

Cookbook

Bergevin family

Three cooks in one house makes preparing dinner fun

By CHARLOT M. DENMON
Staff Correspondent

Preparing dinner in the John Bergevin home in Dallas is no problem for there is not one, not two, but three talented cooks. John Bergevin, his wife Arlene, and John's mother, Sophie, each have their special culinary talents and each of them contribute toward preparing meals.

Arlene does the basic week-day cooking, Sophie makes noodles, pierogies, and good old-fashioned Polish foods and bakes delicious cakes. John takes over on weekends and holidays and specializes in gourmet cooking.

It is only natural that he enjoys trying new ways of preparing fish since he is an avid fisherman, both fresh water and deep sea fishing, and also likes eating it. He also likes gardening and every year plants a large garden. The Bergevins and their five daughters enjoy the fresh vegetables during the summer and John and his mother can or freeze many of them to have for the winter.

Born in Plymouth, John moved to Trenton, N.J., with his parents when he was 12 years of age. It was there that he met Arlene while he was working in the Data Processing Center. Later, when the Processing Center relocated in Paramus, N.J., the Bergevins were transferred there and after that to Wilkes-Barre where John is now Branch Manager for the Customer Support Branch of the Data Processing Center there.

In 1971, the Bergevins moved to Dallas from Kingston and say they have found the Back Mountain the ideal area to raise their five daughters. Only two are still at home, Corrine, junior at College Misericordia, and Larisa, junior at Bishop O'Reilly High School. Two years ago, John's mother returned from San Antonio, Texas, to make her home with her son and daughter-in-law.

Arlene is employed at Gino's Shoe Store, Dallas, where she enjoys meeting new people and also seeing many of her other friends she has made since coming here from her native city of Trenton.

It is John, who shares several of his favorite recipes with Dallas Post readers this week. The Colorful Catfish recipe is a favorite of the entire family and also their friends. Served over cooked rice, it is suitable for any occasion. You haven't tasted Fish Chowder until you taste the chowder prepared by John, and the Chicken Lo Mein can be found cross country in Chinese restaurants, where it is served as a main dish. "Lo" means toss and "mein" means "noodles." This chicken dish is tasty, nutritious and low in calories. Try one or try all four—you'll realize why they're gourmet dishes.

COLORFUL CATFISH
(Or other fish fillets)
2 lbs. catfish fillets (skinned), other fillets, fresh or frozen
1 t. salt
Dash pepper
1/2-1 c. thinly sliced green onions and tops
1/2 c. catsup
2 T. oil
2 T. dry white wine (optional)
Thaw frozen fillets. Cut into serving size portions and place skinned side down in a well-greased baking dish, 12x7 1/2x2". Sprinkle fish with salt and pepper. Spread onion over fish and top with lemon slices. Combine remaining ingredients and

pour over fish. Bake in moderate oven (350 degrees) for 25-35 minutes or until fish flakes easily when tested with fork. Serves 6.

STEAK TOSS WITH SHRIMP
1 1/2 lb. round steak
1-2 med. size onions
1 green pepper
Several stalks celery
3 carrots
8 oz. fresh mushrooms or 6-oz. can sliced mushrooms
1 clove garlic

About an hour before dinner, cut steak against the grain into long strips. Cut up onions, pepper, celery and carrots in long thin strips. Slice fresh mushrooms, chop garlic fine.

Heat two tablespoons oil in wok or large skillet; stir toss meat strips to brown on both sides. Add onions, pepper, celery, carrots, mushrooms and garlic, stir-toss until glazed. Add half cup water, cover skillet or wok and steam for 10-15 minutes. Don't boil.

Add three tablespoons soy sauce stirred with one tablespoon corn starch, one beef bouillon cube and one half to one cup water. Stir and toss thoroughly for one minute, then add half pound peeled shrimp and cover. Cook until shrimp are pink and tender. Do not overcook shrimp at this stage. Stir lightly and serve over homemade noodles, Chinese egg noodles or cooked rice.

COOKED RICE
Chop up a little onion and saute it in two tablespoons butter. Then add one cup raw, long grain rice and stir until all the grains are coated. Add two cups chicken stock, bring to a boil, stir and cover with a lid. Reduce heat and cook 16-18 minutes without uncovering.

FISH CHOWDER
1 1/2 c. cooked chunks of fish
1/2 c. diced celery
2/3 c. diced onions
1/2 c. diced green pepper
2 T. butter
1 c. corn, cut from cob, or frozen
2 c. diced potatoes
1/2 c. diced carrots
1/2 c. finely chopped mushrooms
1/4 c. crisply cooked bacon bits
2 hard boiled eggs, chopped fine
1 t. salt

Room dedicated

The Idetown United Methodist Church will dedicate the newly repaired and furnished Kreidler Room, on Aug. 4 at 10 a.m. during the morning worship service.

Mrs. Helen Irene Kreidler was born in Lopez on Oct. 28, 1903 and passed away on Marcy 23, 1985.

A fund, in her memory, has been established by Mr. Paul and Better Parrish (daughter) of Idetown. Oversight of the project was under the auspices of Mr. Reginald Beck of Oak Hill, Idetown, and was completed within a three month period of time, and was fully renovated under his direction.

