

**Who's Who In The Kitchen**

**Post Potpourri Of Recipes Lets You Add Flare To Your Summer Fare!**

By Audrey C. Lodato  
Post Staff Writer

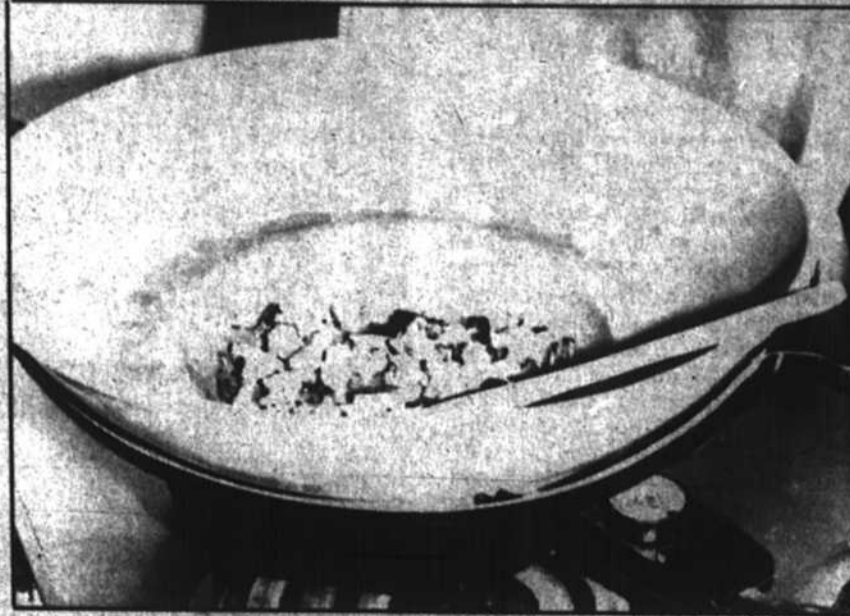
If you like food as much as I like food, and if you think variety is "the spice of life," then have we got a treat for you!

Want to dress up your ham for a summer get-together? Try "Glazed Ham and Raisin Sauce." Is homemade pizza your thing? Here's an easy-to-fix recipe with an authentic yeast crust topped with your choice of cheeses, meats, and other goodies. Like to bake something different for that family reunion? How about "7-Up Cake," made with the big "Un," and rich with sour cream? Just want a quick supper that you don't have to fuss over? Then

"Hamburger Casserole" or "Quick Stir-Fry Supper" is for you. Why spend a lot of time in the kitchen when you can be doing fun summer things, like cutting the lawn or weeding the garden? Just kidding. And for my fellow chocoholics, there's heavenly rich "Chocolate Pie Supreme."

To celebrate the Charlotte Post's eleventh anniversary under its present publisher, Post staff members got together some of their favorite recipes to share with you. (I have to admit, getting some of them to bring in their recipes was like pulling teeth!)

Hope that as you look over our offerings, you'll find something that suits your fancy.



Stir-fry a quick supper.



Top pancakes with peaches and sugar.

**GLAZED HAM AND RAISIN SAUCE**  
(For 5-lb. canned ham)  
2 cans (10 1/4) Franco-American Beef Gravy  
1/4 c. pack brown sugar  
1/2 c. raisins  
1 tsp. lemon juice  
1 tsp. grated orange rind  
Combine gravy, brown sugar and orange rind. Bake ham at 325 degrees for 1 hour; brush ham with gravy, bake 30 minutes more (18 minutes per pound). Add remaining gravy mixture, raisins and lemon juice to ham. Remain baking at 250 degrees for 20 minutes. Slice and serve.  
Makes 8 to 10 servings.  
—Deborah Wilson

**7-UP CAKE**  
5 Tbsp. whipped margarine  
2 c. sugar  
8 oz. sour cream  
1/4 c. vegetable oil  
2 tsp. lemon extract  
4 eggs  
1/4 tsp. salt  
2 tsp. baking powder  
3 c. cake flour  
1/2 c. 7-Up  
Mix first six ingredients until well blended. Add next three and blend lightly. Add 7-Up and mix. Do not beat batter for more than 3 minutes total. Bake at 325 for about an hour. Insert toothpick to test for doneness.  
—Betty Potts

**PIZZA**  
(Makes one 14-inch pizza.)  
Crust:  
1 3/4 c. plain flour  
1 pkg. yeast  
1/2 tsp. salt  
1/2 c. warm water  
Sauce:  
1 (8 oz.) can tomato sauce  
1/2 tsp. oregano  
1 tsp. salt  
1/2 tsp. pepper  
1/4 tsp. thyme  
1/2 tsp. basil  
Toppings:  
Mozzarella cheese  
Ground beef, sausage, Canadian Bacon, or pepperoni.  
Onions  
Mushrooms  
Green pepper  
Dissolve yeast in warm water. Pour into flour and mix to form stiff dough. Add more water if too dry. Knead on floured board for a few minutes. Roll to fit pan. Add seasonings to tomato sauce. Pour onto dough and spread out evenly. Layer mozzarella cheese over sauce. Add any other toppings desired. Sprinkle top with Parmesan cheese. Bake at 425 for 20 min.  
—Janice Dalton

