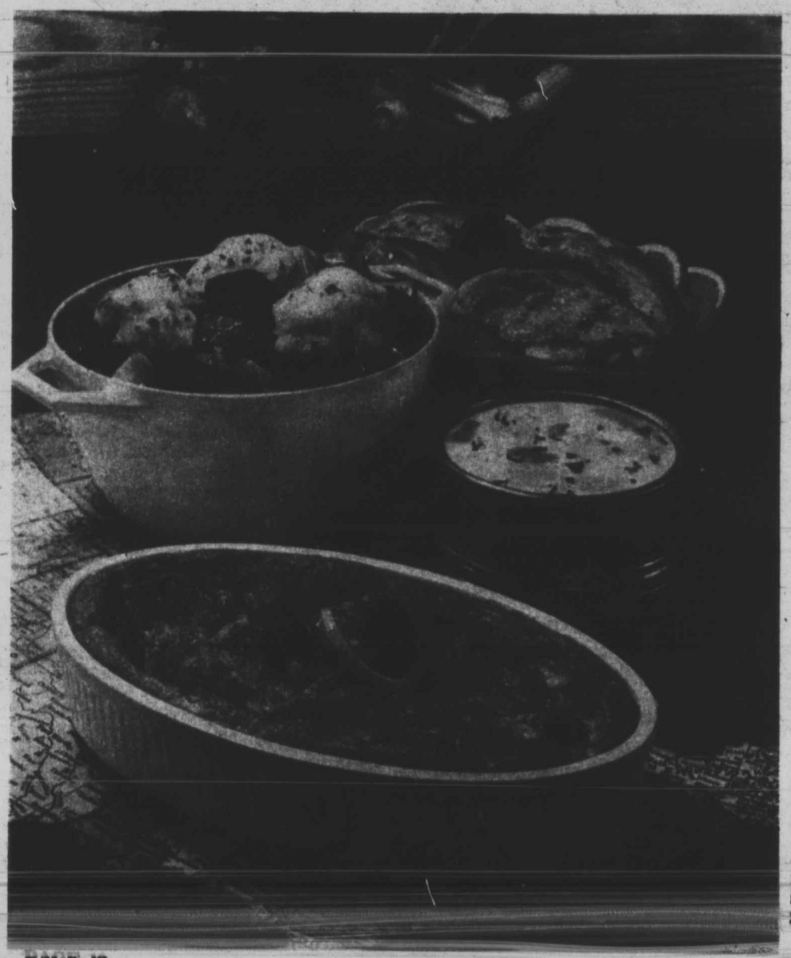
Chaudiere Means Chowder

America has developed a cuisine all her own. Early settlers relied heavily on the fresh fruits and vegetables grown in their area for survival. And many of the distinctive regional dishes created then are still enjoyed today.

FRESH BROCCOLI SPOON BREAD

1 small bunch broccoli
¾ cup yellow cornmeal
2 tablespoons flour
1 teaspoon salt
2 cups water
4 tablespoons butter or margarine, divided
1 cup sliced celery
¼ cup chopped onion
4 eggs, separated
1 cup milk
1 cup shredded Cheddar Cheese
¼ teaspoon hot pepper sauce



Remove leaves and stems from broccoli. Place broccoli flowerettes (about 1½ cups) in a saucepan, with 1-inch boiling, salted water. Cover: cook 10 to 12 minutes until just tender; drain, set aside. In a medium saucepan, combine cornmeal, flour and salt. Gradually add water; bring to a boil, stirring until thickened. Stir in 2 tablespoons butter.

In a small skillet melt remaining 2 tablespoons butter, lightly saute celery and onion; stir into cornmeal mixture. Beat egg yolks, blend into cornmeal mixture. Stir in milk, cheese, broccoli and hot pepper sauce. Beat egg whites until stiff, gently fold into cornmeal mixture. Turn into a buttered 2-quart baking dish.

Bake in a 375 degree fahrenheit oven 55 to 60 minutes or until top is crusty and golden brown. Makes: 4 to 6 servings. Broccoli stems may be thinly sliced and added raw to salads, or stir-fried and mixed with other vegetables such as carrots, celery or mushrooms.

NEW ENGLAND FISH AND VEGETABLE CHOWDER

¼ pound bacon, diced
2 medium-size onions, sliced
1 leek, sliced
¼ cup chopped green pepper
1 rib celery, chopped
1 clove garlic, crushed
1 quart water
2 pounds haddock or other white fish, cut into chunks
2 medium potatoes, pared and diced
½ teaspoon thyme
¼ teaspoon basil
½ teaspoon salt
¼ teaspoon pepper
3 cups milk
Dash hot pepper sauce, (optional)

In a large Dutch oven or heavy kettle, cook bacon; remove and reserve. In hot bacon drippings, saute onion, leek, green pepper, celery and garlic until tender. Add water, fish, potatoes, parsley, thyme, basil, salt and pepper. Bring to a boil, cover, reduce heat. Simmer until potatoes are tender, about 15 minutes. Stir in milk, cooked bacon and hot pepper sauce. Reheat just to boiling. Makes: 3 quarts.