

Creative Cooking From The Chowan Herald Kitchen

By Mildred Huskins
Summer is a thirsty season so it is fortunate that so many seasonal fruits are thirst-quenching and refreshing.

One thing to stand up and cheer about in this bicentennial year is the all-American blueberry.

It was here waiting to help the Pilgrims survive that first winter, and it brightened the lives of the patriots when their day rolled around, a century and a half later.

Today, 200 years after the birth of our nation, blueberries are a-borning on farms in North Carolina, New Jersey, Michigan, Maine and the Northwest. The fresh blues are now coming to market. They are not in as good supply as usual in North Carolina due to the erratic springtime weather but, even though they are higher in price because they are a little scarce, celebrate by blowing your family to a classic Publick House Blueberry Pie. It is said that the recipe was devised by a man who ran a post house on the Boston Post Road in the 19th century. People planned their trips, so the

story goes, so their horses would need a breather at precisely the place where people could refresh themselves with the Publick Pie.

This is a showy pie. It is dramatic in taste and looks. So, celebrate and enjoy.

Publick House Blueberry Pie

Baked 9-inch pie shell
4 cups fresh blueberries
¼ cup cold water
5 tablespoons all-purpose flour

Pinch salt
1 cup sugar
½ cup water

Wash and drain blueberries. Makes smooth paste of the water, flour and salt. Boil one cup of the blueberries with sugar and one-half cup water. Add the flour paste and stir until it thickens. Remove from heat and cool. When cool, add the remaining blueberries and put into baked pie shell. Refrigerate. When cold, garnish with sweetened whipped cream to whipped topping. (Note: One teaspoon lemon added to filling adds a bit of zip.)

Cantaloupes have a summery, mellow flavor that is welcome in today's meals. They're delectable

cut in halves or wedges and eaten with a squeeze of fresh lemon or lime; but now when they're in season is the time to try cantaloupes in other ways, too.

Melon and Chicken Salad with Blue Cheese Dressing is fine summer fare and serves up cantaloupe in a different style. The salad is served in a melon ring which makes a pretty luncheon main dish. A well-chilled Cantaloupe Cherry Compote is beautiful to look at and refreshing to taste.

Melon and Chicken-Salad
1 cantaloupe
2 cups cut-up chicken (cooked)

1 cup sliced celery
½ cup sliced radishes

Pare cantaloupe and cut into crosswise rings. Remove seeds, and cut out inside of cantaloupe rings to leave a one-half inch ring; reserve cut-out melon. In large bowl combine reserved melon cut into cubes, cooked chicken, celery and radishes. Mix with Blue Cheese Dressing, cover and chill several hours. To serve, place melon rings on salad plates and spoon chicken salad in middle of each ring. Garnish with celery leaves, if de-

sired. Makes four servings.
Blue Cheese Dressing
½ cup sour cream
½ cup mayonnaise
1 tablespoon fresh lemon juice

2 tablespoon chopped fresh chives
2 tablespoons crumbled blue cheese

1 teaspoon Worcestershire sauce
½ teaspoon salt
¼ teaspoon dry mustard
In medium bowl mix all ingredients.

Cantaloupe Cherry Compote

1 medium cantaloupe
1 cup halved fresh cherries, pitted
2 tablespoons sugar
¼ cup fresh orange juice
Cut cantaloupe in half;

remove seeds. Cut into balls. In bowl combine melon balls with remaining ingredients. Cover and refrigerate several hours. Makes four servings.

We often serve a fresh fruit platter with a favorite dressing along with thin slices of nut bread spread with cream cheese for a light lunch. This dressing is elegant for all fruit salads.

Sherry Cream Dressing
1 egg, beaten
¼ cup sugar
¼ cup sherry wine
Dash salt

2 teaspoons butter
Juice of one-half orange
Juice of one-half lemon
¼ cup heavy cream, whipped
1 teaspoon grated orange

peel.
Combine all ingredients except cream and grated orange peel in top of double boiler. Cook over boiling water until slightly thickened, stirring constantly. Chill. Just before serving fold in whipped cream and grated orange peel. Makes one cup dressing.



The Old timer
"It's true that man does not live by bread alone, but some do okay on crust."

Park 'n Ride, circa 5,000 B.C.

Noah's plan still holds water. But instead of driving alone to catch your bus, take a tip from Noah. Go two-by-two. That way, you'll save gas and money on the whole trip. Not just part of it.

Share the ride to the bus.



