

Campus Cookbook:

Stews and Chowders

By Ed Golomb

Winter is nearly upon us, and along with winter is nearly upon us, and along with winter comes cold people and enormous appetites. The best way to remove winter chill from these cold people (next to alcohol) is to fill their stomachs with hot soup.

In addition to being inexpensive, soups provide large amounts of protein (if made from soupbones and meat) and a fair amount of vitamins and minerals.

There are two basic types of soups-thin and thick. Thin soups usually are served as a first course or with some other food, such as sandwiches. Thick soups, like chowders and stews, usually are served as main courses.

To make any soup, you need a basic stock flavoring (this can be meat, bones or vegetables) and something to add to the basic flavor (spices, vegetables or gravy, in the case of stews). In fact, soup can be made from just about anything handy. Chowders, a variation on stews, originated on the west coasts of England and France. Two hundred years ago, they were used to warm sailors who went to sea in the middle of winter. After 200 years, the basic recipies are still the same.

New England Clam Chowder

- 1 gt. clams
- cup water
- 2 tsp. vegetable shortening
- 12 cup flour

Fry the onion in the shortening until

milk and butter. Cook for 10 more minutes and serve.

Beef Stew

- 1 lb. cubed stewing beef
- 2 cup flour
- 1 onion, thinly sliced 6 carrots, sliced
- 4 potatoes, cubed 2 stalks celery
- 2 gts. water

Roll the beef cubes in flour until they are coated on all sides. Brown in a frying pan, then transfer to a large pot. Add the rest of the ingredients and simmer for three or four hours, skimming the top of the stew occasionally to remove excess fat. One half hour before serving, mix one-fourth cup of flour with one cup of liquid from the stew and add it to the stew, to thicken slightly. Serve with fresh bread and butter.



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- 1 onion diced 3 cups cubed potatoes
- 212 cups boiling water
- 4 cups hot milk
- 4 tlbs. butter

golden brown. Add the polatoes and clams to the pan, and put the flour over the top of them. Stir until everything is coated with flour, then add the boiling water. Simmer until the potatoes are tender, then add the