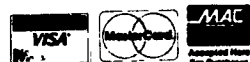
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