



DEPARTMENT OF CHEMICAL PATHOLOGY
AND METABOLIC DISORDERS

(UNITED MEDICAL SCHOOLS
OF GUY'S AND ST. THOMAS'S)

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PROFESSOR BARRY LEWIS

6 October 1986

Dr Henry Blackburn
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U S A

Dear Henry

ple correct.

Since seeing you in Minneapolis and Washington we returned to England; I then had a meeting on atheroma regression in Cambridge and a brief return to the States before settling down. Our stay in Minneapolis is very fresh in our minds; you're a wonderful host, and we deeply appreciate all your hospitality. It was a privilege to hear something of the results of your prevention programme and I gained a great deal from the sessions with Rebecca Mullis, Don Hunninghake and David Snowden.

I hope you will give us the opportunity before long to welcome you in London.

*It was also a pleasure to see you looking
so much on top of the world.*

Fondest good wishes to you & Stacey, from Lewis
Barry
Professor B Lewis

Lewis



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October 8, 1986

Dr. Barry Lewis
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Dear Friends:

It was nice to have a brief recontact with you both in Washington. I's so glad you came to the "family banquet." Stacy has not been successful in finding the records yet, but we'll keep plugging. I am sending you under separate cover a little more wild rice, along with the recipe enclosed which we have long used and verified to be good.

Soak rice several hours, wash well, cover well with water, at least 2 centimeters above the rice. Bring to a boil, add a chicken bouillon cube. Boil until rice is tender, approximately 45 minutes to an hour. It always remains chewy.

While rice cooks, brown 1 cup of slivered almonds, in an oiled pan in the oven. Separately saute over gentle heat 1 large chopped onion, and sliced mushrooms until golden. Chop 1/2 cup fresh parsley.

Just before serving the rice, strain it, toss together with all of the other ingredients. Add salt and pepper to taste. Add bits of bacon, or current jelly, or other condiments as you desire. The wild rice goes especially good with chicken, turkey and duck.

Cordially yours,

Henry Blackburn, M.D.
Professor and Director

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