

Who's Who In The Kitchen

Young Nikki McDonald Enjoys Cooking, Crocheting, And Helping Others

By Audrey C. Ledate
Post Staff Writer

Nikki McDonald is a 12 year old who already knows how to cook. This she credits to her mother, Mary McDonald, and to her years as a Girl Scout.

A seventh grader in Ms. Pryor's class at Our Lady of Consolation School, Ms. McDonald has been a Scout for "five or six years." She recently became a member of Cadet troop 581 at OLOC. Her troop leader is Ms. Beverly Pagan. What the active youngster likes most about Scouting is "helping people and making things and working on badges." Among her troop activities are visiting senior citizens "to talk to them," selling calendars and cookies, making Christmas gifts, such as ceramic ornaments and Christmas trees, and camping.

When the girls go camping, they take turns cooking. Is Nikki McDonald a good cook? "Well, you can say that," she replied. "I call myself a good cook." She's been cooking for three years now, starting with one of nature's basic foods - the hot dog.

The day I visited, she was preparing dinner for her family: mother, father, John R. McDonald; and 14 year old brother, Hans. The menu was "Squaw Corn," garlic bread, and salad. (King Tut, the family's St. Bernard, was presumably going to eat something else). Cooking is one of the ways she helps out at home, since her mother also goes to Our Lady of Consolation School - as a teacher. "We share the work," the young Ms. McDonald declared. "She sometimes does, and I sometimes do."

Her favorite thing to cook (and eat) is Spanish Rice (recipe follows) "because it has rice, meat, tomato sauce and everything I like in it - and it tastes so good."

Nikki has an unusual ambition for a girl her age: when she grows up, she wants to own a trucking company. "When I was younger," she related, "I wanted to drive a truck. Now I want to own a fleet of trucks and let others drive them."

Her latest Scouting project just may be a first step in that direction. For a badge she's working on McDonald has to start a small business and make it successful. Her plan is to make doll clothes and sell them to schoolmates and friends on the block.

While Scouting is certainly an important part of Nikki McDonald's life, it's not all of it. She likes to crochet ("My mother taught me about three years ago. Right now I'm trying to make a baby blanket."), watch television, especially "The Jeffersons" and "Good Times," and roller skate.

In school, her favorite subjects are science, gym, health, and math. Is she a good student? "Yes," she modestly replied, adding, "I try to keep myself in order."

Here are several recipes from the orderly kitchen of the ambitious Ms. Nikki McDonald. (The "Squaw Corn" smelled delicious!)



Scout browns hamburger for "Squaw Corn."

SQUAW CORN

- (4 1-cup servings)
1 lb. hamburger
1 onion, peeled and cut in small squares
1 small pepper, cut up
1 can (16.5 oz.) corn
1 can (6 oz.) tomato paste
Salt and pepper