THOMAS PRODUCE STAND

Opposite Natona Mills
Dallas-Harveys Lake Hwy.

Sweet Corn
\$1.50 Dozen
Pickles & Dill
& Garlic

Pepper and garlic salt to taste
2 T. minced parsley
1/2 t. dill weed
1 T. lemon juice
1/4 t. fennel (optional)
2 c. fish broth or water
1 c. light cream
Paprika

Saute celery, onion and green pepper for seven minutes in the butter in a large saucepan. Add all other ingredients except the fish, cream and paprika. Use water if fish broth is not available. Mix and then bring to a boil. Cover and simmer for 20 minutes. Test the vegetables. If they are tender, add more salt and pepper if necessary. Add fish and cream, bring just to boiling point, simmer lightly for about 10 minutes and serve, sprinkling with paprika. Serves 6.

CHICKEN LO MEIN

2 whole lg. chicken breasts cut in half
3 T. soy sauce
1 T. cooking or dry sherry
2 t. cornstarch
1 8-oz. pkg. linguini
1/4 c. salad oil
1/2 lb. mushrooms, sliced
1/4 lb. Chinese pods or
1 6-oz. pkg. frozen Chinese pea pods, thawed
2 green onions, cut into 2 in. pieces
1 lg. red pepper, thinly sliced
1/2 c. water
1/2 t. instant chicken flavor bouillon

About 45 minutes before serving with a knife held in slanting position, almost parallel to cutting surface, slice across width of each half chicken breast into 1/8 inch thick slices. In medium bowl, mix sliced chicken, soy sauce, dry sherry and cornstarch; set aside. Prepare linguini as label directs, drain. Meanwhile, in 12-in. skillet over medium-high heat, in hot salad oil, cook mushrooms, Chinese pea pods,



Dallas Post/Charlot M. Denmon

A family of cooks

The Bergevin family cooks pose with Larisa, youngest daughter, in the kitchen of their home. From left, are Arlene, Larisa, John, and Sophie. All but Larisa share in the culinary responsibilities for the family.

green onions and red peppers, stirring quickly and frequently until tender-crisp, about 3-5 minutes. With slotted spoon, remove vegetables to bowl.

In dripping remaining in skillet over high heat, cook chicken mixture, stirring quickly and frequently until chicken is tender, about 2-3 minutes. Return vegetables to skillet, add water and bouillon, heat to boiling, stirring to loosen brown bits from bottom of skillet. Add linguini, heat mixture thoroughly, tossing gently to mix well. Makes 6 main dish servings.

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CORNEAL SPECIALIST JOINS PUGLIESE EYE CLINIC

Dr. Larry A. Litscher, a specialist in diseases of the cornea joined the Joseph Pugliese Eye Clinic, in Kingston on June 1st. Dr. Litscher specializes in corneal transplants and corneal refractive surgery.

Pictured above are the physicians at the Eye Clinic, consisting of: (left to right) front row: ANTHONY J. KAMEEN, M.D. - Medical Ophthalmology, JOSEPH PUGLIESE, M.D. - Cataract & Lens Implant Surgery, LARRY LITSCHER, M.D. - Cornea, & Refractive Surgery, KURT J. MOODY, O.D. - Specialty Contact Lens Fittings, Refractions and Low Vision

Second Row: THOMAS G. SHARKEY, M.D. - Pediatric & Glaucoma Surgery, DONALD J. SAVAGE, M.D. - Retina - Vitreous Surgery, JAY L. ENDRUSICK, O.D. - Specialty Contact Lens Fittings, Refractions and Low Vision, ROBERT C. HARBOUR, M.D. - Neuro-Ophthalmology & Oculo-Plastics and GAIL A. EVANS, O.D. - Specialty Contact Lens Fittings, Refractions and Low Vision.

Dr. Litscher attended Dartmouth College in New Hampshire where he was elected to Phi Beta Kappa and graduated summa cum laude with a bachelor's degree in biology. He received his medical degree from McGill University in Montreal, Canada, where he was named a University Scholar.

After an internship in internal medicine, Dr. Litscher served a three year residency in ophthalmology at the State University of New York Upstate Medical Center in Syracuse, N.Y. While in Syracuse, he served as chief resident of ophthalmology at both the University Hospital and the Veterans Administration Hospital. His training included all aspects of eye surgery, including intraocular lens implants and laser surgery.

After his residency, Dr. Litscher spent an additional year as a Clinical Fellow in corneal disease and surgery with the Department of Ophthalmology at the University of Florida in Gainesville. While there, he studied diseases of the cornea and the external eye, as well as advanced microsurgical techniques for corneal transplants, cataract extractions and intraocular lens implantations.

In addition, he served as a clinical instructor for the Department of Ophthalmology at the University of Florida and the Gainesville Veterans Administration Medical Center where he continued to teach techniques of cataract surgery.

Dr. Litscher is certified by the Medical Boards of both the United States and Canada, as well as the American Board of Ophthalmology. He is a member of the PA Medical Society and has been elected a Fellow of the American Academy of Ophthalmology.

Dr. Litscher is married to Dr. Karen Haerberle, who is a clinical psychologist. They reside in Dallas, Pa.

Dr. Litscher will be accepting new patient appointments at the Eye Clinic in Kingston, at 288-7405.

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