

SR GOES TO THE KITCHEN

Travel has toned up our taste buds; our palate is acquiring breadth and discernment. That America is becoming a melting pot for cosmopolitan viands is nowhere more evident than in the cookbooks published during the past several months. Because, by and large, these will be bought by the help-less, their practicability is assessed below by SR's working wives and spinsters.



THE BOOK

THE RECIPES

TOOLS, SKILL, TEXT

OPINION

"Polish Cookery: The Universal Cook Book," by Marja Ochowicz-Monatowa (Crown, 300 pp. \$3). Not illustrated.

Excerpts from the "bible" of Polish cookery, first published at the turn of the century, this version has been translated and adapted by Jean Karsavina. Included are such delicacies as fruit soups, stuffed herring, and calf's lungs in wine sauce. The recipes (generally for 6 to 8), are Hungarian, German, Italian, French, Jewish, Russian, and Mideastern, as well as indigenous. And if you've always wanted an egg in your beer, directions are included.

The competent cook will suffer no anxiety with these dishes, provided guests are not due in a half hour. Characteristic ingredients in the many hearty dishes are Maggi extract, soy sauce, dill, sour cream, juniper berries, and caraway seeds. A preface explains the Polish approach to food and traces various influences, but there's no superfluous gabbing.

A good source for zesty Eastern European dishes not found in the average cookbook, offering as well an introduction to the Polish language. For instance, *Zupa Pomidorowa* is *Minestra Pomodoro* in Italian. And anyone knows that's tomato broth.



"Beer and Good Food," by Myra Waldo (Doubleday, 264 pp. \$3.95). Few decorative illustrations.

International dishes, mostly meant to be eaten with beer as a beverage. Everything from appetizers to dessert, but heavy on the calories. Most recipes serve 6 to 8 people.

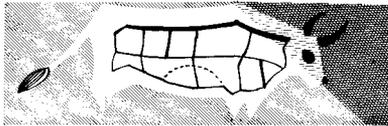
Recipes do not take much time or skill. The bulk require beer; many use large amounts of heavy cream and butter. Provides interesting material on the history of beer and its uses from the time of the Babylonians, when it was part of the religious rites.

This book is especially interesting to men, since its recipes are virile and filling.



"Cooking Afloat," by Katherine Pinkerton (Barrows, 264 pp. \$3.50). Amusing line drawings of the sea-chef precede each chapter.

350 recipes for use aboard a cruiser based on canned and processed foods. Cornish game hens and zabaglione are included for the gourmet.



Selected from trial-and-error experiences of Mrs. Pinkerton, recipes require average cooking skill—much patience if galley space is limited. A detailed guide for equipment is provided. Information covers everything from galley gear (sticking to the necessary and most compact items for a cruiser) to stowage and ship's stores. Scintillating anecdotes offer good reading while the "soup's on." A good deal of research has been done on general food for aboard a cruiser.

Invaluable to the seafaring man or woman who cannot properly organize a galley. Recommended for voyages lasting several days or weeks, though suggestions are provided for week-end cruising. Many a career woman with a small kitchen will also find this book useful.

"Treadway Inns Cookbook," by Ann Roe Robbins (Little, Brown, \$5). Inside covers contain road maps showing where you will find Treadway Inns.

Treadway Inns are known for old-fashioned hospitality, good cheer, and a cuisine that is legendary. Mouth-watering dishes such as Spring Mountain Trout on water cress with almond butter, skillet corn bread, and desserts for the discriminating bring the secrets of chefs into your home. A chapter on beverages includes the recipe for the famous "Syllabub." Proportioned for 4 or more.

Recipes have been adapted for family uses, and the accuracy of each guarantees successful results for even the inept. Basic tools and ingredients. A short but concise report on wines has been included; the general information is excellent, and each chapter is interspersed with fascinating peeks into the kitchens of the Inns, as well as accounts of legends which surround them.

If you have been to a Treadway Inn you will remember the wonderful game dishes and tasty Frogs' Legs Chablis—yes, these are included. Your rating as a cook will rise after a workout with this book.

Five Gourmets in Search of Good Food

From Paris to the Pacific, Epicurus Is Exalted

ALICE B. TOKLAS, who was born in San Francisco, has lived in France for over half a century. She has been interested in fine foods for even longer than that. Her cardboard box of choice recipes dates back to her girlhood when, in a wealthy household, she early acquired Epicurean tastes. As friend and companion to Gertrude Stein, Miss Toklas earned her reputation as a great cook in a country where such accolades are not easily won. Miss Stein recalls those years when the art world of Paris trickled into their Left Bank apartment as a time when "Miss Stein wrote and talked, Miss Toklas cooked and talked." Although Miss Toklas has conceded to the electric blender, the recipes in her "Aromas and Flavors" are as exquisite as ever.