1. Brown hamburger.
2. Add rest of ingredients.
3. Cook until meat is cooked through and mixture starts to boil.

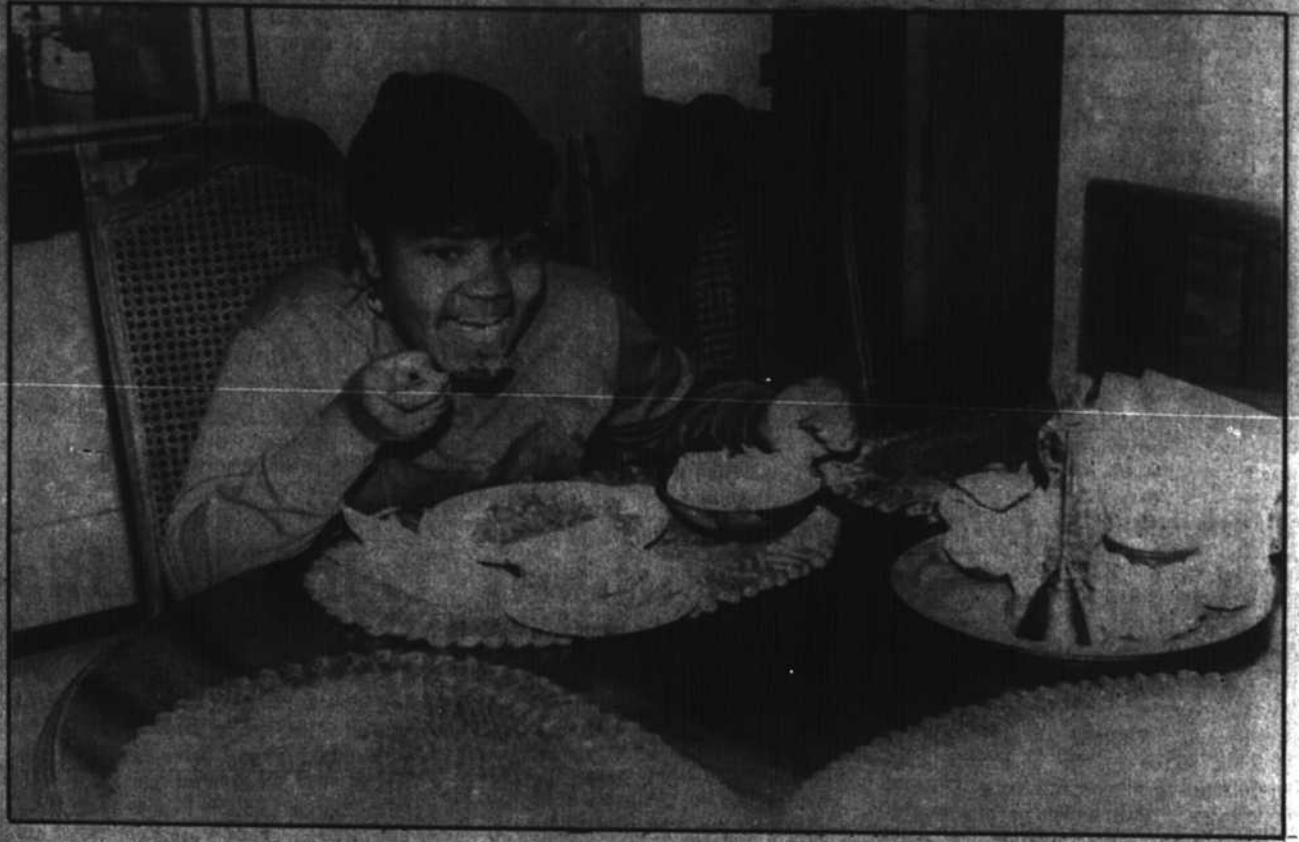
SPANISH RICE

In large pot or skillet, brown:

- 1 lb. ground beef
- 1 small onion, diced
- 1 green pepper, shredded

Add:

- 1 tsp. salt
 - Two thirds c. uncooked rice
 - 2 c. tomato sauce (1 large can)
 - 2 c. water or tomato juice
 - Chopped tomato (optional)
- Cover pot and let cook for 45 minutes on low heat.



This evening's cook can't wait for the rest of the family to sample her dinner menu.

MARSHMALLOW CRISPY BARS

- 1/4 cup butter or margarine
 - 5 cups miniature or 40 large marshmallows
 - 1/4 tsp. salt
 - 5 cups crispy rice cereal
1. Melt butter in 8" x 8" dish.
 2. Stir in marshmallows and salt.
 3. Stir until smooth before adding cereal.
 4. Add cereal, one third at a time, stirring with fork until well-coated.
 5. Press into dish with fork. Cool, then cut into 1 1/4" squares. Makes 36 squares.

