

POST COOKBOOK

Gourmet chairman shares her recipes

by Charlot Denmon
Fran Goldman of New Goss Manor enjoys cooking - finds it creative, fascinating and relaxing, and is especially fond of gourmet cooking. In fact, she is chairman of the Wilkes College Faculty Women's Gourmet Club

which involves about 60 people.
The group has a gourmet dinner about four or five times a year planned around a specific country and usually including 12 to 15 dishes. As chairman - Fran plans the menu and assigns the various dishes

to members for each of the dinners.
She has an excellent background in the culinary arts having taken several courses as well as learning a great deal about gourmet cooking from her mother and her mother-in-law, both excellent cooks.

Preparing entrees is her favorite but she has no particular favorite - French, Italian, German, Polish, Jewish, Russian, American-name them, Fran likes all of them.
A native of Kokomo, Ind., Fran moved to the Back Mountain in 1975

when her husband, Daniel, accepted a position as chairman of the sociology department at Wilkes College. They moved to this area from Michigan where Daniel was a faculty member at Wayne State University, Detroit, Mich. A graduate of Kokomo

High School, Fran received a bachelor's degree in speech therapy and a master's in guidance counseling. She taught for a year as a speech therapist in Kokomo and later worked at a clinic in Oregon while her husband was working on his doc-

torate.

The Goldman's have two daughters, Beth, ninth grade student at Dallas Junior High School, and Ruth, student at Dallas Intermediate.

Two years ago, Fran accepted a position as manager at Jean's Discount Fabrics, Dallas Shopping Center, but still finds enough time to enjoy some of her favorite pastimes.

She likes crafts and has done many projects in decoupage and paper toile. Fran also likes to do needlepoint, macrame and embroidery. She sews and makes her clothes in addition to many of the girls' clothes.

Active in Girl Scouting in other areas, she also became involved in the Back Mountain and is presently assistant leader for Junior Troop 636 which meets weekly.

Fran also is a member of the Newcomers Club and Wilkes Faculty Women. Some of her time is devoted to bridge. She is a member of two clubs and plays at least once a week.

The Goldman's do not do a lot of traveling but since they have never lived near their relatives, they usually spend vacations visiting their families.

The recipes Fran shares with Post readers are those her friends enjoy and some of those she receives the most requests for. Described as gourmet dishes, they are both delicious and not too difficult to prepare.

HORS D'OEUVRES

RAW VEGETABLE DIP

Mix together:

- 1 pt. sour cream
- 1 and one third T. horseradish
- 1 T. paprika
- 1 T. minced chives
- 1 t. salt
- 1 t. tarragon
- 1/4 t. garlic salt
- 1/4 t. msg
- 1 clove garlic, crushed
- 1/8 t. pepper

Chill thoroughly. Surround bowl with raw vegetables.

BAKED SEAFOOD HEARTHSTONE

- 1/2 c. oleo
- 1/4 c. flour
- 3 c. light cream
- salt and pepper
- Dash each of ground nutmeg and thyme
- 1 c. white wine
- 6 med. fillets of sole
- 1 c. each of cooked scallops, shrimps and lobster meat
- grated parmesan cheese
- fine dry bread crumbs

butter.

In top part of double boiler over boiling water melt butter. Blend in flour. Gradually stir in cream and cook over low heat stirring constantly until thickened. Then, cook 10 minutes longer, stirring occasionally. Season with salt and pepper, nutmeg and thyme. Stir in wine. Roll up sole fillets and put in well-buttered three quart casserole. Add scallops, shrimps, and lobster. Pour sauce over all. Sprinkle with grated Parmesan cheese and fine dry bread crumbs. Dot generously with butter. Set in pan of hot water and bake in 350 degree oven for 45 minutes. Brown under broiler, if necessary. Serves 6.

SPINACH-CORN BAKE

- 1 16-oz. can cream corn
- 1 10-oz. pkg. frozen spinach
- 1 beaten egg
- 1/2 c. saltine cracker crumbs and 1/4 c. saltine cracker crumbs
- 1 T. minced onion
- 2 T. oleo, melted and 1 T. oleo, melted
- 1/2 t. salt
- dash pepper

Combine corn, spinach, egg, half cup cracker crumbs, onion, two tablespoons oleo, salt, pepper. Place in casserole. Combine quarter cup cracker crumbs and tablespoon of oleo. Sprinkle over vegetable mixture. Bake at 350 degrees uncovered for 40 minutes. Serves 6.

CHOCOLATE RUM PIE

- 1 env. unflavored gelatin
- 1 c. sugar divided
- 1/8 t. salt
- 1 12-oz. pkg. choc. chips
- 1 c. whipping cream
- 2 egg yolks
- 2 egg whites
- 1 c. milk
- 1/4 c. rum
- 1 t. vanilla extract
- 1 pie shell or crust of your choice

Mix gelatin, quarter cup sugar and salt. Beat in yolks, milk and rum. Cook over low heat, stirring until slightly thickened. Remove from heat and stir in chips. Blend, chill til thickened but not set.

Beat egg whites til foamy. Gradually add half cup sugar and beat til very stiff. Fold into chocolate mixture.

Whip cream with remaining sugar and vanilla til stiff. Turn chocolate mixture and whipped cream mixture into shell, alternating layers. Swirl with spoon for marbled effect.

Chill overnight.

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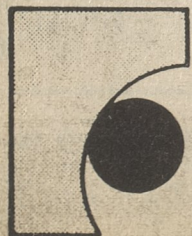
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