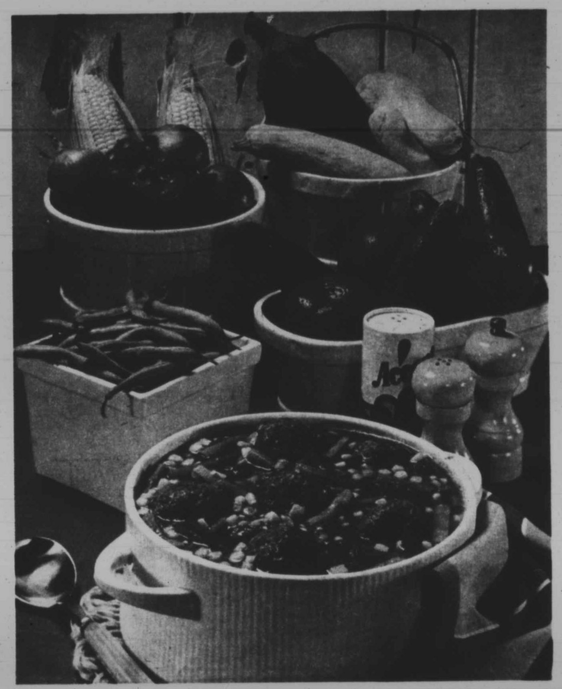


Show Biz and Soul Food too

If you live on the West Coast, you may have seen her cooking show on Los Angeles TV. If you don't, you may have seen her on commercials — which are still running. She has written a book called Sarah Rawls "Down to Earth Cook Book." Here are some recipes from it.

Not too many people can say that their barbecued ribs gave them their start in show business. Meet a woman who can — she's Sarah Rawls, a Los Angeles personality who has risen to fame and success by sheer drive and confidence.

Like lots of young people, Sarah dreamed of being on television, but an early marriage forced her to put those dreams aside. Four grown - up children later, she decided to pick up her young dream, confident she could use her exceptional cooking talent as her entry.

On her own, she contacted the TV shows in the San Francisco Bay area, secured a sponsor, and never stopped until she got an audition. She brought a casserole of barbecue ribs as her delicious prop, and landed her first TV slot. This made her the Bay Area's first black female cooking TV host.

Irrepressible Sarah has appeared twice on "The Mike Douglas Show." She sent Mike a tape with a note suggesting "why not pull some taffy with me?" He agreed; Sarah charmed and impressed him so with her cooking talent that he invited her again.

She added another success to her list when Wm. Underwood Co. tapped her spokesperson for Ac'cent Flavor Enhancer. Sarah is now seen as the "Down - Home Chef" in nationally televised commercials.

MEATBALL STEW

2 pounds ground beef
1 cup soft bread crumbs
½ cup milk
½ cup chopped onion
1½ teaspoons salt, divided
1½ teaspoons Ac'ent brand flavor enhancer, divided
2 tablespoons salad oil
4 large or 8 small ears of corn
3 tomatoes, peeled and chopped
1 pound fresh green beans, cut into 1½ - inch lengths
3-4 cup beef broth
¼ cup chopped parsley
⅛ teaspoon pepper
½ teaspoon dried leaf thyme

In a large bowl mix beef, bread crumbs, milk, onion, 1 teaspoon salt and 1 teaspoon flavor enhancer. Shape into small meatballs. In large Dutch oven heat oil. Add meatballs, several at a time, and brown on all sides.

Remove from Dutch oven. Cut corn kernels from cob. Add to dutch oven along with tomatoes, green beans, beef broth, parsley, remaining ½ teaspoon salt, remaining ½ teaspoon flavor enhancer, pepper and thyme. Add meatballs. Bring to boil, cover, reduce heat and simmer 40 minutes, until vegetables are tender. Serve half of the stew.

Turn other half into a 2 - quart freezer container. Cover, chill, and freeze. To serve frozen portion, thaw in refrigerator overnight. Turn into large saucepan. Cover and heat.

Yield: Two 4-serving portions.

Sarah Rawls, who is called the "Down Home Chef," shows one of her favorites, Southern fried chicken.

Sarah, who is the mother of four and grandmother of eight, is also the author of Down to Earth Cook Book, a collection of recipes which reflect different cultures and tastes.

The book is divided into three sections: Gourmet Cooking, Food Stamp Cooking, and Bachelor Cooking. The table of contents lists such categories as: Southern Gourmet, Beans, Beef, Chicken, Fish and seafood, game, ground beef, lamb and soups, chowders and vegetables.

