

Menus From The Herald Kitchen: Guest Columnist Gives Dessert Ideas

Editor's Note — Jane Sherrill Mullen, a Statesville native now living in Raleigh, will be guest columnist for the Herald Kitchen this month. Her weekly food column, "Down Home Cooking," also appears in the Raleigh News and Observer.

By Jane Mullen
RALEIGH — Have you met Herman yet? He's a sweet-smelling hungry little fellow who likes to grow in the cool darkness of refrigerators. Herman starts out small, but it you feed him regularly, he'll grow so big you'll have enough to share with a

friend. Who is Herman? He's the popular sourdough starter for rolls and coffee cakes that people are falling in love with. This recipe has literally been passed all over the United States, and I suspect it's moving around in other countries, too.

Herman originally was used to make a delicious coffee cake. This cake, along with a cup of starter, was shared with a friend and was therefore called Friendship Cake. Americans are creative cooks, though, and soon began to use the starter in all sorts of recipes. I think

some of the variations are better than the original. The cinnamon rolls are my favorites. They're quick and easy yet taste like the yeast raised kind that take hours.

Another good variation is to add to the coffee cake mixture whatever fresh fruit is in season: for example, 2 cups of blueberries, sliced peaches, or finely chopped apple. Some people add a cup of raisins, peanut butter, or coconut. Even chocolate chips and nuts will do.

The coffee cake includes recipes for two toppings. The after-baking glaze is very sweet and can be omitted. Try it both ways to see which you like best.

The time will come when you'll either have so much starter or no time to bake and you'll be tempted to let it die. When you get to this point, just freeze it. I like to freeze a cup to start over with and the rest in two cup batches ready for baking.

Remember that he grows! Be sure to use a large container in the refrigerator and when carrying it to a friend. I once carried some in a jar filled to the top and covered with waxed paper secured with a rubber band. The day was warm, and before I got to my friend's house Herman had burst free and was merrily growing all over the front seat of my car.

Herman Starter
 1 pkg. dry yeast
 2 cups lukewarm water
 2 cups plain flour, sifted
 1/4 cup sugar

In a large glass container, dissolve yeast in the warm water.

Gradually add this to the flour and sugar. Beat until smooth. Cover loosely and

let stand at room temperature for 48 hrs. This will make 2 cups. Freeze or give one to a friend. Feed other cup as follows:

Herman Feeding
 1/2 cup sugar
 1 cup plain flour
 1 cup milk

Mix the flour and sugar and add the milk. Feed Herman with this and put him in the refrigerator. Stir every day! Feed him again with this mixture on the 5th day (in others words, feed him and refrigerate on day 1, stir him for the next three days, and feed him again on day 5). Continue to stir every day. On day 10, you'll have 4 cups of starter. Give one to a friend, feed one and refrigerate to start over, and use two cups in baking.

Herman Coffeecake
 2 cups Herman starter
 2 cups flour (plain)
 1 tsp. cinnamon
 1/2 tsp. baking soda
 2 tps. baking powder
 1 cup sugar
 2 eggs

two-thirds cup cooking oil
 1 cup chopped nuts
 1 cup raisins
 2 cups chopped apples (optional)

Mix all ingredients except raisins, nuts, and apples on medium speed until well blended. Stir in nuts and fruit. Pour into well-greased and floured 9x13 in. pan.

Topping:
 1 tsp. cinnamon
 1 tsp. plain flour
 1 cup brown sugar
 1/2 cup melted butter or margarine

Mix and sprinkle over cake batter. If desired, you may swirl topping through the batter with a spoon.

Bake 35 to 40 mins. at 350 degrees. Pour on glaze if desired. Note: topping can

be made with room temperature margarine.

Glaze:
 1/2 stick butter or margarine
 1 cup brown sugar
 1/4 cup milk

Boil for 5 mins. and pour over baked cake. Glaze can be doubled for a sweeter cake.

Herman Cinnamon Rolls
 2 cups Herman starter

2 cups plain flour
 1/2 tsp. baking soda
 4 tps. baking powder
 1/2 cup cooking oil
 margarine, softened
 cinnamon
 sugar

Mix first 5 ingredients and knead on a floured board until no longer sticky. Roll out dough into a rectangle 1/4 in. thick and spread lightly with soft margarine. Sprinkle with cinnamon and

sugar to taste. Roll as for jelly roll, starting with the long side. Cut into 1/2 in. slices.

Topping:
 1 stick margarine, melted
 1 cup brown sugar
 1/2 cup chopped nuts
 Combine and spread in the bottom of a 9x13 in. pan. Place the slices of dough on top of this and bake about 30 mins. at 350 degrees. Invert pan IMMEDIATELY to

remove rolls.
Herman Pancakes
 1 cup plain flour
 1/2 tsp. each baking soda and salt
 2 tps. baking powder
 1 cup milk
 1 cup Herman starter
 2 eggs, beaten
 Combine dry ingredients. Add liquids and mix just to moisten. Use 1/4 cup batter per pancake. Makes about a dozen.