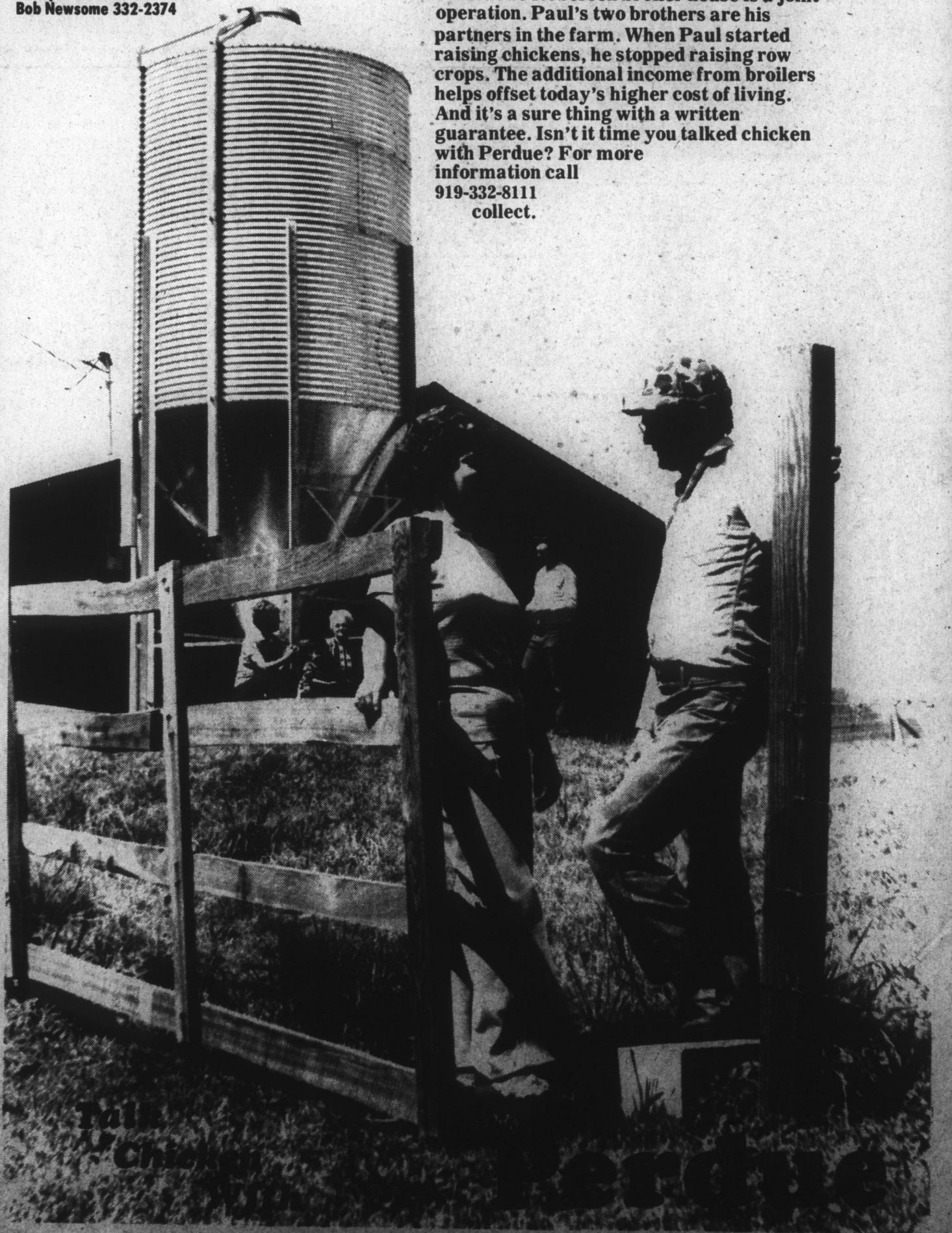
SUMMER SALAD—Melon and Chicken Salad is a pretty new way to serve cantaloupe. Try, too, Fresh Cantaloupe and Cherry Compote, which is a pretty and refreshing dessert.

Everybody's Doing It

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John Paul Roberson of Williamston is a full time telephone employee. Alice is a full time wife and mother. The Roberson broiler house is a joint operation. Paul's two brothers are his partners in the farm. When Paul started raising chickens, he stopped raising row crops. The additional income from broilers helps offset today's higher cost of living. And it's a sure thing with a written guarantee. Isn't it time you talked chicken with Perdue? For more information call 919-332-8111 collect.



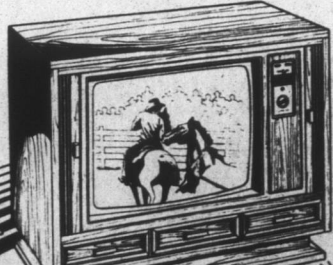
Paul, Alice, William and Gerle Roberson, Paul's Mother and niece

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