Information sent to DAWN Magazine does not list outlets for the book, but does indicate where information about Sarah Rawls and a free consumer booklet may be secured.

Address: Sarah Rawls Family - Pleasing Meals: Down - Home Recipes, 131 East St., Westwood, Mass. 02090.

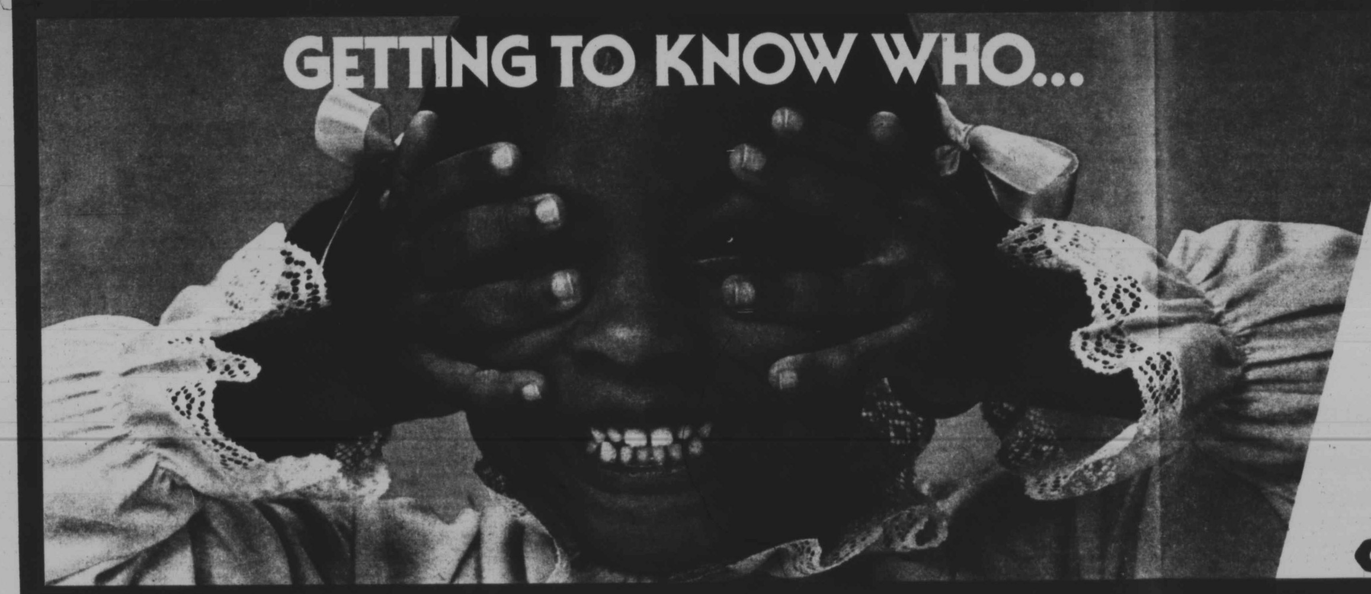
Here are a couple included in the book:

GUMBO A LA CREOLE

4 medium size crabs (cleaned and cracked)
3 or 4 pound stewing chicken cut in medium size pieces
2 pounds of medium size prawns
2 packages of little smokies sausages)
1 small can tomato sauce
1 large onion chopped
1 large bell pepper chopped
4 pieces and heart of a stalk of celery chopped (leaves and all)
1 bunch green onion chopped
½ cup parsley chopped
4 pods garlic, minced
1 tablespoon thyme
1 teaspoon oregano
½ teaspoon basil
1 teaspoon Accent
salt, pepper (and cayenne optional) to taste
½ cup cooking oil
3 tablespoon flour
Gumbo File

Wash chicken, place in a large kettle, cover with water and cook for 2 hours at a slow boil. Add chopped vegetables, cook 1 hour. Add tomato sauce, seasonings, spices, sausage, crab and Roux made with flour and oil. Cook 30 minutes. Add Gumbo File last 10 minutes of cooking, correct seasoning. Serve over fluffy rice with French bread, corn bread or crackers.

(Continued on Page 19)



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B.L.T. SURPRISE SALAD

6 cups chopped, cooked potatoes
8 crisply cooked bacon slices
2 cups cherry tomato halves
½ cup KRAFT Sandwich Spread
½ cup celery slices
¼ cup green onion slices
Salt and pepper
Lettuce

Combine potatoes, bacon, tomatoes, sandwich spread, celery and green onion. Mix lightly. Season to taste. Chill. Serve in lettuce-lined bowl; garnish with bacon curls, if desired.

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