**SPINACH CASSEROLE**  
3 (10 oz.) pkgs. chopped spinach  
1 envelope dried onion soup mix  
2 c. sour cream  
1 c. herb-seasoned stuffing mix  
2 Tbsp. melted butter  
Cook spinach. Drain. Add soup mix and cream. Put into greased 1 1/2 quart casserole. Top with stuffing and drizzle with butter. Bake at 400 degrees for 15-20 minutes. Yields 8 to 10 servings.  
—Jackquelyn Carr

**CHOCOLATE PIE SUPREME**  
1 pie crust, baked and cooled  
1 can sweetened condensed milk  
2 (1 oz.) squares unsweetened chocolate  
1/2 c. hot water  
1/2 tsp. vanilla  
1 c. heavy cream, whipped  
1 (8 oz.) container frozen whipped topping, thawed  
1 c. confectioners sugar  
In top of double broiler, cook milk and chocolate over boiling water, stirring constantly until mixture thickens. Gradually stir in water. Continue to cook until mixture thickens again (2-5 min.), stirring constantly. Remove from heat and stir in vanilla. Cool to room temperature. Fold in whipped cream and pour into prepared crust. Chill. When ready to serve, combine whipped topping and sugar. Spread over pie. If desired, garnish with nuts.  
—Michael Hill

**CHICKEN CASSEROLE**  
1 chicken, cooked and boned  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 can evaporated milk  
1 pkg. Pepperidge Farm Herb Seasoned Dressing  
1 1/2 c. broth  
2 Tbsp. margarine  
In butter casserole dish, layer chicken. Mix soups and milk and heat together, but do not scald. Pour over chicken. Cover with dry dressing crumbs and gently push crumbs into soup mixture with spoon. Heat broth and margarine; spoon over casserole. Bake 30 minutes at 350 degrees.  
—Danny Roper



Smothered in cheese, pizza is great for a hearty meal. Any leftovers make a great snack, even cold!

**PANCAKES 'N PEACHES**  
Peel and cut into large chunks 2-3 peaches. Add water (just enough to cover) and bring to boil; turn down and simmer. Meanwhile, prepare your favorite pancake batter, adding a dash of nutmeg. By the time your pancakes are cooked, peaches should be soft. Mash coarsely. Spread over pancakes and top with a sprinkle of powdered sugar.  
—Audrey Lodato

God said, "The getting of treasures by a lying tongue is a vanity tossed to and fro of them that seek death. The robbery of the wicked shall destroy them; because they refuse to do judgment."  
Proverbs 21:6 & 7

**COCONUT CAKE**  
1 pkg. yellow cake mix  
1 pkg. coconut  
1 tsp. coconut flavoring  
2/3 c. evaporated milk  
1/2 c. confectioners sugar  
1 tsp. vanilla  
1 tsp. coconut flavoring  
Whipped cream or whipped topping  
Mix cake according to package directions. Mix in coconut and flavoring. Bake in greased and floured 13x9x2-inch pan at 350 for 20-25 minutes. Meanwhile, in a 2-cup measure, mix evaporated milk, sugar, enough water to bring up to 2 cups, vanilla, and coconut flavoring. When cake is baked, remove from oven and pierce with toothpick. Pour mixture over cake. Allow to cool. Top with whipped cream or whipped topping. Sprinkle with coconut.  
—James Deese

**HAMBURGER CASSEROLE**  
1 lb. ground beef  
1 pk. of grated cheese  
1 can Durkee French Fried Onions  
2 c. prepared mashed potatoes  
1 can of tomato soup  
1 can string beans  
Salt and pepper to taste  
Brown ground beef in pan. Drain. Add water, soup and green beans. Salt and pepper to taste. Pour mixture in casserole dish. Next take mashed potatoes and 1/2 can of the French Fried Onions and mix together. Place the mixture on the edge of the casserole making a mound. Cook uncovered at 350 degrees for 25 minutes. Remove from oven and sprinkle cheese and remaining onions on top of potato mound. Place back in oven, covered for five minutes.  
—Loretta Manago

**QUICK STIR-FRY SUPPER**  
(Amounts depend on how many are eating.) Slice beef into thin strips, about 1 1/2 inches long. Slice onions. To hot oil in wok, add onions and grated ginger root. (A ginger root will stay in the freezer forever); Stir lightly. Add meat, stirring til brown. Add about a cup of frozen green peas and any other leftover vegetables you have. Add a dash of salt and pepper. Cover and let simmer 1-2 minutes, til heated through.  
—Audrey Lodato

