

A tribute to M.F.K. Fisher

By Jerry Marlowe
Special to The T-R

In the process of down-sizing to smaller quarters, I just uncovered one of my all time favorite cook-books. The title is "WITH BOLD KNIFE AND FORK" by the very talented and gifted writer M.F.K. Fisher. I am sure our very wonderful local libraries can round it up for you.

Fisher has created at least 14 other gastronomic literary efforts. One she gave a memorable title to was called "HOW TO COOK A WOLF". She suggested that when the wolf is at the door, simply invite him in for dinner. This book came out during the Second World War when food was in very short supply and we all had to improvise to get a great meal on the table.

Thanks to good old American ingenuity, and our effort to improvise, we got through it all and still ate well and healthy.



Marlowe

Luckily mom and dad trying to run the drug store they started were able to hire Ruth McPherson to help them out at home. Being of Scotch descent she was very frugal and always able to get a very edible, but inexpensive, meal on the table three times a day. I rounded up Chef M.F.K. Fisher's book mentioned earlier to share one of her favorites.

A SHRIMP JAMBALAYA

Here is what you will need:

3 medium, or 2 large, minced onions

½ cup good oil (I used olive oil)

3 tbs flour (Wondra is great)

4 peeled and chopped tomatoes

½ cup minced cilantro, thyme or basil, or all three to your taste

A couple of minced, or smashed, garlic cloves (I usually like more)

½ to 1 tsp chili powder

1 cup of rice

5 cups of boiling water (or I used a mix of clam juice, white wine and the water)

Let's get started. Brown the onions gently in the the oil, stir in the flour and brown a bit more. Now add your tomatoes and the herbs, garlic and seasoning. Add the rice and water.

Simmer it all for 35 minutes. Then add about a pound of fresh peeled shrimp. Cook just a short time ... about 4 to 5 minutes. Don't overcook the

shrimp. Now here is a tip. If you are not into shrimp, substitute small sausages cooked until brown. As a variation we do love curry powder, so try a version using a good curry powder mixture. This one goes great with a great ale or beer you enjoy.

I always enjoy running into you when I am about town. Please let me know if there would be any special recipes you would like for me to research for you. Just to borrow Julia's favorite comment ... Bon Appetit.