

Herald Kitchen: Recipes Part Of Black Heritage

By Mildred Huskins
When it comes to good eating, Black cooking ranks high in the list. Black recipes were usually right out of the head of the cook and had been passed down from daughter to daughter, generation after generation but they have preserved the dignity love and pride that is so much a part of Black cooking.



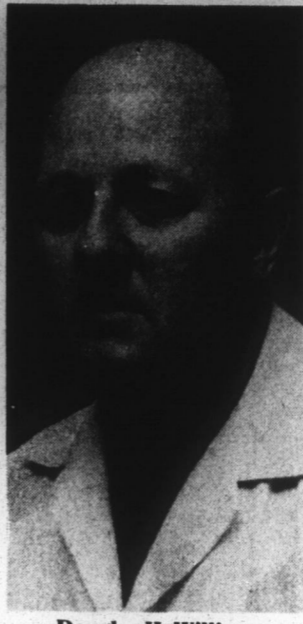
PECAN TARTS — The recipe for these Pecan Tarts was a winner in a recent contest sponsored by Reynolds Metals Company for Blacks and won a spot in the resulting cookbook, "The Way Mamma Cooked It."

"The Way Mamma Cooked It" cookbook was developed to capture the creativity of our country's Black heritage and to provide a written document for these recipes. It grew out of the National Recipe Contest sponsored by Reynolds Metals Company. Out of the hundreds of recipes entered in the contest 35 were selected for final judging. These were tested under the direction of Mary Keys, a Black home economist. The contest cookoff was held at Hampton Institute, one of America's oldest Black colleges in Hampton, Va. The recipes were prepared with the aid of Black home economists and judged by a panel of Black food experts. Criteria for evaluation was authenticity, appearance, texture and overall eating quality.

Ruby L. Jamerson of Memphis, Tenn., was the grand prize winner with her Sunday Pot Roast. Twenty-five second place winners were selected and are included in the attractive book. If you would like to do Sunday Pot Roast the way Mrs. Jamerson did it we are including the recipe.

Sunday Pot Roast
1 tablespoon vegetable oil
3 1/2 to 4 lb. beef chuck, arm blade or cross rib pot roast
1/2 cup chopped onions
1/4 cup chopped green pepper
1 clove garlic, crushed
1 can (8 oz.) tomato sauce
1 cup water
1 can (4 oz.) sliced mushrooms, drained
1 1/2 teaspoons salt
1 teaspoon pepper
8 small potatoes, peeled and halved
8 carrots, quartered.

Heat oil in Dutch oven over medium heat. Add beef; brown on all sides. Remove roast and place on sheet of foil. Saute onion, green pepper and garlic in Dutch oven until tender. Add tomato sauce and water; stir to blend. Return beef to pot. Add mushrooms, salt and pepper. Reduce heat; cover; simmer 2 hours. Add potatoes and carrots; cover and continue cooking 30 minutes or until tender. Makes 8 servings. Remember bread pudding? At our house we had it only when there were biscuits left from breakfast. Here is a winner which appears in the cookbook and is bound to be good. We poured thick cream over our bowl of bread pudding all spicy with nutmeg.



Douglas H. Williams

Williams New COA Employee

Douglas H. Williams has been employed to teach one of three new building trades programs at College of the Albemarle this fall. Norman L. Norfleet, dean of instruction, said Williams will instruct students enrolled in the Air Conditioning, Heating, and Refrigeration curriculum. A retired U. S. Coast Guard master chief aviation electronic technician with 22 years' service, Williams has close ties to the college, according to the dean. His wife, Rose, is an instructor in the Associate Degree Nursing program.

