

Food for thought

by Emma Sadgrove

I have a great love of good food, and of preparing it and creating new recipes. Cooking and eating are both great pleasures. Enjoyable food need not be expensive food, nor be difficult to prepare. These recipes cost less than \$2.00 per serving and are quite easy.

They involve stewing, which is an easy and good way to prepare cheap cuts of meat. These are stews with an international flavour and the recipes are designed to serve two, but they could be easily adapted to any number of people.

A thick, rich sauce that's super with noodles

Hungarian Goulash
About 1/3 kg chuck steak or round steak
1 tbsp flour
1 tbsp oil
1 large onion
1 cup water
1/4 cup tomato puree
1 tbsp paprika
1/4 tsp salt
dash of pepper
1/3 cup sour cream
Cut steak into bite-sized cubes and coat with flour. Fry in oil in frying pan over medium heat for about ten minutes.

Remove meat to a casserole dish. Slice onion thickly and also fry for about ten minutes, then remove to casserole dish.

Combine remaining ingredients, except sour cream, in the casserole dish, cover, and bake in 325 deg. oven for 2-1/2 hours. Remove from oven and mix in sour cream just before serving.

Serve over noodles.

A touch of fruit adds color and a light sweetness

Normandy Stew
2 pork chops
1 large onion
1 orange, peeled and sliced
1/2 cup plus 2 tbsp apple juice
pinch of sage
1/2 tsp corn starch

In frying pan over medium heat fry pork chops until golden. Remove chops. Chop onion and fry in remaining fat. Add a small amount of oil if necessary.

Fry onion for about ten minutes, then return pork chops along with slices of orange, 1/2 cup of apple juice and sage.

Heat thoroughly, reduce heat, cover pan, and simmer for 30 minutes, stirring occasionally. Remove chops and oranges to a serving plate.

Combine corn starch and remaining 2 tablespoons of apple juice and stir into mixture in frying pan. Heat to boiling over medium heat and boil for two minutes, stirring continually.

Pour sauce over chops and oranges. Serve over rice, if desired.

Perks up ordinary fish with an Italian flavour

Fish Napoli
1/2 lb. fish fillets
1 tbsp margarine
1 green pepper
1 small onion
1 stalk celery
1/4 tsp salt
1/2 tsp oregano
1 14-oz tin stewed tomatoes

Arrange fish in a casserole dish. Cut pepper and onion into large bite-sized pieces and celery into thin slices.

Fry vegetables in the margarine in frying pan over medium heat for about 5 minutes.

Slice tomatoes and add to vegetables along with spices. Pour this mixture over the fish.

Cover casserole dish and bake at 350 deg. for 1 hour.

This is also good served with rice.

More dumping at U of T

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ditioned architecture programs in Ontario. Although it doesn't enjoy the highest reputation among architecture schools, its students say Toronto is recognized as the centre for architecture in Canada.

The last time the 50,000-student university pulled a program was 1975 when it shut down its faculty of food science.

Shutting down the program creates other problems. One is the possibility that faculty will seek jobs elsewhere before the closure forces them out. However, Connell says the administration does "not antic-

pate a serious dislocation of faculty" and would try to keep them from leaving, he said he doesn't know whether the university would try to find other teaching jobs for the professors.

Students are also worried that their degrees will be cheapened by the closure. "It's hard to graduate

from a school that's lost its credibility," said Reanda Doornink, a fourth-year student. Both the architecture students and the U of T student council say they will oppose the closure when the matter is brought to governing council Feb. 20.

Correction

Dr. William Craig was mistakenly identified in the Jan. 30 Gateway as being from the University of Chicago. He is actually from the Trinity Evangelical College of Deerfield, Illinois.

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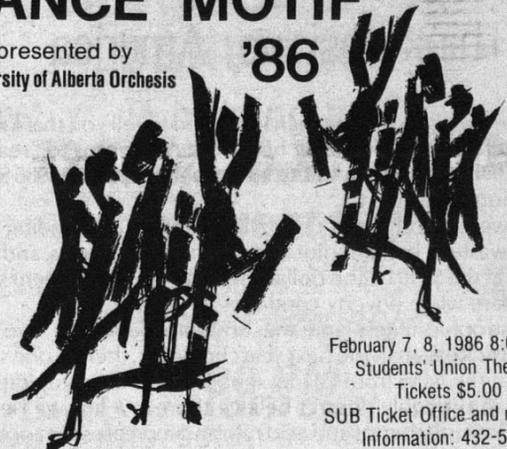
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