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1973

# Movable feasts: H&S international style

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## Recommended Citation

H&S Reports, Vol. 10, (1973 no. 1), p. 12-17

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***Movable Feasts:***

***H&S International Style***

## By Nancy Q. Keeffe

If your babies' first solid foods had been *coq au vin*, *canard à l'orange* and *boeuf bourguignon*, what an imaginative head start in life their appetites would have had.

Pat and Ed Bodoh's boys were raised on French cooking blended smooth when the Bodohs were at DH&S in Brussels. "Prepared baby foods were quite costly," Pat says. And probably not half so interesting as puréed gourmet fare, either. The Bodohs, now back in Minnesota, where Ed is a principal in the Minneapolis office, are among a growing number of H&S families who have delighted in the taste of life and food abroad, and brought home an international flavor using ingredients available in the U.S.

It is the role of wives in every society to prepare food. Some are happily adventurous from the start of their sojourn abroad. Others take a little longer to dip into unfamiliar dishes. A few find that, while the whole range of a country's food does not appeal to them, individual items are delicious and well worth bringing back.

Dorothy Steele, who accompanies her husband, Bob, on his frequent trips as partner in charge of the international department, is fortunately one of the adventurous. She says, "I can't remember not being interested in cooking, from the age of four when I used to watch and help my grandmother make apple dumplings. So traveling abroad and trying various types of dishes seemed very natural to me. I am always ready to try anything new and different."

Other wives sallied forth to cooking classes, got rid of some old notions about food and added new meals to their menus. Marilyn Skolnik, whose husband, Geoffrey, is now a principal in New York, took lessons in Rome (from a "marvelous teacher who spoke no English") because, she says, "cooking and eating are a big part of living in Italy." Food there, she adds, is not as spicy as Italian food in the U.S. but is made interesting by the prudent use of fresh herbs. The fruits of her studies include 100 recipes, from easy to complicated, for *antipasto*, *pasta*, meat and vegetables, which she will send to anyone who asks her for them.

Pat Bodoh, for whom cooking is a "great hobby," took an advanced course in

French cooking with Chef René Colau at his restaurant, Le Bayeux, in Brussels.

Barbara Kuntz, now back in Omaha, where her husband, Bill, is a principal, characterizes the initial doubters: "The entrée 'monkey gland steak' intrigued me from my first menu reading in Johannesburg, South Africa," she says. "It was months before I braved ordering it even after knowing the cut of meat." But now she knows enough about monkey gland steak to have tried a number of variations and even to have a favorite recipe.

Billie Boodro, whose husband, Bill, is a partner in Omaha, is among the eclectic. After 10 years in Tokyo, she looks upon Japanese food less than reverently, but she does like some of the famous entrées. She adds that one of their daughters, who was three when the family went to Japan, "likes all the food."

However adventurous or timid their individual tastes, however ambitious or indifferent about cooking their individual preferences, wives find that whatever they learned about food abroad enriches mealtimes at home. It is, in fact, one of the big pluses about international service.

Darlene Deppman, whose husband, Ed, is a partner in the Miami office, says, "Since living in Europe, we have learned to enjoy spending much more time at the dining table than we Americans normally do. Where we socialize to a great extent at cocktails, the Europeans have stressed table conversation—with wine, of course."

This way of giving a party has a graceful amiability about it and serves to remind us that amid rancor and divisiveness in so much of the world, only man among all the animals invites his neighbors into his cave, his home to share his food. Besides that, dinner parties ease a hostess's worry about how to entertain her guests. In an evening with a long, leisurely meal and appropriate wine, guests amuse and divert one another with good conversation.

Moreover, occasional family dinners of this sort provide a congenial and civilized way for us to see members of the household in the midst of our busy and separate lives. To make any of these meals more interesting, some H&S wives have offered a feast of international recipes.

