DAWN Recipes

The Food Says 'It's Spring!'

Eating habits change with the seasons, and since we are heading into the spring season, these timely recipes will help you plan for lighter and fully nutritious meals.

Here's an entire dinner that says: "It's Spring!"

Twin Roast Chickens Mirepoix have a marvelous fresh vegetable stuffing featuring small pieces of carrots, celery and onion. The vegetable dish is Fresh Asparagus Mimosa with a golden topping of sieved hard - cooked egg. New potatoes with their indescribably tender texture are served in a pleasant warm potato salad in the light mood of spring.

For dessert, there is a bowl of strawberries touched with fresh orange juice and a flirt of orange liqueur.

Twin Roast Chickens Mirepoix

2 whole broiler-fryer chickens - (4 pounds each)
4 teaspoons salt, divided
½ teaspoon pepper, divided
¼ cup butter or margarine
1½ cups chopped fresh onion
1½ cups chopped carrots
1½ cups chopped celery with leaves
4 cups small fresh bread cubes
½ cup chopped fresh parsley
1 teaspoon dried leaf tarragon
1 teaspoon dried leaf thyme

Sprinkle neck and body cavities of each chicken with 1 teaspoon salt and one - eighth teaspoon pepper. In large skillet, melt butter. Add onions, carrots and celery with leaves. Cook over medium heat, stirring frequently. 5 minutes. Add bread cubes and cook 10 minutes. Remove from heat; stir parsley, tarragon and thyme.

Loosely stuff neck and body cavities of chickens with about half of vegetable mixture. Hook wing tips onto back to hold neck skin, tie legs together, then to tail. Place chickens in shallow pan. Sprinkle each chicken with remaining 1 teaspoon salt and one - eighth teaspoon pepper. Bake in 375 degree over 2 hours, until leg twists easily in thigh joint.

Place remaining half of vegetable stuffing in covered casserole or wrap in foil; bake in oven last 45 minutes of roasting time.

Makes: 8 servings.

Fresh Asparagus Mimosa

4 pounds asparagus
¼ cup butter or margarine
1 tablespoon fresh lemon juice
3 hard-cooked eggs, sieved

Wash asparagus; break off each stalk as far down as it snaps easily. Cook, covered, in boiling saked water in a large skillet, 5 to 10 minutes, just until crisp - tender. Drain. Melt butter, add lemon juice, and pour over asparagus. Turn into serving dish. Sprinkle with sieved hard-cooked eggs.

YIELD: 8 servings.

French Potato Salad

4 pounds new potatoes
Water
3 teaspoons salt, divided
¾ cup salad oil
½ cup red wine vinegar
4 teaspoons fresh lemon juice
4 teaspoons French style mustard (Dijon)
½ teaspoon sugar
½ teaspoon dried leaf thyme
2 tablespoons finely chopped fresh parsley
Lettuce

Place potatoes in large saucepan, cover with water and add 2 teaspoons salt. Cover and bring to a boil, reduce heat and simmer 20 minutes, or until potatoes are tender. Cool slightly, peel, slice. While potatoes are cooking, in large bowl mix oil, vinegar, lemon juice, mustard, remaining 1 teaspoon salt, sugar, thyme and parsley. Add sliced potatoes to dressing, mix gently and serve warm in bed of lettuce.

Makes: 8 servings.

Spring Strawberries

Two-thirds cups sugar
6 strips orange peel
1 cup fresh orange juice
2 tablespoons orange liqueur
2 pints strawberries
2 tablespoons sugar
2 cups heavy cream, whipped

In medium saucepan combine two-third cup sugar, orange peel strips ( ) and orange juice. Stir over medium heat until sugar dissolves; simmer 10 minutes without stirring. Remove from heat, stir in orange liqueur and chill. Wash and hull strawberries; cut large berries in half. Sprinkle with 2 tablespoons sugar, set aside. When ready to serve, whip cream and fold in chilled orange syrup; spoon over berries. Makes: 8 servings. To prepare orange peel, cut thin strips with a vegetable peeler.

TOP GOSPEL EMCEE

'Aunt Pauline'

By Elaine Swift

She has been involved with gospel on the radio since 1942, and at the Gospel workshop she is one of the most avidly sought and highly respected announcers in the business.

Love and respect for God and her fellow man is reflected in the very life of Mrs. Pauline Wells Lewis, as she enters the homes of hundreds of her Baltimore loyal listeners through her program "Inspirational Time," heard over WSID-AM Monday through Friday, 10 a.m. to noon.

Mrs. Lewis, who is fondly called "Aunt Pauline" by everyone who meets her has been associated with numerous vocal groups throughout the East during her 19 years of radio work. She has directed some groups and sung with others.

The petite Mrs. Lewis has a religious trait that runs in her family. Her father, the late Rev. John L. Saunders was a minister and her mother, Mrs. Margaret Saunders was a school teacher and sang in the church.

She has four sisters, Mrs. Sylvia Person, Mrs. France Morris, Mrs. Lucille Guyston and the Rev. Mrs. Julia Harrison, all of whom are involved either with church music or church work.

Super Special

The nationally known gospel announcer has a super special radio personality. She is a member of the Gospel Music Workshop of America Inc., and dean of the Gospel Announcers Guild.

When asked if she thought there was a great demand for gospel music today, she answered, "Definitely, gospel music is more popular today mainly because of the youth and it spills over to the adults.

"It (gospel music) really gets to you. People request various songs on my program and we have dedications."

Not only is Mrs. Lewis a gospel announcer, she is also director of the combined choirs of Gillis Memorial Christian Community Church, in Baltimore, where she is a member and has been influential in organizing programs and projects that direct young people in the right direction.

Very Modest

Mrs. Lewis is a very modest person who says, "I just call myself doing a job and I just like serving the people. I guess I have a tender heart."

Mrs. Pauline Wells Lewis

Being a gospel announcer is very important to Mrs. Lewis, she gives a lot of credit to the late Rev. Theodore C. Jackson Sr., who was pastor of Gillis.

Gillis was the first black church in Baltimore to have a gospel program on the radio in 1942 and Mrs. Lewis and her sister Mrs. Sylvia Person would sing gospel music on the radio. In 1969, she also had a gospel program on television

The Indiana - born First Lady of the gospel has received more than 50 trophies and 4 citations. One of her favorites is the trophy she received from the Rev. James Cleveland, the king of gospel music for pioneering in female broadcasting.

Baltimore's Mayor William Donald Schaefer proclaimed Pauline Wells Lewis Day in Baltimore in 1974.

Mrs. Lewis keeps her age a secret and says, "Let's say I have been in Baltimore for 40 years."

Kelson Fisher, a former deejay at WSID saw Mrs. Lewis in action and concluded quite correctly that here was a natural for the airwaves.

It wasn't long after that Fisher translated his hunch to reality and Mrs. Lewis made her debut on WSID.

Old Hymns

Mrs. Lewis stated that some of the gospel music being sung today are old hymns that have been revised. "A lot are old songs just dressed up. Gospel music is not played by notes but how you feel.

"You might not sing the same song twice the same way. It is a feeling music," says Mrs. Lewis.

The two most popular songs today Mrs. Lewis says are "I Don't Feel No Ways Tired," and "One Day At A Time," which was originally a country and western song.

With a smile on her face she continued: "I guess you could say like the song, "May The Work I've Done Speak For Me."