CALVIN LEE is the young proprietor of New York's oldest Chinese restaurant, located in the heart of Chinatown. He is also an international lawyer. When his father died, Calvin, then seventeen years old and a student at Columbia University, became the head of the family and of "Lee's," the restaurant which his grandfather founded in 1892. He bal-

anced his academic duties with his restaurant chores so well that he became president of his class at Columbia. His interest in food and his knowledge of Oriental cuisine are prodigious. In "Chinese Cooking for American Kitchens," Lee imparts the secrets of delicacies, recorded by his grandfather on scraps of rice paper and, until now, well guarded by the Lee family.

MYRA WALDO will go anywhere in search of a good recipe. As the author of numerous best-selling cookbooks, among them the popular "The Complete Round-the-World Cookbook," Miss Waldo has toured the globe twice, stopping off at some eighty countries to collect the secrets of the local cuisine. She has traveled throughout the Orient, visited Africa on a safari, and journeyed to the Soviet Union, where she interrupted the cold war to swap favorite recipes with Russian housewives. (She liked their borscht and they, in turn, were astounded by her ham-and-eggs.) Her latest cookbook, "Beer and Good Food," is the result of an overseas trip, when Miss Waldo discovered that in many countries beer is for more than merely drinking.



RAYMOND CAMP has spent most of his life far from the kitchen. For twenty years he worked for *The New York Times*, first as a reporter and later as "Wood, Field and Stream" columnist. His hunting and fishing radio program and his books about surf-fishing, guns, and duck-shooting have won him a large audience among outdoorsmen. As a hunter, fish-

erman, pilot, and explorer, Camp has traveled from the north woods to the South Seas, during which time he collected, along with his own quota of game, a wide variety of recipes. From among his fellow hunters, Camp has gleaned prize recipes which he has compiled in his "Game Cookery," in the hope that his advice might help to turn good hunters into equally good cooks.

ELENA ZELAYETA learned to make empanadas and tortillas about forty years ago in her native Mexican village. She married and came to California where her husband owned one of San Francisco's best-known Mexican restaurants. After her husband's death, Elena lost her eyesight. Faced with the problem of supporting her two small sons, she turned to the thing she could do best: cooking. Gradually, "by touch and by ear," she relearned to prepare the Mexican specialties of her girlhood, and has since then taught countless other blind to cook. Her own philosophy of life and of cooking are all but interchangeable. In her new book, "Elena's Secrets of Mexican Cookery," she cautions, "Mix the tortillas with love or they will be bitter."



THE BOOK

THE RECIPES

TOOLS, SKILL, TEXT

OPINION

"The Art of Fish Cookery," by Milo Miloradovich (Garden City. 402 pp. \$2.95) 8 diagrammatic linecut illustrations.

1,280 fish and shell-fish dishes; appetizers, soups, entrées, salads, aspics, sandwiches, stuffings, sauces—the works. Some redundant, others provocative: e.g., combinations of shell with scale fish, juxtapositions of either with fruit and nuts. Average recipe serves 4 to 6.

Time for each recipe indicated—generally short. Directions, including how to decapitate a live turtle, easily followed, assuming no inhibitions. As expected from the author of "The Art of Cooking with Herbs and Spices," these peppering agents are *sine qua non*. Descriptions of a dizzying variety of fish and crustaceans.

Despite considerable repetition of what are essentially the same recipes, this book is worth twice its price for its wealth of succulent, unhackneyed ways to prepare fish.

"Ways to Wonderful Food: A Picture Cookbook," by the Editors of *Life* (Time, Inc.—Prentice-Hall. 292 pp. \$13.50 for book, \$2 for card file index). Magnificent color illustrations.

This truly beautiful volume is a showcase for delicious foods from all over the world. The recipes, from some of the finest chefs of our times, are classified according to category—French, Italian, Oriental.



Some recipes are simple to prepare while others require a good deal of time, patience, and experience. However, directions are clear and concise. Because of the great variety of foods discussed, there are those which require spices, wines, and brandies which are not found in the average household. Yet, much of the book deals with foods in the ordinary larder.

This book is imaginative and interesting, although its size makes it difficult to handle in the average kitchen. The editors have, therefore, considerably provided a card file of the recipes.

"Alexandre Dumas' Dictionary of Cuisine," edited, abridged, and translated by Louis Colman (Simon & Schuster. 282 pp. \$4.95). Decorative illustrations.