# **H&S** **International** **Style**

The fragrant simmering soup kettle is barely a memory to adults. To most children, soup comes only in cans or packages. But in the Deppman household, soup comes fresh, hot or cold, for company dinners and family suppers. Their favorites, brought home from Paris and Brussels, are French onion, *gazpacho* (cold Spanish vegetable soup), and leek and potato (*Lichyso se* if it's cold).

## **Darlene Deppman's** **Soupe à l'Oignon au Fromage**

- 6 large Onions**
- ½ cup Butter**
- 1 ½ quarts Beef Consommé, or Broth made from Bouillon Cubes**
- Toasted Bread Rounds**
- grated Gruyère Cheese (Swiss)**

Peel and thinly slice onions into rings. Sauté in butter until golden brown, being careful not to burn. Add consommé and simmer about an hour. Ladle soup into ovenproof bowls, add toast and cheese, and place under broiler until bubbly. (As a practical matter, we and lots of French people just serve the soup and let each person spoon in the cheese according to his taste.)

Soup goes well in Minnesota, too. When the Bodohs carve their Halloween jack-o-lanterns, Pat keeps one pumpkin for soup using a Belgian recipe from her cooking lessons.

## **Pat Bodoh's Pumpkin Soup**

- 8 heaping cups cubed fresh Pumpkin**
- 8 cups enriched Chicken Stock**
- 7 tablespoons Butter**
- ½ cup Cold Water**

Stew the cubed pumpkin in the butter in a covered soup kettle for a few minutes. Add the cold water and cook slowly until the pumpkin is mushy (about 45 minutes). Add stock, boil and reduce heat to simmer and cook for 15 minutes. Purée in a blender and strain. Just before serving, bring to a boil again and correct the seasonings. Remove from heat, stir in an additional 8 tablespoons of butter and serve with croutons and chopped parsley.

Another inventive use for pumpkin comes from Sue Goff, whose husband, Dick, is a partner in Saginaw, Mich. She learned about shrimp in pumpkin from a friend in São Paulo.

## **Sue Goff's Shrimp in Pumpkin**

- 2 pounds large Shrimp, cleaned**
- 1 cup Coconut Milk, or Canned Milk**
- 8-ounce package Cream Cheese**
- 1 large Onion**
- 1 Green Pepper**
- 1 medium size Pumpkin**
- 6 large Tomatoes**
- Salt and Pepper**

Sauté chopped onion and green pepper in a little salad oil with salt and pepper. Cut tomatoes in small pieces and add to onion and pepper mixture. Cook until tomatoes are stewed. Add shrimp, cook five minutes. Add coconut (or canned) milk.

Cut the top off the pumpkin (as in making a jack-o-lantern) and clean. Wet the inside of the pumpkin with milk; season with salt; score inside with fork to allow milk to penetrate. Bake pumpkin in a slow (300°) oven 15 to 30 minutes until soft inside. Remove from oven, coat inside with cream cheese and fill with hot shrimp sauce. Cover and bake 15 to 20 minutes. Serve over rice. (In last baking, insert toothpicks in pumpkin top so it will not fall in.)

Shrimp and many other kinds of fish figure prominently in the cuisine of South America because all but two countries have long coastlines and superb fisheries. Dorothy Steele's suggestion reflects as well the international character of the continent.

## **Dorothy Steele's Shrimp el Greco**

- 3 cloves Garlic, crushed**
- ¼ cup Oil**
- 1 teaspoon Salt**
- 1 teaspoon coarsely ground Pepper**
- 3 tablespoons Chili Sauce**
- 1 tablespoon Worcestershire Sauce**
- 3 tablespoons Vinegar**
- ¼ cup Parsley**
- dash Hot Pepper Sauce**
- juice of 1 Lemon**
- 5 jumbo or 8 large, shelled, deveined, uncooked Shrimp per person**
- 1 cup grated Cheddar Cheese**

Mix all ingredients except shrimp and cheese in blender. Place shrimp in mixture and marinate overnight. Arrange shrimp on skewers, brush with sauce and cover with foil until ready to cook. Broil five minutes on each side. When browned, remove and top with grated cheese. Return to oven until cheese melts. Watch shrimp carefully or they will overcook. Serve on skewers or in serving dish. Sauce is sufficient for six persons.

