

Foods then and now

By Gail Grenier Sweet © 2006

THEN: Typical supper foods for Mike and me in the 70s --

We had ring bologna (Milwaukee German food) until we discovered that it cost as much as steak.

For fish, we had tuna casserole or frozen breaded fish fillets.

For chicken, once in a while we had homemade chicken pie with carrots, potatoes and homemade biscuits (a lot of work, Mum's recipe). More often we had baked chicken with brown rice slathered with undiluted cream of chicken soup as a sort of gravy.

Our "fancy" beef included:

Steak with peppers, onions and mushrooms

Beef bourguignon ("What a waste of perfectly good Burgundy," Pop said)

Roast beef with carrots and potatoes

But MOSTLY we ate anything made out of hamburger meat, such as:

Hamburgers

Spaghetti

Chili

"Glop" (the Grenier family version of Beef Stroganoff – just noodles, ground beef, & cream of mushroom soup)

"Porcupines" (big meatballs full of rice, slathered in cream of mushroom soup & cooked with carrots and onions in an electric frypan)

(I used to have a saying: "What's supper if it's not made of hamburger meat and cream of mushroom soup?")

NOW: Typical supper foods for Mike and me in 2006 --

No more ring bologna

Rarely – tuna casserole (Mike burned out on it)

Fresh or frozen salmon and other fish grilled or baked

Almost never – chicken (I burned out on it)

No steak (quit eating it and can't digest it any more – gives a big stomach ache).

No beef bourguignon

No roast beef.

Rarely – corned beef and cabbage

Hamburger meat foods:

Hamburgers rarely; occasional veggie burgers

Spaghetti (sometimes vegetarian)

Chili (sometimes vegetarian)

No Glop

No Porcupines

Cajun food:

Jambalaya

Gumbo

Anything made out of spinach:

Spinach soup

Spinach pie

Spinach omelette

Spinach frittata

Can't get enough spinach!

Homemade soups

Anything with feta cheese in it.