

Who's Who In The Kitchen

Challenge, Creativity Of Baking Start Young's Long Career In Foods

By Audrey C. Lodato
Post Staff Writer

As president of FDY, Inc., a food management company headquartered in Charlotte, Floyd D. Young has come a long ways from the German bakery in Texas where he worked throughout his junior and senior high school years.

And yet, despite the time, distance, and professional growth, a few things remain the same. One of these is Young's penchant for baking. "Baking was always my strength," notes FDY's founder. "I like the end results and the creativity. You can take the basic ingredients of flour, shortening, and what-have-you, combine it all together, and create a delicacy. The challenging part of baking," he continues, "is that whatever you put into the oven is what's going to come out. You can't change it once that oven door's closed."

Admitting that he used to be the family baker (Young credits his wife, Norma, with being an excellent cook), the busy executive no longer has the time to devote to home baking that he once had. "But every now and then I put something together," he discloses.

After majoring in foods at Prairie View A&M, Young's career took him to Dallas and then Indianapolis, where he met Norma. His experience, which included a stint as a teacher for the Job Corps, brought him to Johnson C. Smith in 1969 as food services director for Catering Management, Inc.

In 1975, Young was in on the formation of Gourmet Services, the first minority food service company in the country. "I wore several hats," he explains of his position with the firm, "which had the food service contract at JCSU. "I was food services director, district manager, vice president of personnel, and vice president of purchasing. This gave me a good background in all areas of the industry," he adds.

Then, several years ago, the entrepreneur founded FDY, Inc. The company has contracts with Smith,



When cooking for crowds, your normal, everyday home mixer won't do. Here, FDY president adds flour to white cake batter.

Livingstone College in Salisbury, Barber-Scotia College in Concord, Denmark Technical Institute in Denmark, S.C., and Philip Morris USA, also in Concord. In addition, the company has vending and catering divisions and employs over 100 people. With that much going on, Young spends much of his time in an administrative role rather than rolling out dough or mixing batter. Young enjoys the food services



Cake done, cooled, and frosted, Young sets out plates of the tasty dessert for hungry Smith students to devour.

more you benefit. The work is never-ending and it's a daily challenge. It keeps you on your toes." Besides, admits the company's president, "I love to eat."

Young is a member of the trustee board and brotherhood of Friendship Baptist Church. His favorite hobby is tennis, which he tries to play at least once a week. He is one of the founders of the BATCH Tennis Club.

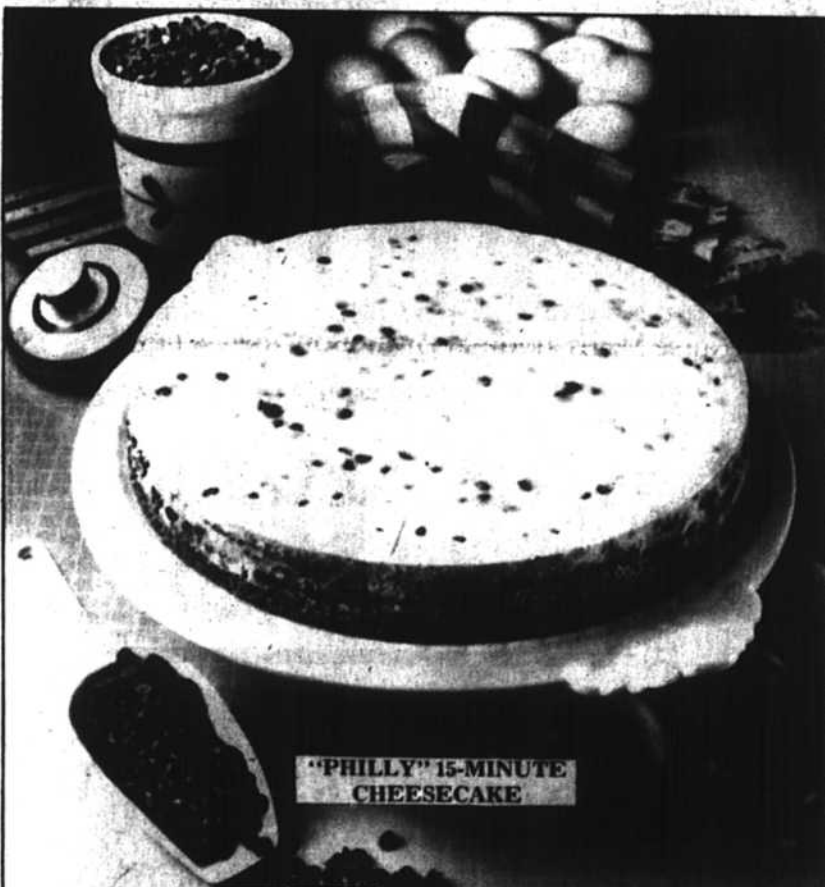
Here, he shares with you a few of his personal recipes.