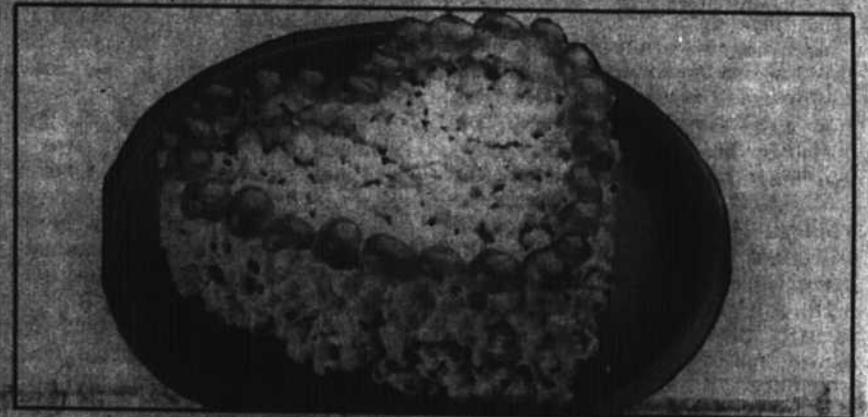
"SOMEMORES"

- For each, you need:
One third of a 1 1/2 ounce bar of milk chocolate
2 graham crackers
1 marshmallow
1. Make a sandwich of the chocolate and the crackers.
 2. Toast marshmallow to a golden brown.
 3. Put it into sandwich between chocolate and crackers.
 4. Press it gently together and eat.

Welcome Valentine's Day With Pop Corn Heart

POP CORN HEART

2 quarts popped Jolly Time Pop Corn
4 tablespoons butter
6 cups miniature marshmallows
(1-pkg.) red cherries for decoration
Preheat oven to 250 degrees.
Place popped corn in a large, 4-inch deep buttered baking pan. Keep warm in oven. Butter a 6-cup heart-shaped cake pan. In a double boiler or large saucepan, melt butter over low heat. Stir in and melt marshmallows. Remove pop corn from oven. Pour butter mixture over pop corn, stirring to coat evenly. Pack the pop corn mixture into the heart-shaped pan. Chill. To remove the cake from the pan, place the pan in a shallow dish of warm water and loosen edges with a spatula. Decorate with cherries.



Popcorn heart makes a sweet treat.

Simple Can Be Splendid With Oven Meals

Two hearty recipes showcase the robust flavors of winter - Pork Chops with Glazed Carrots and Savory Stuffing Muffins. Now, in the season of frosty mornings and crisp, clear days, is the time to explore the great-tasting goodness and convenience of winter oven meals. This colorful entree bakes while you spend time with the family. And, as the carrots bake together with the pork chops, slide a tin of muffins, made with stuffing, into the oven. Busy cooks won't overlook these wonderful ideas because this meal is ready for serving in 35 minutes! A crisp green salad is all you need to complete this delicious supper.

Family-style oven baked meals have always been considered unpretentious, simple food. In keeping with this character, both of these recipes are quick and easy to prepare. It is sometimes wise to



Oven meal warms up a frosty day.

remember that truly good food is not measured by complexity. These splendid recipes show that simple can be

PORK CHOPS WITH GLAZED CARROTS

- 2 tablespoons butter or margarine
- 2 tablespoons brown sugar
- 2 cups sliced carrots
- 3 tablespoons spicy brown mustard
- 6 to 8 pork chops, 1/2 inch thick
- 1 envelope Shake 'n Bake seasoned coating mix for pork

Melt butter in 15x10x1-inch pan in oven. Add brown sugar and carrots and stir to coat carrots. Spread mustard on both sides of pork chops, then coat with seasoned coating mix as directed on package. Place chops in pan with carrots and bake at 475 degrees for 35 minutes. Always cook pork thoroughly. Makes 4 servings.

SAVORY STUFFING MUFFINS

- 1 cup very hot water
- 1/4 cup softened butter or margarine
- 1 package (6 oz.) Stove Top chicken flavor or cornbread stuffing mix
- 1 egg, well beaten
- 1/4 cup milk

Combine water, butter and contents of vegetable seasoning packet in a bowl and stir until butter is melted. Add stuffing crumbs and stir until moistened. Stir in egg and milk and let stand for a few minutes. Spoon into well-greased muffin pans and bake at 475 degrees for 20 minutes. Let stand for a few minutes before removing from pan. Makes 6 servings.

Have some recipes to share, or know others who might?



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