ATTRACTIVE SHAPE — The use of disposable aluminum foilware pans can give bread, coffee cake, cinnamon rolls, etc. an attractive shape. The option of overwrapping a second item for the freezer is an extra bonus for the busy cook. A booklet on the subject is available free by writing "Freezing Foods With Reynolds Wrap" P. O. Box 27003, Richmond, Va. 23261.

Edenton-Chowan Parents Invited To Visit Schools

An invitation to visit any of Edenton-Chowan's school cafeterias is extended to all citizenry October 12-16. The school system which is a member of the American School Food Supervision, will be observing National School Lunch Week at this time. Letters are being sent home from all schools with personal invitations for parents.

"Nourish Your Neurons" is the theme for promoting the national event, which has been observed since 1962 when President John F. Kennedy signed the National School Lunch Week bill into law. "Eat to Learn, Learn to Eat" has been the slogan for the past four years.

On Universal Lunch Day, October 14, participating schools throughout the state will serve the identical meal. This year's menu consists of Deli turkey on a Sesame bun, vegetable dippers, crispy potatoes, chilled mixed fruit, milk and million dollar cookies.

National School Lunch Week is a good time to inform the public on some local facts surrounding local school cafeterias. Even with

the necessary rise in costs this year, Mrs. Etta Hathaway, Director of School Food Service, feels that meals are still a good deal. Every meal served has to meet the nutritional and measurement criteria established by the national Nutrition Standards Committee.

Chowan County's public school students can take advantage of having breakfast, as well as lunch, provided at school. At Chowan Junior High and John A. Holmes High Schools, a sandwich line is available for students who might not prefer the meal being served on a given day. For K-6 students, it is required that the regular meal be served. To prevent food waste a student has the option of taking only three of the five items offered in a regular plate.

Participation in the local school food service is good. For the twenty-two day period starting with the beginning of school and ending September 30, 10,393 breakfasts and 46,454 regular and sandwich line lunches were served. In addition to the 1/2 pint of

milk coming with each meal, 8,082 extra cartons of milk were sold during this period.

The thirty-five cafeteria staff members in the five lunchrooms are dedicated to making the meals as tasteful and attractively served as possible. Their school day begins with their 7:15 A.M. arrival to prepare and serve breakfast, before preparing lunch.

"Our cafeteria staff prides itself as professionals," Mrs. Hathaway beamed. Thirty-

three members belong to the N. C. School Food Service Association. Last year, four schools were recognized for having 100 per cent membership to the organization.

Staff members meet monthly to plan menus for the next month. However, they frequently have weekly meeting to adjust menus to take advantage of "specials" or seasonal items.

Lunchrooms are financed basically from the cost paid

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Facts About The BIBLE BY JOHN LEHTI
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 ...DEBORAH APPOINTED A MAN OF GREAT VALOR, BARAK, TO LEAD TEN THOUSAND ISRAELITES AGAINST THE VAUNTED ARMY OF SISERA, KING JABIN'S GENERAL, WHO HAD NINE HUNDRED CHARIOTS OF IRON! BARAK, KNOWING DEBORAH ALSO AS A GREAT PROPHETESS AND SEER, INSISTED SHE BE WITH HIM ON THE FIELD OF BATTLE AND BECAUSE OF THIS, SHE SAID THAT SISERA WOULD DIE BY A WOMAN'S HAND AND NOT BY A MAN'S... FOLLOWING DEBORAH'S ADVICE, BARAK ATTACKED THE CANAANITES FROM THE HEIGHTS OF MT. TABOR, DRIVING SISERA'S ARMY HARD AGAINST THE BANKS OF THE KISHON RIVER, WHERE HIS CHARIOTS COULD NOT MANEUVER AND, IN FACT, WERE MANY OF THEM SOGGED DOWN AND WERE SWEEPED AWAY BY THE WATERS, GIVING ISRAEL A GREAT VICTORY!
 THE GENERAL, SISERA, ESCAPED FROM THE BATTLE AND SOUGHT REFUGE BY HIDING IN THE TENT OF HEBER, THE KENITE. HERE, HEBER'S WIFE, Jael, SLEW HIM WHILE HE SLEPT—THUS FULFILLING DEBORAH'S PROPHECY AND PLACING HER NAME NEXT DEBORAH'S AS THE TWO PERSONS MOST RESPONSIBLE FOR THE CRUSHING DEFEAT OF THE CANAANITES!
 NEXT WEEK: THE MAN WHO LOST HIS HEAD OVER A DANCE!
 SAVE THIS FOR YOUR SUNDAY SCHOOL SCRAP BOOK
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