DAWN RECIPES

Some New Ideas For Old Favorites

Fresh Vegetable Skillet Stew

1 pound lean pork
1 bunch fresh broccoli (4 cups)
1 medium onion, cut in ¼-inch strips
2 carrots, pared and cut in ¼-inch thick strips
2 tablespoons salad oil
1 clove garlic, minced
¼ cup soy sauce
2 cup soy sauce
2 tablespoons sherry
1 tablespoon cornstarch
1 tablespoon corstarch
2 teaspoons sugar
⅛ teaspoon ginger
⅛ teaspoon salt

Cut pork into ¼-inch strips. Slice broccoli stalks into thin rounds about ⅛-inch thick; break head of broccoli into small flowerets. Cut carrots in half crosswise, and then into thin strips about ¼-inch thick. Cut onion in thin strips about ¼-inch thick. Heat oil and garlic in a 10-inch skillet. Add pork and broccoli stem pieces; cook, stirring constantly over high heat 5 minutes or until pork is no longer pink. Add broccoli flowerets, carrots and onion strips, reduce heat and cook, covered, 5 minutes or just until vengetables are crisp-tender, stirring occasionally.

Mix remaining ingredients; pour into skillet. Bring to a boil, reduce heat and simmer 2 minutes or until sauce is thickened.

Makes: 4 servings.

Note: Beef or chicken may be substituted for pork. Cauliflower, green beans, zucchini, yellow squash, or cabbage may be substituted for the broccoli.

Fresh Oven Stew

2 pounds beef stew meat, cut into 2-inch cubes
2 teaspoons salt
¼ teaspoon pepper
1 clove garlic, crushed
6 small fresh onions
¾ teaspoon dried leaf thyme
1 bay leaf
2/3 cup chopped fresh parsley, divided
1¾ cups water or beef broth
6 carrots, pared and cut into 2-inch pieces
4 medium potatoes, pared and cut into 2-inch pieces
2 cups (about 1 pound) rutabaga or turnip, pared and cut into 2-inch pieces
4 whole cloves
½ pound fresh mushrooms, cut in hlaf
2 teaspoons cornstarch (about)

Place meat cubes in a layer in a large Dutch oven or heavy flame proof casserole. Sprinkle with salt and pepper; add garlic. Chop two onions, add to beef and mix well.

Cover and bake in a 500 degree F. oven 20 minutes. Stir in thyme, bay leaf, 1/3 cup parsley and water or broth. Decrease oven temperature to 350 degrees F.

Bake casserole, covered, for 40 minutes. Stick cloves into one of the whole onions, add to stew with remaining 3 onions, carrots, potatoes and rutabaga.

Bake, covered, for 45 minutes, add mushrooms and bake 10 minutes longer. Remove from oven, mix cornstarch with a little cold water and stir into liquid.

Simmer 2 to 3 minutes on top of range, until gravy thickens slightly, adding a little more cornstarch if necessary.

Sprinkle with remaining 1/3 cup chopped parsley before serving.

Makes: 6 servings.

Note: For even cooking, cut carrots, potatoes and rutabaga into uniform size pieces.)

Fruited Chicken Stew

6 chicken thighs
1 tablespoon flour
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter or margarine
1½ cups fresh orange juice, divided
2 tablespoons slivered orange rind*
½ cup chopped fresh onion
¼ teaspoon ground ginger
1 whole clove
2 teaspoons cornstarch
3 ripe pears, cored and sliced
1 orange, sectioned
½ cup toasted slivered almonds (optional)

Dust chicken thighs with flour mixed with salt and pepper, using a little more flour, if necessary to coat both sides of chicken. Melt butter in a medium skillet, add chicken and brown on both sides. Lower heat, stir in 1 cup orange jucie, orange rind, onion, ginger and clove.

Cover and simmer about 25 minutes or until chicken is tender. Move chicken pieces to a platter and keep warm.

Dissolve cornstarch in a little cold water, add to liquid in skillet with remaining ½ cup orange juice, and stir over medium high heat until mixture thickens slightly.

Add pears and orange sections, cover and heat gently about 3 minutes or until pears are tender. Pour fruit sauce over chicken on platter and sprinkle with almonds.

Makes: 4 to 6 servings.

* To prepare slivered orange rind, wash orange and cut off rind very thinly with sharp knife or vegetable peeler. Cut rind with scissors or knife into fine Slivers.)

HEARTY Beef Soup
(Not Shown)

2 cup shredded potatoes (About 3 medium)
1 cup water
¼ cup (½ stick) butter
2 tablespoons chopped onion
1 tablespoon all-purpose flour
1 teaspoon beef stock base
¼ teaspoon celery seed
4 cups milk
1 can (7 oz.) whole kernel corn
1 package (3 oz.) sliced smoked bref, cut in 1-inch pieces
Salt
Pepper

In 3-quart saucepan place potatoes, water, butter and onion. Cover and bring to a boil; reduce heat and simmer 10-15 minutes or until potatoes are tender.

Stir in flour, beef stock and celery seed. Boil and stir 1 minute. Remove from heat.

Stir in milk, corn and beef. Heat over medium heat to serving temperature, stirring occasionally. Add salt and pepper to taste.

Makes 6-8 servings.

