

Who's Who In The Kitchen

Commissioner DuPuy Is Conscious Of Wanting To Provide Balanced Meals

By Audrey C. Lodato
Post Staff Writer

Mecklenburg County Commission chairman, Carla DuPuy, has plenty to keep her busy. Although the elected position of county commissioner isn't, strictly speaking, a full-time job, DuPuy is putting in 40 hours a week as chairman. She attributes the long hours partly to the fact that she is both new to the chairmanship and new to the commission. "Usually the chairman is an experienced person," she explains. "I'm having to do it while I'm still learning." She expects the long hours will level off as she becomes more familiar with the people and the procedures.

Commissioner DuPuy is married to Charlotte physician, Stuart DuPuy. The couple has two sons, John, 13, and "J.D.", 11. Feeding three males is no small chore, DuPuy points out. "They don't ever NOT eat," she laughs. "Generally now I look for things to cook I can do quickly. I'm conscious of wanting to provide balanced meals, not hot dogs or hamburgers every night." DuPuy tries to keep "good" snacks on hand for them, and drinks such as juice or milk rather than soft drinks. When hungry, they'll eat peanut butter and jelly sandwiches rather than empty calories.

The petite commissioner herself is not a heavy eater. "They all eat more than I do," she attests. "I don't eat a lot. Sometimes I have to make a conscious effort to prepare a good meal, and rarely do I eat everything I cook."

DuPuy is not one for sweets — except for the glasses of Cheerwine she imbibes daily. "This must satisfy my need for sweets," she guesses, adding, "Salty foods are my thing. I could eat a whole jar of olives." She doesn't worry about possible ill effects of salt on her health "Because I'm so thin and I've never had a problem with blood



Commissioner DuPuy prepares chicken for her family's supper. Her busy schedule dictates quick and easy meals.

pressure." Fortunately the DuPuy men are not fussy eaters. "Stuart and the boys will eat whatever I fix. They have their favorite things but they're not picky," she notes.

DuPuy attended Queens College and the University of Florida (she grew up in Miami). Her degree is in Library Science and Biology. Her plan was to become a medical librarian, instead, she worked as a reference librarian in the fields of business and science. Her library experience led to her becoming a member of the board of trustees of the Public Library of Charlotte and Mecklenburg County for five years, two of which she served as chairman. Her experience on that board broadened to an interest in other aspects of the county and eventually to her decision to run for County Commission last year.

Her other major, biology, has also had an effect on her life. "Biology has affected my cooking," she explains. "Recipes are like formulas. I experiment a lot. I approach my cooking like I approached my lab work."

DuPuy enjoys her work with the County Commission. "The thing I like the best is there's something new every day," she remarks. "I



Chocolate pie gets topping of whipped cream

tend to be an impatient person and this is wonderful for me. The staff throughout the county has been helpful and supportive. I was very pleased."

Being new to the commission as well as to the chairmanship, DuPuy has needed to rely on others for assistance. Former chairman Fountain Odom and other experienced commissioners have been helpful, she reports. "Bob Walton is excellent in parliamentary procedure and how to run a meeting. His advice on technicalities has been very helpful." On Walton's announced consideration of switching to the Republican Party, DuPuy remarks, "I think the Republicans would be delighted to have him. He is well-respected in the community. Blacks need to become involved in the Republican Party." She added, "He is THE black leader, he and Harvey (Gantt)."

A Charlottean for 13 years, DuPuy is a deacon at Myers Park Presbyterian Church, a member of the Children's Theatre Board, and has been a director on the board of the Junior League. "Most other things I've had to pull back on," she relates.

In keeping with her busy schedule, the recipes she shares here with Post readers are "things I can throw together that are nutritious." They were published in a cookbook entitled "Charlotte Cooks Again," put out by the Junior League of Charlotte in 1981.

LEMON BBQ CHICKEN

Chicken breasts
Garlic salt
Worcestershire sauce
Lemon juice

Skin chicken breasts and sprinkle with garlic salt. Marinate in lemon juice and Worcestershire sauce for 1-3 hours. Place on grill, bone side down. When tops become white, turn and finish grilling (approx. 10-15 min. total). Can be cooked ahead, stored in marinade in refrigerator, and warmed slowly to keep moist.