WHITE CAKE	CHOCOLATE SUNDAE PIE
1 c. butter 1 tsp. lemon juice 2 c. granulated sugar 1 c. sweet milk 3 1/2 c. flour 3 tsp. baking powder 6 egg whites 1 tsp. vanilla	1 c. evaporated milk 1/2 c. water 1/4 tsp. nutmeg 3 egg yolks 1/2 c. granulated sugar 1/8 tsp. salt 2 Tbsp. cornstarch 1 Tbsp. plain gelatin 3 Tbsp. cold water 1/2 tsp. vanilla 3 egg whites, beaten stiff 1 c. sweetened whipped cream 1/8 c. grated chocolate
Sift and measure flour and sugar separately onto wax paper. Separate eggs, which should be at room temperature. (Save yolks for other use.) Beat whites until stiff; then beat in gradually 1/2 c. of the sugar. Cream butter with lemon juice until light and fluffy, like whipped cream. (Lemon juice will bleach butter.) Add the remaining 1/2 c. sugar gradually, creaming thoroughly between each addition. Add 1 c. flour and mix well. When every trace of flour is blended, add one-third c. milk. Mix thoroughly. Alternate adding 1 c. flour and one-third c. milk, mixing well after each addition. After the last of the milk has been blended in, mix baking powder with the final 1/2 c. of flour and sift four times. Then add to the batter, mixing well. Fold in beaten egg whites. Add vanilla and mix thoroughly. Bake in two 9" pans at 375 for 35 minutes.	Heat milk and 1/2 c. water in double boiler with nutmeg. Beat egg yolks with sugar and salt until light. Pour hot milk over egg mixture; return to double boiler and cook until consistency of thick cream. Remove from heat and add gelatin which has been soaked for 5 minutes in cold water. Add vanilla and cool. When cool and ready to set, beat and then fold in stiffly beaten egg whites. Pour the mixture in a baked crust and set in refrigerator. When thoroughly cold, top with whipped cream and sprinkle grated chocolate over top. Makes 8 servings.

NEW CHOCOLATE CINNAMON BUNS

3/4 c. warm water
 1 pkg. active dry yeast
 1/4 c. shortening
 1 tsp. salt
 1/4 c. sugar
 1 egg
 1/3 c. cocoa
 2 1/2 c. sifted flour
 1 Tbsp. soft butter
 1 1/2 tsp. cinnamon
 3 Tbsp. sugar
 Pistachio nuts, almonds, or pecans

In mixer bowl, dissolve yeast in warm water. Add shortening, salt, sugar, egg, cocoa, 1 c. flour. Beat 2 min. at med. speed. Scrape sides and bottom bowl. Stir in remaining flour; blend well. Scrape sides of bowl. Cover with cloth; let rise in warm place until double in bulk, about 1 hour. Stir down by beating 25 strokes. Turn soft dough out on well-floured, cloth-covered board. Roll into 12x9" rectangle. Spread with butter; sprinkle with cinnamon-sugar mixture. Roll up beginning at wide side. Pinch edge into roll. Cut into 12 pieces. Place in greased 9" square pan and let rise in warm place until double, about 40 min. Bake at 375 for 25 min. Remove from pan and frost immediately with 3/4 c. sifted confectioners sugar moistened with cream or milk to spreading consistency. Sprinkle with chopped nuts. Serve warm.



"PHILLY" 15-MINUTE CHEESECAKE

1 c. graham cracker crumbs
 3 Tbsp. sugar
 3 Tbsp. Parkay margarine, melted

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3 8-oz. pkgs. Philadelphia Brand cream cheese, softened
 3/4 c. sugar
 3 eggs
 1 c. mini semi-sweet chocolate pieces
 1 tsp. vanilla

Combine crumbs, sugar and margarine; press onto bottom of 9-inch springform pan. Combine cream cheese and sugar, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in chocolate pieces and vanilla; pour over crust. Bake at 450 degrees, 10 minutes. Reduce oven temperature to 250 degrees; continue baking 35 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Makes 10-12 servings. Variations: Top with 6-oz. pkg. almond briclike chips before baking. Omit chocolate pieces. Top with 6-oz. pkg. almond briclike chips before baking. Note: Leftover cheesecake may be frozen. Wrap securely as instructed above.

Barbeque Cook-Off

Barbeque lovers are gearing up for the 1985 Carolina Barbeque Cook-Off, to be held in Raleigh on Saturday, May 18. At this "First Annual" affair, 50 winners with their teams from various community barbeque contests will converge on the N.C. State Fairgrounds for a fun-filled competitive day. After each team is judged, the general public will be allowed to sample to determine their preferences: chopped, sliced, shredded, chunked, or minced with a vinegar-based or a mustard or catsup-based sauce to accent the pork.

The Cook-Off is co-sponsored by the Kidney Foundation of North Carolina and the North Carolina Pork Producers Association, with the assistance of the North Carolina Department of Agriculture. The event will begin with a VIP reception on Friday night, May 17, 7-9 p.m., by invitation only. The Cook-Off begins bright and early at the N.C. State Fairgrounds on Saturday, with food judging beginning at 9 a.m. and barbeque sampling starting at 12:30. The public is invited.

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Charlotte To Receive Community Development Block Grant Funds

The Charlotte City Council has approved the Final Statement of Community Development Objectives and the projected use of \$4,064,000 in Community Development Block Grant (CDBG) funds and \$2,159,973 in related program income for a total of \$6,223,973.

Copies of the Final Statement of Community Development Objectives and projected use of funds, the City plan for minimizing displacement of persons as a result of CDBG-funded activities, and the plan to assist persons actually displaced by CDBG activities are available at the following locations:

- Community Development Department
- Cameron Brown Building, 301 South McDowell Street, Suite 5130, Office of the City Clerk and Public Service and Information Department (City Hall), 600 East Trade Street

The City of Charlotte will receive a Community Development Block Grant of \$4,064,000 and \$2,159,973 in related program income for the fiscal year which begins July 1, 1985. The Community Development Block Grant is a major source of federal money to assist local communities in developing and maintaining decent housing and expanding economic development opportunities for low and moderate income persons.

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