

GIVE YOUR BUDGET FOOD THE ECONOMY EDGE

MENUS

Fou Fou

This is a simple variation on the more traditional fou fou usually prepared from yams or plantains. In a meeting of East and West, the plain white potato is used as a readily available substitute. Rice flour binds the mixture and gives it the stiffness of fou fou. This recipe is a good way to try the traditional mashes without having to search out unusual ingredients.

- 6 Large white potatoes, peeled
- 3 Tablespoons rice flour, sifted
- 1 Tablespoon warm water
- Salt and freshly ground black pepper to taste

Boil the potatoes until tender, then drain and mash them. Stir in the rice flour, salt, and pepper, whipping the potatoes until the mixture is smooth and the rice flour and seasonings are evenly distributed throughout. You may have to add a bit of warm water to make the mixture smooth. If so, use it sparingly. Serve the fou fou hot, with African stews and sauces.

Sauce Gombo

Benin

In much of West Africa, gombo means okra. That's the origin of the New Orleans

term for the dishes that use okra pods for thickening. The ubiquitous okra pod appears in this sauce from Benin as both vegetable and thickener, as is typical of many of the continent's okra dishes. This sauce can be served over a starch in the African manner, as a vegetarian main dish, or as an accompanying vegetable in New World style.

- 1 Lb. fresh okra
- 1/2 Cup water
- 1 Teaspoon salt
- 2 Medium-sized tomatoes, chopped coarse
- 1/2 Teaspoon dried red chili

Prepare the okra by washing it, removing the tops and tails, and slicing it into rounds. Then place the okra in a saucepan and add the remaining ingredients. Simmer the sauce for 8 to 10 minutes, or until okra is tender. Serve the sauce hot in side dishes or in a decorated African calabash.

Palaver Sauce

Ghana

This is a dish that runs like a current through all of English-speaking West Africa. In Sierra Leone they prepare it with tripe. In other areas, it appears with ground beef, and in still others, chicken or dried fish is the main ingredient. Spinach

seems to be the one ingredient common to all versions.

- 2 Lbs. fresh spinach
- 1 1/2 Cups chicken bouillon
- 2 Lbs. chicken breasts, cut into 1-inch pieces
- 1 Scallion, including the green top, minced
- 1/4 Cup peanut oil
- 1/4 Cup dende oil
- 2 Medium-sized onions, sliced thin
- 3 Tomatoes, peeled, seeded and chopped
- 2 Hard-boiled eggs, chopped
- 1 Hot green Guinea pepper—chili type, minced
- 1 Cup cooked red beans
- Salt and freshly ground pepper to taste

Wash the spinach, being sure to get rid of all of the grit, and tear it into bite-sized pieces. In a medium-sized saucepan cook the spinach in the bouillon until it is tender. Reserve the liquid. Place the chicken and scallion in a saucepan, add salt and black pepper to taste, cover with water, and simmer over low heat for 10 minutes. In another saucepan, heat the peanut and dende oils. Fry the onions, tomatoes, hard-boiled eggs and chili for 5 minutes. Add the beans, chicken, spinach, and 1 cup of the reserved bouillon from the spinach. Adjust seasoning, stir well, and simmer over low heat for 45 minutes, or until the meat is tender.

COCOA EXCHANGE

Dieters Can Have Their Cake and Eat It Too With Elegant Chocolate Angel Torte

News USA

(NU) - For a delicious low-calorie and cholesterol-free chocolate dessert this spring, try Elegant Chocolate Angel Torte. This lighter-than-air dessert combines the rich flavor of pure, all-natural cocoa with the sweet taste of fresh strawberries and the convenience

of an angel food cake mix.

For more light chocolate dessert recipes from Hershey's Cocoa, send a self-addressed, stamped, legal-sized envelope to "Light & Luscious," 40 W. 57th St., Suite 1400, New York, NY 10019.

ELEGANT CHOCOLATE ANGEL TORTE

- 1/3 cup Hershey's Cocoa
- 1 package (14.5 oz.) angel food cake mix
- 1 package (2.6 oz.) whipped topping mix
- 1 cup cold skim milk
- 1 teaspoon vanilla extract
- 1 cup strawberry puree*
- Strawberries

Adjust oven rack to lowest position. Heat oven to 375 degrees F. Combine cocoa and contents of cake flour packet. Prepare cake batter according to package directions. Bake and cool as directed.

Slice cooled cake crosswise into four 1-inch slices. In large mixer bowl, combine both envelopes topping mix, milk and vanilla; prepare according to package directions. Blend in strawberry puree. Place bottom cake slice on serving plate; spread with one fourth of the topping. Stack the next cake layer; spread with topping. Continue layering the cake and topping. Garnish with strawberries. Refrigerate. To cut cake, use sharp serrated knife with a gentle sawing motion. About 16 servings.

*Mash or puree 2 cups sliced fresh strawberries (or frozen berries, thawed) in blender or food processor to measure 1 cup.

Nutritional Information (per serving)

Calories	154	Calcium	64 g
Carbohydrates	30 g	Cholesterol	0 g
Sodium	73 g	Fat	2 g

Give Grill-Side Summer Salads Great Change-of-Pace Texas Taste



A tempting selection of salads is as important to a cookout as whatever's sizzling on the grill. "Classics" such as corn relish, coleslaw and bean salad are always welcome additions, but when redefined with Texas style they take on exciting new appeal.

Brighten a barbecue, picnic or weekday dinner with Picante Corn-Off-The-Cob Salad. A colorful mix of just-picked produce, it combines corn, bell peppers, radishes, red onions and cilantro. "Dressing it up" with tongue-tingling taste is a blend of bottled Italian dressing and versatile PACE® picante sauce, a summer salad staple for over 40 years.

To make even the simplest salad a standout, mix mild, medium or hot picante sauce into any favorite vinaigrette or creamy dressing, mayonnaise or sour cream. Or savor it solo as a quick and convenient fat-free dressing with only 5 calories per zesty tablespoonful. Watch your cooling summer salads become summer's hottest menu items.

Picante Corn-Off-The-Cob Salad

- 2 large ears sweet corn, cooked, kernels removed (2 cups) or 1 can (12 ounces) whole kernel corn, drained
- 1 red bell pepper, diced
- 1 small green pepper, diced
- 1/2 cup thinly sliced radishes
- 1/3 cup sliced green onions
- 1/3 cup PACE® picante sauce
- 1/4 cup bottled Italian dressing
- 2 to 4 tablespoons chopped fresh cilantro

Combine corn, peppers, radishes and onions, tossing lightly. Combine picante sauce and dressing; mix well. Pour over corn mixture, mixing lightly. Chill. Stir in cilantro just before serving and serve with additional picante sauce. Makes 6 servings, about 3-1/2 cups salad.