Among eaters, the truly international symbol should probably be the chicken. Every country has recipes that begin "take one chicken." Judicious seasoning, saucing or roasting then transforms a bland, economical bird to the lofty heights of delectability. As they say in South America: "*La gallina hace la cocina.*" (Chicken makes the meal.) Some samples include one of Peru's contributions to the art of good eating. The Snee family brought the recipe back to Michigan, where Richard is a principal in the Detroit office. It is the delight of the family, their company and the children's Spanish club. When Charlotte Snee prepares this dish now, she uses Tabasco and fresh coriander in place of *aji*, the very hot pepper of Peru. She grew the coriander from seeds purchased in Mexico. "Powdered coriander is available, but the fresh is far superior," she says.

### Charlotte Snee's Aji de Gallina

- 1 Chicken
- 1 quart Water
- 1 Leek
- 1 Onion
- 1 Carrot
- 1 Tomato
- ½ cup Salad Oil
- 1 Onion, finely chopped
- 1 clove Garlic, mashed
- ½ teaspoon Cumin Seed
- 2 cups soft Bread Crumbs
- 1 cup Evaporated Milk
- 3 tablespoons Hot Pepper, mashed
- 1 cup grated Cheese (like Parmesan)

Boil chicken, leek, onion, carrot and tomato in the water. Soak bread crumbs in the milk. Remove chicken meat from bones and shred. Save stock. Brown chopped onion, garlic and cumin in half the oil. Add bread crumbs and simmer for 15 minutes. Put mixture in blender for creamier sauce, or mash with fork. Sauté hot peppers in remainder of oil, then add to first mixture together with cheese and chicken. Simmer 15 minutes, salt to taste and add chicken stock. Serve with rice.

Italy may flavor chicken with a native cheese, as in:

### Marilyn Skolnik's Petti di Pollo alla Crema

(Chicken Breasts in Cream)

- 6 boneless Chicken Breasts
- 6 slices Mozzarella Cheese
- 1 Chicken Bouillon Cube
- Salt Pepper
- ½ pound Butter
- 1 cup Light Cream
- 4 Sage Leaves (fresh, if possible)

Melt butter in skillet. Sauté chicken breasts until golden brown (about 10 minutes). Add sage. Break up bouillon cube and sprinkle over chicken. Add a pinch of salt. Remove from heat and top each breast with a slice of cheese. Pour cream on top. Place in hot oven until cheese melts.

Less common than chicken but almost as well-traveled is some form of *gnocchi*, a dumpling sort of dish made with farina in Italy, puff paste in France and potatoes in the Americas. Pat Harris, whose husband, Wilbur, is now partner in charge in Milwaukee, says, "We never had *gnocchi* until we lived in Argentina," where they are called *noquis*.

### Pat Harris's Noquis de Papas

(Gnocchi with Potatoes)

- 2 medium Potatoes
- 1 Egg
- ½ cup Milk Salt Paprika
- 4 teaspoons Oil or melted Butter

Boil the potatoes and mash. Mix in beaten egg, milk, salt, paprika and oil. A little flour may be added to form the mixture into a ball. Divide dough into four parts. Shape each into a long roll and cut into pieces about an inch long. Press with a dinner fork to give desired design. Drop *noquis* into simmering, salted water and cook uncovered for 10 minutes. Drain and serve with any tomato sauce or meat with gravy.

Besides modifying food common to many lands, cooks everywhere make imaginative use of their unique natural resources. The black bean of Brazil forms the basis of the national dish *feijoada*. Sue Goff reports that most restaurants in Brazil serve it every Wednesday and Saturday noon. "It is such a heavy meal that Brazilians would not dream of having it for the evening meal." She suggests serving it on a cold day before a football game or after skiing and adds, "Like so many bean dishes, this is better the second day."