Lab Opens In Edenton

RALEIGH — Five seasonal laboratories for detecting and testing levels of aflatoxin in corn are now open. The seasonal labs are located in Boniee, Edenton, Greenville, Goldsboro and Whiteville. In addition, labs in Raleigh and Salisbury are open year around for farmers to test aflatoxin levels in feed corn. The aflatoxin testing lab in Goldsboro is located at the Wayne County Agriculture Service Center on the corner of George St. and Chestnut St.; the lab in Whiteville is located at the Border Belt Tobacco Research Station on Route 1; the lab in Edenton is located at the Leary Brothers Storage Company at the intersection of Business NC 17, and NC 32; the lab in the Boniee is located West Lane St. In the N. C. Department of Agriculture grain grading facility, and the lab in Greenville is located on Green St. in the N. C. Department of Agriculture grain grading facility, Highway 33. All locations are the same as last year. Hours for all labs are from 8 A. M. until 5 P. M. Monday through Friday, unless testing requires extended hours as the harvest progresses. These seasonal labs will remain open throughout the corn harvest season as long as farmers use the services. Constable Food and Drug Laboratory on Blue Ridge Road in Raleigh, and the aflatoxin testing lab at the Piedmont Research Station on Route 6 in Salisbury are open year-around for aflatoxin testing.

Tours Are Set

It's time for fall tours at the Executive Mansion in Raleigh. The N. C. Executive Mansion will open for visitors on September 15 and will remain open through November 20. Guided tours are available for the general public on Tuesday, Thursday, and Friday morning each week during this period. Tour times are 10, 10:30, and 11 A. M. Admission is free and reservations are required. Contact Marla Cramer at the Capital Area Visitor Center, N. C. Department of Cultural Resources, Raleigh, 27611; or telephone (919) 733-3456.

Dr. Completes Requirements

KANSAS City, Mo. — Dr. David O. Wright has completed continuing education requirements to retain active membership in the American Academy of Family Physicians, the national association of family doctors. The academy formerly was called the American Academy of General Practice.

The requirements call for members to complete a minimum of 150 hours of accredited continuing medical study every three years. Members become eligible for re-election at the end of the third year following their election to membership. The academy, the country's second largest national medical association, was the first national medical group to require members to keep up with medical progress through continuing education. The academy, founded in 1947 and headquartered in Kansas City, Mo., was instrumental in the establishment of a new primary specialty in family practice in 1969. The new specialty is expected to increase the numbers of family physicians available to serve the public in the future. The academy's continuing education program is the foundation of eligibility for family doctors now in practice who apply for certification in the new specialty.

Youth Group Funds Aid In Project Development

Chowan youth groups, this is your chance. Funds are available to assist you in developing innovative community projects. The N. C. State Youth Council awards grants to local youth groups proposing worthy projects. Awards, which average \$400, are made four times a year. Applications are screened at the quarterly meetings of the Youth Council Board of Directors. Deadlines for the grant applications for the 1981-82 year are September 11, November 6, January 11 and April 14. For information and application, contact the Youth Involvement Office, N. C. Department of Administration, Suite 115, Howard Building, 112 W. Lane St., Raleigh 27611, or telephone 919-733-5966.

The State Youth Council is a component of the Youth Involvement Office and networks youth councils across the state. Although the council advises existing councils and helps new ones get started, the grants are not restricted to youth councils.

Rosalind Davis of Detroit Entered These Pecan Tarts

Pecan Tarts
1 pkg. (3 oz.) cream cheese, softened
1/2 cup butter or margarine

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He Graduated from the Refrigeration and Air Conditioning program at Old Dominion University in

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Waterfront Property For Sale

The Chowan River is the setting for this bargain in a permanent residence or a summer place. Furnished three bedroom mobile home, with spacious screened porch. Air conditioned, oil heat. Full tank of fuel for furnace and gas stove. Storm windows. GE refrigerator with ice maker. Bunk house with full bath, including hot water heater. River frontage of 75 feet has bulkhead. Located adjacent to permanent resident.
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NOTICE

Due to the first Monday in September falling on a holiday the Board of Chowan County Commissioners will meet in regular session Monday, September 14, 1981 at 9:00 A.M. in the Commissioners Room of the Court House, Broad Street.
Anne K. Spruill
Clerk to Board

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