

Gift from the Orient -- Sukiyaki

The great contribution of the Japanese to the world of cooking is their beautiful presentation of food. Believing that the eye feasts before the tongue, each silver of vegetable, each slice of meat is arranged as carefully on the plate as a spray of blossoms. Cooking time of vegetables is as short as possible, to retain the shape, fresh color, and crispness.

The artistry of Japanese cooks is displayed in Sukiyaki, which might be literally translated as "Cooking-in-the-Pot." These dishes of vegetables, broth, and meat or seafood are traditionally prepared in skillet or pot on a cooking unit on the dining table while guests admire and grow hungrier by the minute.

Actually, this ancient form of cooking fits perfectly into our contemporary way of living, with chafing dish or electric skillet replacing the Oriental burner. The beef Sukiyaki dish here can be prepared right at the table and served with a flourish over heaping bowls of steaming rice.

As an alternate recipe, Skillet Sukiyaki combines the rice and entree on a single dish prepared in one cooking utensil.



Although a traditional Japanese dish, Sukiyaki is prepared in a contemporary manner — right at the dining table.

SUKIYAKI

- 2 cups water
- ¼ teaspoon salt
- 1 tablespoon butter (optional)
- 2 cups packaged enriched pre-cooked rice
- 2 tablespoons butter or other shortening
- 1 pound lean round steak, cut in very thin slices
- ½ pound fresh mushrooms, thinly sliced (about 3 cups)
- 1 bunch scallions, cut into strips (about 2 cups)
- 1 cup celery strips
- 1 cup sliced yellow onions
- 1 can (5 oz.) bamboo

- shoots, drained (optional)
- 2 tablespoons sugar
- ½ cup soy sauce
- 1 beef bouillon cube
- ¼ cup hot water
- 3 cups fresh spinach leaves

Bring 2 cups water, the salt, and 1 tablespoon butter to a boil. Stir in rice. Cover, remove from heat, and let stand 5 minutes. Fluff with fork before serving.

Meanwhile, heat 2 tablespoons butter in a large skillet. Add meat and brown very quickly on both sides — take about 1-½ minutes. Add remaining ingredients except

spinach. Simmer uncovered, stirring occasionally, 3 to 4 minutes, or until vegetables are almost tender but still crisp. Then add spinach, cover, and cook 3 minutes longer.

Serve immediately over the rice (vegetables should be crisp) with additional soy sauce, if desired. Makes 5 cups Sukiyaki plus rice or 5 or 6 servings.

Note: For ease in cutting meat, place in freezer until just firm — about 1-½ hours, or only partially thaw frozen meat. With a heavy, sharp knife, slice meat very thin;

then stand at room temperature to thaw while preparing other ingredients.

SKILLET SUKIYAKI

- 1 medium onion, thinly sliced (about ½ cup)
- ¼ cup butter
- 1 pound beef sirloin, cut in thin narrow strips
- Salt and pepper
- ½ pound fresh mushrooms, thinly sliced*
- ½ cup sliced celery
- 1 can (16 oz.) bean sprouts, drained
- ¼ cup water chestnuts, thinly sliced (optional)
- 2 tablespoons soy sauce
- ½ pound (2 cups) fresh spinach or watercress
- 1 bouillon cube
- 1-½ cups hot water
- 1-½ cups packaged enriched pre-cooked rice
- ½ cup chopped scallions

*Or use 1 can (4 oz.) sliced mushrooms.

Saute onion in butter in large skillet until tender, but not browned. Season beef salt and pepper; add to onions and brown on all sides. Stir in mushrooms, celery, bean sprouts, water chestnuts, and soy sauce. Cook 5 to 10 minutes. Then add spinach; cook 2 minutes.

Meanwhile, dissolve bouillon cube in hot water. Stir in rice. Pour into center of ingredients in skillet. Sprinkle scallions over other ingredients. Cover and simmer over low heat 5 minutes. (Do not overcook.) Serve with additional soy sauce, if desired. Makes 4 servings.

Varied Program Scheduled in

'Moods of Music'

An adult singing group, a teen-age choir and a jazz combo will present a "Moods in Music" concert at 8 p.m. Sunday, May 18, in Nazareth Academy Auditorium, Lake Avenue.



Don Meminger, choir director.

Participating will be the American Chamber Singers and the St. Cecilia Choir of high school girls — both groups from Holy Rosary parish under

Nick Zinni's jazz combo also will play. Religious hymns, Negro spirituals and show tunes are scheduled.

Among religious music to be sung will be the Introit from Meminger's "Easter Mass." Other pieces include the Kyrie, Sanctus and Benedictus from Missa Brevis, the In Te Domine Speravi and the Ingrediente.

Also on the program are: Steal Away, Blow Gabriel, De Animals A-Comin', Great Day, On the Sunny Side of the Street, Michelle, Talk to the Animals, They Say It's Wonderful, April in Paris, I'll Take Romance, Thou Swell, This Can't Be Love, I've Grown Accustomed to Her Face, Almost Like Being in Love and It's a Good Day.

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New Director Named At St. James Hospital

Hornell — Miss Frances Woods has been named director of St. James Mercy Hospital to succeed Sister Mary Thomas, RSM, who moves to a position in Rochester.

Sister Mary Thomas, director of the Nursing School here for seven years, has accepted a position on the faculty of High School of Nursing, Rochester, and will reside at the Sisters of Mercy Motherhouse.

Miss Woods has been in an administrative capacity in hospitals in the Diocese of St. Augustine since 1955, serving as supervisor, director of nursing services and instructor.

She has had supervisory experience in all hospital departments, medical, surgical, obstetrics, pediatrics and nurse teaching.

A native of County Clare, Ireland, Miss Woods was graduated from St. Joseph Academy, St. Augustine, Fla., and Mercy Hospital School of Nursing, Detroit. She attained a master's degree in nursing education and administration at the University of St. Louis, Mo.

She is a member of the American Nurses Association, the Florida Nurses Association and the National League of Nursing.



FRANCES WOODS

CANA CONFERENCE AT ST. AUGUSTINE'S

A Cana Conference, for married couples, will be held at St. Augustine's at 7:30 p.m. Monday, May 26, under the auspices of the Mothers' Circle of the parish. Mrs. Victor Yanalis, 436-0740, and Mrs. Dewain Feller Jr., 436-1599, are taking reservations.

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