### Sue Goff's Feijoada for 12

- 1 small Beef Tongue
- 2 pounds Spareribs, cut into 12 pieces
- 2 pounds link Sausages
- 1 pound boneless lean Beef Chuck
- 1 pound Portuguese or Polish Sausage, cut in half-inch slices
- 1 pound Canadian Bacon or lean Ham
- ½ teaspoon Pepper
- 2 large Onions
- 1 or 2 cloves Garlic, minced
- 2 whole Bay Leaves
- 4 ½ cups Kidney Beans, or 4 cups Black Beans (available in Mexican specialty stores)

# H&S International Style

Scrub tongue under cold running water. In a 10-quart pot, combine tongue, 2-1/2 quarts water, pepper, onions, garlic and bay leaves. Cover and bring to boil; reduce heat and simmer 2 hours, or until tongue is fork tender. Remove tongue and save broth. When tongue cools, peel off skin and cut away fatty portions. Set aside.

Arrange spareribs on a large shallow baking pan and bake in 450° oven for 25 minutes. Distribute link sausages in pan and continue baking 15 to 20 minutes, until well-browned. Remove from oven and drain.

Wash and pick over beans, add to tongue broth, bring to boil and boil 2 minutes. Add beef, Portuguese sausage and Canadian bacon. Cover and simmer 1 hour and 15 minutes, or until beans and beef are almost tender. (If you use black beans, cook bean mixture half hour before adding meats.) Every 15 or 20 minutes, stir gently and add boiling water if needed to keep beans covered.

Put into the pot the cooked tongue, spareribs and link sausages. Continue simmering about 15 minutes or until beans and beef are tender. Salt to taste.

To serve, remove link sausages and spareribs to a heated platter. Lift tongue, beef and bacon from pot; slice and arrange on platter. (Meat may be covered with foil and kept warm for one hour in 200° oven.) Serve beans in a large bowl or soup tureen.

This meal is always served with rice, greens and sliced oranges.

The ceremonial dinner of Japan is easily translatable to an American table by following Billie Boodro's suggestion to cook it right at the table using an electric frying pan. Despite its exotic name, *sukiyaki* is beef, and so is the *teriyaki*.

## Billie Boodro's Sukiyaki

- 1 1/2 pounds Round Steak,  
1 to 2 inches thick
- 4 small White Boiling Onions
- 2 bunches Green Onions
- 4 Green Peppers
- several stalks Celery
- 1/2 pound fresh Mushrooms or 1  
6-ounce can Sliced Mushrooms
- 1 pound Spinach
- 1/2 cup Soy Sauce      1 Bouillon Cube
- 1/2 cup Water      1/2 teaspoon MSG
- 2 tablespoons Sugar
- Salt to taste

Prepare the vegetables ahead of time and arrange them in colorful dishes. Cut white onions into eighths; slice green onions lengthwise then crosswise into 1-1/2-inch strips; seed green peppers and cut diagonally; slice celery diagonally in 1/2-inch strips; slice mushrooms; wash spinach, remove stems and cut large leaves in half.

Trim fat from meat, saving large pieces to render for drippings. Using a sharp knife, cut meat across grain into slices 1/8 inch thick.

In a pitcher mix soy sauce, bouillon cube, which has been dissolved in the water, MSG, sugar and salt.

To start the first batch, render fat and remove cracklings. Add half the meat, cook and stir until brown. Add half the white onions, green pepper and celery, and stir lightly. Add half the soy mixture and cook rapidly for 5 minutes, stirring often. Stir in half the green onions and mushrooms, and cook for 1 minute. Mix in half the spinach and cook 1 minute. Serve at once with rice.

Because *sukiyaki* cooks quickly, wait until your guests are halfway through the first batch before starting the second. Recipe serves four with seconds.

*Teriyak* on a hibachi or American charcoal grill will give your home barbecues an Oriental flavor.