This is not a recipe book in the ordinary sense. M. Dumas, who was born very poor and made his fortune by writing about 500 novels, took an extraordinary interest in gastronomy. He wrote a series of definitions of foods and their histories, together with anecdotes. Here he offers unusual recipes sans precise instructions.

Since so much is left to the imagination, skill and leisure are important. The ingredients are fairly difficult, in some cases impossible, to come by. This book is of great interest as far as general comments are concerned. It provides much history in its anecdotes, and gives an intimate view of high society in the France of M. Dumas' era.

For the average housewife this is not the ideal cookbook, but for the average reader it is a delight.



"The New Pennsylvania Dutch Cook Book," by Ruth Hutchinson (Harper. 238 pp. \$3.95).

Pennsylvania Dutch, also many Moravian dishes. Directions and amounts are exact, often giving 3 or 4 versions of the same dish. Even so, the imaginative cook can conjure up further variations. Recipes serve 6 to 8.

Many recipes take a good deal of time and some experience. For the most part, ingredients are easily available, although many recipes call for all manner of spices. A short historical introduction, but by and large the book is devoted to recipes.

This is an excellent book for the mother of a family. The dishes are nourishing and easily stretched to feed a group.

"The Slim Gourmet's Soup Book," by Martin Lederman (Dutton. 150 pp. \$2.95).

More than 500 soups prepared by combining the contents of five basic cans: tomato, consomme, chicken, vegetable, clam chowder.

All you need is a can-opener and a larder filled with tinned soups. A supplementary text warns about the do's and don'ts of soup cookery: i.e., don't serve pea soup in a blue-and-rose bowl. Various wheel charts mix and match the soups.

You probably won't win a *Cordon Bleu* for even the most expert can-opener cookery; but for the jiffy chef the hints are helpful.

"Kirsty's Secrets," by Marguerite Alexander (John F. Blair. 210 pp. \$3.75). Not illustrated.

Scottish fare from shortbread to Cock-a-Leekie Broth, with accent on pastry items from the "Land o' Lakes." Caloric content is moderate, though several dishes require large amounts of butter. Most serve 4, 6, or more.

Many facile recipes requiring little preparation, but a beginner might be confused by the way in which they are presented. Difficult terminology is defined in the glossary. Readily obtainable items within the average budget. Oatmeal, a major one, is used in many desserts, main dishes, and soups. Recipes combined with memories of life in the Highlands.

Though story content competes with a number of recipes, those interested in a pleasant journey through the Highlands of Scotland with a superstitious Scottish lass will enjoy this book.



"Gastronomini-que," by Ida Bailey Allen (Doubleday. 334 pp. \$4.95). Simple illustrations preceding each chapter.

Simplified guide to gourmet cookery, which includes foods from many lands. Recipes have been standardized for connoisseur methods. Chapters contain casserole dishes, curries, kebabs and rechauffés, soups, fish, and desserts. Most have high-calorie content but are worth the risk of an added pound. Serve 6.

Amateur or expert will like preparing these dishes. Many can be done the day before. Serving dishes, with hints as to color and pattern, suggested by the author. A chapter on wine service and information on spice and herbs, a glossary on culinary terminology, and a list of stores which carry hard-to-find items are included.

Clear, stimulating recipes for every amateur chef determined to be creative. Experienced cooks will find many new dishes to add to their culinary achievements.

"A Belgian Cookbook: A Sampling of Belgium's Regional Dishes," by Juliette Elkon (Farrar, Straus & Cudahy. 215 pp. \$3.95). Not illustrated.

Tasty concoctions from Brussels; Flanders, Antwerp, and the Kempen; Tournai, Mons, and the Borinage; Liege, Namur, and the Ardenne ranging from brain balls and buttermilk soup to chocolate mouse, beer waffles, and black sausage (you'll need $\frac{3}{4}$ pt. pig's blood). Lavish with Béchamel sauce, heavy cream, butter. Average recipe for 4.

Not for the novice or the nervous, but aside from a flan ring, no especial equipment needed. Gamut of spices, herbs, wines (even gin and Scotch) are incorporated, with emphasis on cabbage, potatoes, Canadian bacon. Save for game, most ingredients easily obtained. The five sections are introduced by a look at the respective regions' history and culture.

There are enough workable novelties for the educated enzymes, as well as new treatments of old staples, to justify the book's purchase.

"Chinese Cooking for the American Kitchen," by Calvin Lee (Putnam. 190 pp. \$3.50).

150 Chinese dishes ranging from the familiar egg roll to the festive winter melon soup (cooked and served in the melon itself).