Debbie Allen: Magnetic Star

By Kip Branch

Most opening nights of any theatrical performance are usually far from smooth.

There may be any number of reasons for this, and they may range all the way from a minor lighting problem to the sensitive temperament of one of the artists who, though professional is human and just cannot seem to get it all together.

After all, it is the performer who must night after night turn in a performance that is pleasing not only to him or herself but to an audience as well.

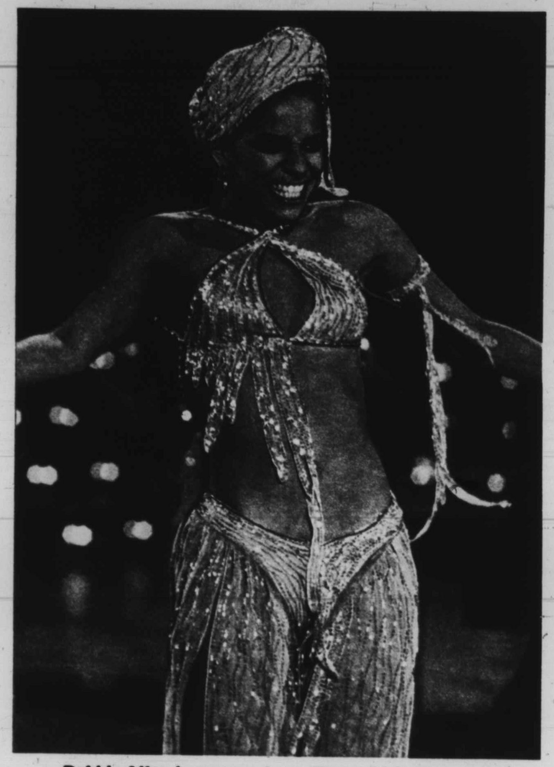
But this was not the case during the recent opening night performance of "Guys & Dolls" at the Painters Mill Music Fair in Baltimore.

"Guys & Dolls" is the lusty story of black life in New York City during the 40's — during the era of temperance and prohibition. Very simply, the plot revolves around four central characters.

There is Sky Masterson (Richard Roundtree) the gambler who is trying to woo Sister Sarah Brown (Leslie Uggams) away from her involvement in the temperance movement, and there is Nathan Detroit (Maurice Hines) and Debbie Allen (Miss Adelaide).

Detroit (Hines) is the gambler-hustler-fourteen year finance of Miss Adelaide (Allen) who continually skirts marriage. And while Uggams and Roundtree turn in superb performances, it is Hines, and especially Allen who steal the show. Quite simply — Debbie Allen seemed to act, sing, and dance her way out of 'the hot box cafe' and into the hearts of the entire audience.

Experts say that such stellar performances come from Uggams and Roundtree who have been prominent on both the stage and television. Sky (Roundtree) pursues Sister Sarah (Uggams) with a kind of relentless grace in his wide pin stripe suits until he is finally able to coax her to take an out of town trip with him.



Debbie Allen in a scene from 'Three Girls Three'

But the trip and his affection are not accepted by Uggams without promise of payment (from Sky) — he has promised to prove his sincerity and love by delivering a dozen sinners to her 'Save A Soul Mission.'

One of the sinners is Nathan Detroit who as it turns out is not ducking his impending wedding—for once he is telling the truth when he proclaims to Adelaide, "I'm on my way to the prayer meeting."

Surrounding all of this is the gambling, the hustling, and the ultimate testifying in the mission by all of the corrupt ones. But more importantly there is Allen who as Miss Adelaide shouts, stomps, pleads, lies, and goes into historionics as she tries to get her loved one (Nathan) to the altar.

As Adelaide, Allen gets every opportunity to show that not only is she an accomplished actress she is also a very adept dancer as well. Along with her cast of dolls, and dressed in furs and a pink hat with a long black feather she performs a tightly choreographed dance which involves not only the dancers but the orchestra conductor also; at the end she shakes a mocking finger at him.

Singing "A Person Can Develop A Cold" which is about her psychosomatic illness as the result of her marital frustration, Allen kept the audience amused with her every word. But the most moving scene and the one which Allen was to describe as "her favorite" is one where Adelaide after talking to Sky about the whereabouts of Nathan sits alone and dejected in the cafe as the lights fade into darkness.

"That's the one where all of not only Adelaide but Debbie Allen is laid out on the table," she says.

At the play's end the stalking Sky marries Sister Sarah, and the ever-lonely Adelaide exchanges vows with Nathan at long last.

The only thing that was not smooth about opening night was the fact that the interview that I was to have with Debbie Allen did not take place. That was the only thing, and after such a performance I would not have had the nerve to ask her to talk — she had said it all!

The interview was arranged for the following day, and upon my arrival to her hotel room I was greeted not by Miss Adelaide, but by Debbie Allen, out of costume and dressed in a chic black dress, hair swept back and smiling. Almost immediately one is able to sense from her the same fluid grace that seems so easily at her disposal on stage.

Debbie Allen is no newcomer to the stage, and the pretty native of Houston, Texas comes from a family of creative people.

"My mother is the director of ADEPT — the New American Arts Center in Houston. I have a brother Tex who is a jazz musician and he plays in the leading clubs round New York; I have a sister Phylicia who is

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