## Billie Boodro's Teriyaki

- 2 pounds Flank Steak
- 1 cup undiluted Beef Consommé,  
or 1/2 cup each of consommé  
and Red or White Wine
- 1/2 cup Soy Sauce
- 1 1/2 teaspoons Seasoned Salt
- 1/2 cup chopped Green Onions with tops
- 1 clove Garlic, mashed
- 3 tablespoons Lime Juice
- 2 tablespoons Brown Sugar or Honey

Cut the meat into inch-wide diagonal strips. Make a marinade by combining consommé, soy sauce, salt, green onions, garlic, lime juice and brown sugar or honey. Marinate meat overnight. Drain meat and save marinade. Grill meat quickly over coals (about 2 minutes on each side) while brushing with marinade. Turn meat only once. Serves six.

Beef is even the secret ingredient in the lamentably named "monkey gland steak" from South Africa.

### **Barbara Kuntz's Monkey Gland Steak**

**1 pound boneless Chuck Steak**  
**3 Onions, sliced**  
**3 tablespoons Tomato Sauce**  
**3 tablespoons Chutney**  
**3 tablespoons Worcestershire Sauce**  
**3 tablespoons Vinegar**  
**Garlic Salt to taste**

Cut meat into serving pieces. Marinate for 12 hours in sauce made by combining remainder of ingredients. Drain and brown meat. Combine all ingredients and heat for 20 to 25 minutes in oven at 375°. Serve with rice and peas.

Travelers and sojourners abroad find that the U.S. has exported hot dogs and hamburgers nearly everywhere. They also find delicious indigenous snacks, like the meat pies and sausage rolls of Australia, and *empanadas* of South America.

Mary Louise Gillies, whose husband, Robin, is a principal in San Francisco, explains that the meat pies they ate in Melbourne are like our own pot pies without the vegetables. Spectators at football matches (in Australia that means soccer or Gaelic football) buy individual pies at snack stands. They are easily duplicated at home for a different kind of lunch or party snack.

### **Mary Louise Gillies's Steak and Kidney Pie**

**1 pound Boneless Beef**  
**2 Veal Kidneys**  
**½ cup diced Mushrooms**  
**½ cup Chopped Onions**  
**Pastry for single crust Pie**

Cut beef into one-inch cubes and dice kidneys. Pressure cook for 15 minutes or until tender. Mix in mushrooms and onions. Put mixture into a pie tin and top with crust. Bake at 400° until crust browns (15 to 20 minutes). Serve topped with tomato sauce (ketchup with Worcestershire sauce added). Unbaked pie may be frozen for later baking.

Sausage rolls, which can be made with skinless pork sausages wrapped in pastry and baked, are eaten with tomato sauce (ketchup) in Australia. They are more limited in scope than the *empanadas*, or rolled pastries, that abound in South America. These come in varying sizes with any kind of filling—beef, pork, shrimp, cheese. Pat Harris offers a recipe for beef *empanadas*, which can be made small for *hors d'oeuvres*.

### **Pat Harris's Empanadas**

**1 pound Hamburg**  
**1 medium Onion**  
**1 medium boiled Potato, chopped**  
**2 hard boiled Eggs, chopped**  
**1 teaspoon Paprika**  
**1 teaspoon ground Cumin**  
**Salt, Pepper, Chili Pepper to taste**  
**Pie dough**  
**Green Olives**

Sauté hamburger and onion. Mix in spices. When hamburger is cooked, add other ingredients, except dough. Make balls of pie dough and roll thin. In center of each round, spoon a portion of the meat mixture plus one green olive. Fold over and press firmly. Bake in hot oven (400°) until crust browns, or fry in deep fat and drain on paper.

If we look upon food merely as necessary for survival, we may see only that it can be both expensive and dull. Buying food takes a fifth of the American family income, according to a government study. Gathering, storing, preparing and eating food can take as much as a fifth of the American housewife's time.

But what a noble task for her! The preparation of food is truly an art, a science and a craft. With the amount of time and money that must be invested in it, food ought to do more than sustain life. It should enhance life. And it seems to have done just that for these H&S families home from abroad.

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**Nancy Q. Keefe**, freelance writer and editor, is also a busy housewife who has fed a family of five for years. She has written regularly for *H&S Reports* since 1968.