ARTICHOKE QUICHE SQUARES

2 (6 oz.) jars marinated artichokes, coarsely chopped
1 sm. onion, finely chopped
4 beaten eggs
8 crushed saltine crackers
½ lb. sharp cheddar, shredded
Drain artichokes, reserving about 2 Tbsp. of marinade. Saute onion in marinade and drain. Combine onion with artichokes and remaining ingredients. Pour into a greased 12x8" baking dish and press down. Bake at 325 until browned, about 25-30 min. Cool thoroughly and cut into bite size squares. May refrigerate and heat again before serving. Serves 8-10.

EASY ICE CREAM PIE

1 pt. ice cream (softened)
1 pkg. instant pudding
½ c. milk
1 pie shell, prepared according to directions and cooled.

Mix ice cream, pudding, and milk. Pour into shell and chill overnight.

Note: The secret is in the combinations of flavors. Try these ideas.

—Vanilla ice cream, chocolate pudding, tiny chocolate chips; top with whipped cream and more chips.

—Vanilla ice cream, pistachio pudding; top with whipped cream and slivered almonds.

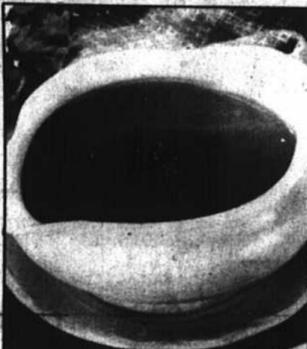
BEER AND BEEF

Chuck roast
Garlic salt
Cooking bag
4 med. onions, cut up
1 12 oz. can beer
1 10½ oz. can bouillon

Salt roast with garlic salt and place in cooking bag. Add onions around roast and pour in beer and bouillon. Close bag and pierce top. Cook at 350 degrees for 1½-2 hours, depending on size of roast. Serves 4-6.

Gravy Easy With Cornstarch

An easy, lump-free way to make gravy is with corn starch. As in making flour gravy, the corn starch can be added to drippings in the pan. But there's also another method. That is, to thicken the gravy just before serving. Regardless of the method, corn starch thickened gravies have a clear, translucent appearance and a light, non-pasty taste. It's the new American Way to give a light touch to gravy. In following your own recipe, and converting flour to corn starch, use half as much corn starch as flour. For two folders on gravy making, write to Argo Gravy, Dept. G2-C, P. O. Box 307, Coventry, CT 06238.



Turkey Gravy

TURKEY GRAVY

Turkey giblets and neck
8 c. water
3 onions, peeled, quartered
3 ribs celery, cut into sticks
2 carrots, peeled, cut into sticks
1 tsp. salt
3 chicken-flavored bouillon cubes
2 bay leaves
¼ c. turkey pan drippings
one-third c. Argo corn starch

In large saucepot place turkey giblets and neck, water, onion, celery, carrots, salt, bouillon cubes and bay leaves. Bring to boil; reduce heat and simmer 1 hour or until liquid is reduced by half. Drain broth; reserve. Pour pan drippings into large measuring cup, leaving brown bits in roasting pan. Allow to stand several minutes until fat drippings separate from turkey juices. Return ¼ cup fat drippings to pan; discard remaining fat drippings. Add reserved broth to turkey juices to equal 4 cups. Sprinkle corn starch into drippings. Stir and cook over medium heat until well-blended; remove from heat. Gradually stir in broth. Return to heat. Stirring constantly, bring to boil over medium heat, stirring up brown bits from bottom of pan, and boil 1 minute. If desired, chop giblets and neck and add to gravy. Makes 4 to 5 cups.

Alternate Method: Follow recipe for Turkey Gravy. Return ¼ cup fat drippings and 4 cups turkey juices and broth to roasting pan. Stir together corn starch and ¼ cup cold water until smooth; add to roasting pan. Stirring constantly, bring to boil over medium heat, stirring up brown bits from bottom of pan and boil 1 minute. If desired, chop giblets and neck and add to gravy. Makes 4 to 5 cups.

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