The cooking itself doesn't take much more than 6 minutes per dish—but the preparation does. The secret, says Mr. Lee, is in the slicing. Once you get the knack of this, the rest is a breeze. A guide lists ingredients (some recipes call for 12 or more) and where to find them.

Mr. Lee has presented an unusual and varied cuisine that has little to do with the chop-suey-chow-mein genre of Chinese cookery.

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Overheard at the Listening Post

WARSAW may be one of the grimmest and grayest cities in the world in terms of physical appearance and the condition of its people. But it is full of intellectual and political electricity. It is a traffic hub for men and ideas; a place where two contrasting worlds meet and indeed overlap; a trading center for differing viewpoints.

Just in the lobby of our hotel, in the short period of a few days, I saw or met a cultural delegation from India; the publisher of a New York newspaper and a medical mission from the United States; a party of journalists from China; a French novelist; a theatrical troupe from Moscow; and a group of scientists from East Germany. Adding to the busy intellectual atmosphere was the active interest of one's Polish hosts about the outside world. All these facts combine to make Warsaw a concourse of ideas and one of the world's most productive listening posts. There follows a random sampling of opinion, conjecture, and suggestion recently heard at that post:

► Boris Pasternak's cause is far from lost in the Soviet Union. Mr. Khrushchev is said to have read "Dr. Zhivago" in an attempt to find out what all the literary shooting is about, and he now feels that altogether too much potholer has been made of supposed ideological deviations about the Russian Revolution in the book. He is supposed to believe that the unfavorable world public opinion resulting from the episode far outweighs any possible harm that could have come from the unobstructed acceptance of the Nobel Prize by Mr. Pasternak, or from the book itself. (So far as the

Poles are concerned, the debate over "Zhivago" is somewhat academic; the book is not available in a Polish edition. A few copies in English are now being circulated. Visiting Americans who bring copies with them are being eagerly petitioned by Polish friends.)

► A Chinese journalist's comments on the attitude of his countrymen towards the American people: "Here in Poland you have probably noticed great friendliness towards America. When you travel in the Soviet Union, you will find pretty much the same attitude. But in China today you would be astounded at the general hostility towards Americans. Why are the people so bitter about you? They are bitter for the same reason you would have been bitter if a nation had tried to block your own revolution by giving guns to the other side, and then, for years after the revolution was over, continued sending guns to the old order in an attempt to reverse the decision. Do the Chinese people make a distinction between the American people and their government? Not any more. By this time, if the American people don't know what's happening, it's their own fault. They must accept the responsibility for the violent intervention in our affairs by their government. We Chinese feel you Americans have declared war on us. It is natural we should want to fight back."

► One of the major developments of recent history, largely unnoticed, is the gradual but seeming inexorable shift in the ideological center of gravity in world Communism from Moscow to Peiping. The leaders of the Soviet Union have been increasingly preoccupied with national problems

and their nation's posture in the world theatre of power politics. The proletarian struggle in other countries is measured not only in terms of its revolutionary significance but in terms of its effect on the Soviet's world position. The Chinese Communist leaders, on the other hand, are still in the full flush of a Marxist revolutionary experience. They see themselves in a central role of a world revolutionary drama. Naturally, they are not ignoring national problems but their context is still primarily Marxist. Mao Tse-tung, head of the Chinese Communist Party, is probably the foremost Marxist theoretician now alive. Not since Lenin has the Communist world known a political leader who has interpreted Marx with such authority, as witness Mao's many writings on the modern class struggle.

Lending increased significance to the new ideological centrality of Peiping is the fact that the world's largest national population—now almost three times that of the Soviet Union—resides in China, which is well on its way to becoming the first state in human history with more than a billion people. Although China is still far under the Soviet Union in terms of industrial production, scientific achievement, living standards, and military power, it is now engaged in a massive forward thrust in all these fields. All these varied facts add up to one of the most important world developments in the past century. It will be especially interesting to observe the future relations between China and the Soviet Union—indeed, between China and the rest of the world.

* * *

ONE comes away from Warsaw more convinced than ever before that if the American people are interested in holding their own in the world it may be necessary to abandon some illusions. One illusion is that what we are saying is getting through to people. Another illusion is that our approaches and our arguments are relevant. Neither is the case. What we have been saying and doing seem diffused and murky. It lacks punch. It hasn't appealed to the moral imagination. We haven't been leading any historical parades; we've been making some forays from the sidelines.

Where we stand is not merely the product of government policy. It is the total reflection of our concerns and our actions as a people. When the American *people* decide that our relationships to other peoples and our responsibilities to the future are the most important business before us as individuals, we will have the beginnings of an effective foreign policy and not before.

—N. C.