

Who's Who In The Kitchen

Spice Collection Is One Of Dr. Joyce Waddell's Biggest Kitchen Helps!

By Audrey C. Lodato
Post Staff Writer

Not long ago, Dr. Joyce Waddell wrote suggesting I interview her husband, E.E. Waddell, for Who's Who In The Kitchen. Mr. Waddell modestly declined, but told me his wife would be an excellent choice. In talking with her about doing the article, she mentioned that she and some other sisters in Las Amigas had just put together a cookbook—did I want to use that angle? "Great idea!" I exclaimed, and so a story was born.

The cookbook, "Sugar and Spice and Everything Nice," was compiled by Dr. Waddell and Cora Howard, with recipes contributed by many of the members of the service organization. "We had so many recipes we like, that we decided to put together our favorites," explained Waddell, who has been involved with Las Amigas for the past six years. "We're still in the process of adding more recipes to the cookbook," she continued. "We want to add a section on low calorie soul food, as well."

At this point, the group has no plans to market the cookbook.

JOYCE WADDELL'S SWEET POTATO PIE

- 3 large sweet potatoes
- ¼ c. butter
- ½ c. evaporated milk
- two-thirds c. sugar
- ¼ tsp. nutmeg
- ½ tsp. cinnamon
- 1 tsp. vanilla
- 9-inch baked pie shell

Boil sweet potatoes until tender. Peel and blend potatoes together. Add milk and butter, mixing well. Add remaining ingredients one at a time, continuing to stir well. Pour mixture into baked pie shell and bake at 350 degrees for 30 minutes or until a knife inserted in center comes out clean.

JOYCE'S SHOE PEG SALAD

- 1 c. sugar
- ¾ c. vinegar
- two-thirds c. oil
- 1 tsp. salt
- 1 tsp. pepper
- 1 Tbsp. water
- 1 can shoe peg corn (white)
- 1 can French-style green beans
- 1 can small green peas
- 1 cup chopped onion
- 1 cup diced celery
- 1 medium bell pepper, chopped

Mix together first six ingredients in saucepan. Bring to boil; let stand and cool a little. Meanwhile, drain cans of vegetables. Mix these with onion, celery, and pepper. Pour cooled liquid over vegetables. Chill. This will keep for a long time.

DORA'S DELIGHTFUL DEVILED EGGS

- 1 doz. eggs
- 4 Tbsp. mayonnaise
- 4 Tbsp. mustard
- 4 Tbsp. pickle relish
- pinch black pepper
- ½ tsp. sugar (or sugar substitute)

Hard-boil eggs. Let cool for 10 minutes. Peel and cut in half lengthwise. Remove yolks, and mash. Mix yolks with remaining ingredients. Spoon mixture into egg whites. Sprinkle lightly with paprika and serve on a bed of crisp lettuce.

JOYCE WADDELL'S PIG FEET

- 5 to 8 fresh pig feet
- 1 tsp. chopped onions
- 1 small green pepper, sliced
- 1 cup vinegar
- 2 cups water
- 1 beef bouillon cube

Place all ingredients into a pressure cooker, cook until tender and meat starts to pull away from the bone. Remove from pressure cooker and place all contents into a sauce pan and broil for 15 minutes in the oven. Then cool and serve.



Home economics teacher, Bernice Caldwell, makes herself at home in friend's kitchen.

Rather, it is simply a way of sharing recipes with each other.

On a recent afternoon, Dr. Waddell was joined in the kitchen by Dora Mason, co-founder of Las Amigas, and Bernice Caldwell, a home economics teacher at Garinger. While preparing some of their recipes, they shared tips and anecdotes.

"I always advise students not to make recipes they see in the newspaper right away," remarked Ms. Caldwell. "I tell them to wait a few days to see if the paper runs any corrections in the recipe before going ahead with it." (Surely the good lady wasn't referring to the

Post!?) She also suggested that, when trying a new recipe, you follow it exactly the first time. After that, feel free to modify it to suit your own taste.

Dr. Waddell, who works in staff development for the Charlotte-Mecklenburg Schools, finds that a microwave oven is a big help in her busy life. "It's a lifesaver in the kitchen," she commented. "You can thaw out a lot of things. I also use it to reheat foods, and they don't taste like leftovers."

Another one of her big kitchen helps is her spice collection. "That's my salvation," she admitted. "Sometimes all you need is a little bit. Often, you don't need something fresh. For instance, you can get onion flavor by using onion flakes." One of her favorites is oregano. She warned that you have to use spices appropriately, which usually means adding only small amounts to dishes.

A couple more tips from this Mullins, S.C., native: give salads time to marinate before serving—

BERNICE'S ZUCCHINI RELISH

- Mixture No. 1
- 12 c. zucchini, grated
- 4 c. chopped onion
- 5 Tbsp. salt
- Mix well. Let stand overnight. Rinse and drain well.
- Mixture No. 2
- 2½ c. vinegar
- 5 c. sugar
- 2 finely chopped green peppers
- 1 tsp. dry mustard
- ¾ tsp. turmeric
- 1¼ tsp. corn starch
- 1½ tsp. celery seed
- ½ tsp. black pepper
- Mix and cook ten minutes.

Combine mixtures 1 and 2 and boil gently for 30 minutes. Yield: approximately six pints.

at least six hours, she advises; and use vinegar when preparing pigs feet and chitterlings—this cuts the grease, she explained.

Dr. Waddell recalled a cooking disaster that befell her some years ago when she was in the ninth grade. "I was in 4-H," she recounted, "and had won medals for my cornbread muffins. At one level, I scored a 99 by following the recipe exactly. When I got to the state level, a teacher thought she was helping me by measuring out the ingredients ahead of time. But I was so used to following the recipe exactly that I got confused and didn't know what to do." This was one time, she lamented, that someone's helpful intentions caused more harm than good.

Dora Mason is a special education teacher at Spauh Middle School. A Charlotte native, Ms. Mason has been teaching for 31 years. She related how, together with Mary Moore, she came to found Las Amigas 27 years ago. "We taught together in a black high school," she began. "There was such a great need to help underprivileged children in our school. We said we would each invite five friends who felt similarly. We didn't want to call ourselves just 'The Friends,' so we decided on the Spanish name.

What started out as a group of friends meeting here in Charlotte on February 5, 1957, has grown into a service organization with 24 chapters throughout the United States. The Charlotte chapter presently has 33 members. "We always have a long waiting list," Dr. Waddell interjected. "We want people who will work and who subscribe to the same philosophy."



Dora Mason (seated), Joyce Waddell, and Bernice Caldwell select recipes from Las Amigas cookbook to share with Post readers.

The activities of Las Amigas include honoring outstanding high school students and community citizens; sponsoring a mini day camp, oratorical contests, book fair, a Christmas fair for needy families, planned parenthood workshops for teens, careers workshops for high schoolers, a mother-daughter banquet, tele-a-call for elderly residents, and showers for deserving college students; donating eye glasses to Piedmont Eye Clinic and

clothing and food to the needy; giving scholarships to needy students; visiting nursing home residents; and working with the Council for Children.

The group holds a yearly convalesce for all chapters and plans to build a national headquarters here in Charlotte within the next two years.

With all this going, they still have time to cook! And here's some of what they're cooking:

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