

# Ancestral Soul Food

The deep-felt pride of ancestry among Black Americans has inspired this offering of African recipes. The West African Stew is from a former Cameron Peace Corps home economist. And the Cous Cous came by way of the African operation of an American food company that makes the farina called for in the recipe.

Cous Cous is often described as a stew served with steamed grain. The stew may be almost any type of meat or poultry and the grain (which is the Cous Cous) may be almost any type of grain depending on which grain is popular and available in the country.

It is traditionally cooked in a two-tiered pot with the top tier being the steamer for the grain. A simple steamer can be improvised, as suggested in the recipe, by the use of aluminum foil.

## COUS COUS

1 1/2 pounds boneless lamb cut into 1 1/2-inch cubes  
1 package onion soup mix  
1 teaspoon salt  
1/4 teaspoon pepper

1/4 teaspoon ginger  
Dash cayenne  
3 1/2 cups boiling water  
2 tablespoons corn oil  
1 broiler-fryer chicken, cut up  
2 medium, white turnips, pared and cut into pieces  
2 cups boiling water  
1/2 teaspoon salt  
3 cups enriched farina  
4 medium carrots, pared and cut into pieces  
2 medium zucchini, cut into pieces

Brown lamb pieces on all sides in large saucepot over low heat. Stir in soup mix, 1 teaspoon salt, pepper, ginger, and 3 1/2 cups boiling water. Cover; simmer 45 minutes. Meanwhile, heat corn oil in large skillet. Add chicken; brown lightly on all sides over low heat. Add chicken and turnips to simmered lamb; reserving chicken drippings. Cover meat and turnips; simmer 15 minutes. Add 2 cups boiling water and 1/2 teaspoon salt to farina; let stand 5 minutes. Spoon farina into steamer section of Cous Cous pot. Add carrots and zucchini to simmered meat and vegetables. Place steamer over stew.

Cover; simmer 15 minutes. Remove farina. Heat reserved chicken drippings; add farina and toss until lightly browned. Arrange serving platter with farina, meat and vegetables. Serve stock as beverage or thicken and use as gravy. Makes 6 servings.

To improvise steamer: Prepare double thick piece of aluminum foil that will cover top of pot and fold down about 1-inch into pot. Make small holes throughout area that covers top to make a colander. Spoon prepared farina or other cereal onto foil. Place foil steamer over saucepan, securely fastening edges and keeping foil above level of the meat and vegetables. Cover.

## WEST AFRICAN STEW

1/4 cup corn oil  
1 pound stewing beef, cut in 1-inch cubes  
2 cups water  
1/4 cup creamy or chunk style peanut butter  
1 large tomato, halved and sliced  
1 medium onion, halved and sliced  
1 teaspoon salt  
1/2 teaspoon crushed red pepper  
1 tablespoon corn starch  
2 tablespoons water

Heat corn oil in large skillet over medium heat. Add beef; brown on all sides, turning as needed. Add 1 cup water. Cover and simmer 45 minutes or until



Cous Cous, a well flavored stew, usually made with lamb and chicken with cereal steamed on top of the simmering meat and vegetables.

meat is tender. Add remaining 1 cup water; gradually stir in peanut butter. Add tomato, onion, salt and pepper. Bring to boil. Cover; reduce heat and simmer, stirring occasionally,

25 minutes. Mix together until smooth, corn starch and 2 tablespoons water; gradually stir into stew. Bring to boil and boil 1 minute, stirring constantly. Makes 4 to 6 servings.

## Kids and Television A New Monitoring Tactic

### Catholic Press Features

Chicago — A new approach toward monitoring TV programs for children has been offered to parents by a Catholic magazine here.

"Turning off the set makes it attractive forbidden fruit," suggests Today magazine, published by the Claretian Fathers.

"The creative and open-minded parent, or older brother and sister, knows what the children are seeing, and uses that exposure as a stepping stone to reinforce the good and explain the bad," the magazine continues.

Although great progress has been made in children's TV by Sesame Street and occasional special series like the CBS-TV Children's Film Festival, and the long-running Captain Kangaroo, the bulk of TV programming for pre-schoolers is cartoons, and "kids get it soaked to them the hardest on Saturday mornings," noted Today magazine.

"Don't make a judgment, however, until you sit down two or three Saturdays and catch this teleworld," the magazine advised. "Like it or not, this is what the kids see. We can't deny them the TV; there's too much good to be learned from it."

A solution offered by the magazine is to "watch their programs and try to straighten out in conversation what we find faulty or plain wrong. We can creatively take the occasion to hone the beginning of the critical faculties they'll need to make it through the media-crash of contemporary electronic life."

For example, the magazine suggested, it is not adequate to call attention merely to the high violence content of cartoons like the Roadrunner, with its pulverizing annihilation of the coyote every other minute, either via dynamiting or his falling off a cliff.

"Much TV has a sad morality," the magazine explained. "Where Sesame Street emphasizes songs about what fathers do, many kid-shows portray Daddy as a dummy."

Today magazine asked: "Does exposing children to stupid TV males and spineless fathers alter their respect for paternal intellect and authority? Can they admire only the violently

strong heroes like Spider Man or the Super 6?"

The absence of women on children's cartoons is also lamentable, Today magazine added.

"Clutch Cargo wouldn't know what to do with a lady. When, however, a woman is present she is either dizzy and helpless, like Penelope Pitstop, or comically evil like Witchy-Poo on Puff-stuff or Sabrina's Aunt on The Archie Show. It's very difficult for a little girl to learn from TV what her role as a woman will one day be."

The magazine suggested that "the creative parent uses the controversial program to start a conversation with his child. Through communication comes mutual understanding. Watch the kids' shows and learn about the kids' world. They have no choice but to live in it. They need non-uptight adults to show them how to cope with divergent concepts."

## Aide Tells Bishops:

New Orleans — (RNS) — The man charged with informational services of all U.S. bishops told a group of prelates here that "accessibility" to the news media is an essential element of the modern bishop's role.

"The point is that there are times when the news media, and the public whom the news media represent, demand — and have a right to demand — answers straight from the horse's mouth," said Russell Shaw, director of the National Catholic Office for Information of the U.S. Catholic Conference.

Speaking at the Bishop's Communications Institute at Loyola University here, Shaw said that bishops do not have to become "totally available" to

## Be More Open with Press

newsmen because the diocesan spokesman can handle much of the traffic. But he noted: "There are occasions when you will have to speak for yourself, and speak directly to the news media."

Commenting on the the difficulties diocesan information officials have with respect to "breaking" news stories, Shaw observed that reporters "need a story now — because they are under fierce pressure from editors and competing news media to get that story."

"If they can't get it from you," he continued, "they will go with what they've got—and you will simply have to live with that fact."

He noted that once an adverse story — one that could

have been more positive — gets in the newspaper "no amount of catching up... is going to change the harm that will have been done."

Turning specifically to the role of the information director — either priest or layman — Mr. Shaw recommended that he be an "integral part" of the bishop's management team, "closely involved, like any other top adviser, in the formulation of policy, as well as its implementation."

## MERCY CONCERT

Our Lady of Mercy High School's Winter Concert, which was postponed on Feb. 9 because of bad weather, will be held at 8 tomorrow night, Feb. 18, in the school auditorium.

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