

Who's Who In The Kitchen

Gloria Graham Finds Cooking An Outlet For Her Creativity At CPCC

By AUDREY C. LODATO
Post Staff Writer

Central Piedmont Community College student, Gloria Graham, is getting a handle on her future. The 23 year old Charlottean, formerly of Paterson, N.J., is enrolled in the food preparation program at CPCC.

The morning I visited Gloria in CPCC's kitchen, she was preparing crepes for the noon meal. Crepes — and corn fritters — are her favorite foods to prepare. "I've tried corn fritters for my family, and they like them. I make them often," she remarked. Gloria lives at home with her parents, Bessie and Ewell Graham, on Hoskins Road.

The novice cook began her studies at CPCC in the field of commercial art but decided that wasn't what she wanted to do. Now, she lacks only two courses before she completes the food preparation program at the school. After that, she'd like to find a job employing her new skills, possibly in the area of baking. At this point, Gloria has no plans to open her own business; as she put it, "I just want to do a job." Actually, this week's featured cook is already working in her field, as a pizza maker at Piece of the Pie.

While Gloria considers cooking a creative endeavor, her creativity gets expressed in other ways, as well. She enjoys singing and used to belong to her church choir. (Gloria is a member of United Presbyterian on Statesville Avenue). Dancing is another favorite activity. "I like to dance. I dance a lot. I was on TV ('Let's Dance' on Channel 36) last year," she announced.

Gloria is also a modeling school graduate and did some modeling before starting her present job. And, when she has the time, she also likes to bowl.

This cooking student has high praise for CPCC's food preparation program and her instructor, Walter O'Neal. "I love it a lot. He's a wonderful teacher."

If you like crepes, or have never tried them and you're feeling adventurous, here is a basic crepe recipe, as well as two types of filling to roll them around. Enjoy!



Gloria Graham prepares crepes in CPCC kitchen



Platter of Scandinavian Crepes

CREPES

- 1½ c. all-purpose flour
- 1 Tbsp. sugar
- ½ tsp. baking powder
- ½ tsp. salt
- 2 c. milk
- 2 eggs
- ½ tsp. vanilla
- 2 Tbsp. melted butter or margarine

Measure flour, sugar, baking powder and salt into bowl. Stir in remaining ingredients. Beat with rotary beater until smooth. For each crepe, lightly butter 8" skillet. Heat over medium heat til butter is bubbly. Pour scant ¼ c. batter into skillet. Immediately rotate pan til batter covers bottom. Cook until light brown, then turn and brown other side. Makes 12 crepes.

SCANDINAVIAN CREPES

- ¼ lb. cooked ham
- 1 lb. cooked ground beef
- ½ lb. cooked roast beef
- ½ c. cracker meal
- ½ c. cottage cheese
- ¾ c. sour cream
- Salt
- Pepper
- Garlic

Coarsely chop the cooked meats. (Use leftovers and vary meats as desired.) Add cracker meal, cottage cheese, and sour cream. Season to taste. Mix thoroughly by hand. Use 2 Tbsp. in each crepe and roll up. Top with warm sour cream and chives.

CRAB (OR LOBSTER) NEWBURG

- 6 Tbsp. butter
- 2 Tbsp. all-purpose flour
- 1½ c. light cream
- 3 beaten egg yolks
- 1 7½ oz. can crab meat (or 1.5 oz. can lobster, drained & broken into large pieces)
- 3 Tbsp. dry white wine
- 2 Tbsp. lemon juice
- ¼ tsp. salt
- Paprika

Melt butter in saucepan. Blend in flour; add cream all at once. Cook, stirring constantly, til sauce thickens and bubbles. Stir small amount of hot mixture into egg yolks; return to hot mixture. Cook, stirring constantly til thickened. Add crab or lobster; heat thoroughly. Add wine, lemon juice, and salt. Sprinkle top with paprika. Place ¼ c. Newburg in crepe. Roll up and serve.



COUNTRY CORN MUFFINS

Muffins Have Universal Appeal

In America in the mid 1800s, when wheat was scarce and expensive and corn was abundant, corn muffins emerged as a favorite way to use corn meal. From region to region, the muffins differed taking on characteristics unique to the area. These country corn muffins have a universal appeal. They can be made with either white or yellow corn meal. The corn meal is blended with flour, mixed with an egg, sugar, buttermilk, and appropriately, corn oil. This country type of corn muffin has in recent years become the favorite breakfast bread at city coffee shops.

COUNTRY CORN MUFFINS

- 1½ c. white or yellow corn meal
- 1 c. unsifted flour
- ¾ c. granulated sugar
- ¼ c. firmly packed light brown sugar
- 1 tsp. baking soda
- ½ tsp. salt
- 1 egg
- 1 c. buttermilk
- two-thirds cup Mazola corn oil

Grease 12 (2½x1¼-inch) muffin cups. In medium bowl with fork, stir together corn meal, flour, sugars, baking soda and salt. In small bowl, beat egg slightly; stir in buttermilk and corn oil. Add to corn meal mixture; stir just until moistened. Spoon into prepared muffin cups. Bake in 425 degree F. oven 20 minutes or until golden. Immediately remove from pan. Cool on wire rack or serve warm. Makes 12.

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Get On The Bandwagon

John Crawford believes in getting children on the education bandwagon. Director of Youth Services for the Charlotte Housing Authority, Crawford knows that education breaks the poverty cycle. Several years ago he began thinking about how to "Give A Youth A Chance." The resulting Charlotte Housing Authority Scholarship Fund is already helping 14 students and raising funds for at least 14 more of this year's high school seniors. A 1960 graduate of Johnson C. Smith, John Crawford knows how much his education means to him.

John Crawford is an original customer and stockholder of Republic Bank. He says, "I decided to jump on the bandwagon because of the great group of people who started Republic Bank. Now I like to get my bank new customers. Everyone at Republic is always so kind and helpful. It's a bank where you get to know people."

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