**BARGAIN HOUSE APPLIANCES**  
"Our Name Says It All!"  
\$89 UP • WASHERS  
\$89 UP • DRYERS  
• STOVES  
• REFRIGERATORS  
• AIR CONDITIONERS  
• COLOR TELEVISIONS  
FREE DELIVERY  
90 DAY FULL WARRANTY  
Cleanest Selection Anywhere!  
509 E. 36th ST.  
SALES AND SERVICE  
332-2411

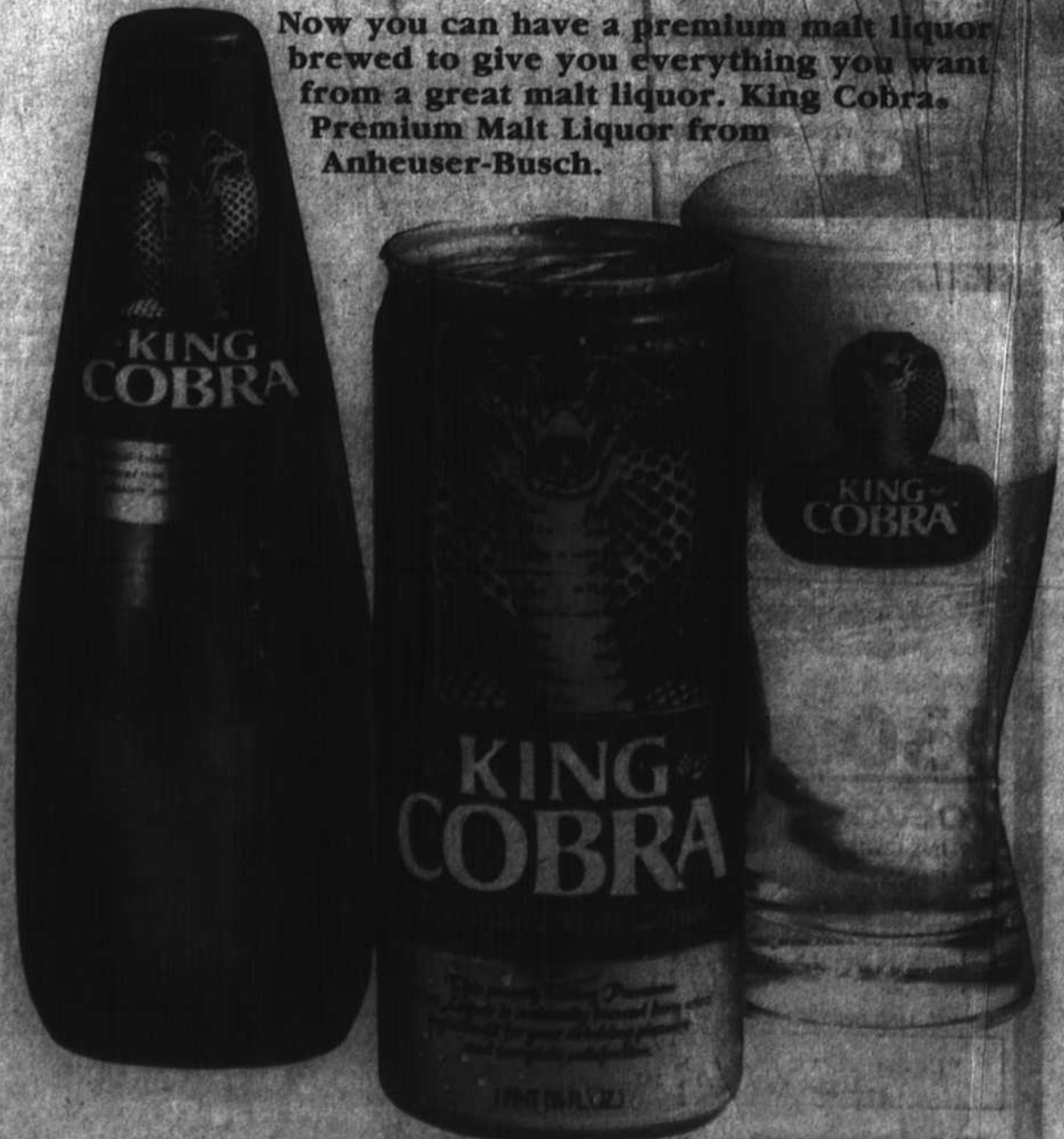
**What Role Do Vitamins Play?**  
Today, most people know vitamins are important, though they may not understand what it is they do. Dr. Dee Graham, director of technology development for Del Monte Corporation, offers these insights into the role of vitamins:  
— Vitamin A is one of the chemicals used in the eye's sensing mechanism that helps convert light into messages to the brain. It is found primarily in butter fat and leafy green vegetables. Deficiencies can cause night blindness, even total blindness. Vitamin A is soluble in fat. Excess vitamin A is stored in the body. Too much of it over several weeks can cause liver damage.  
— Vitamin B-1, or thiamine, helps in the process of supplying energy the body needs for muscular movement or nerve transmission. A deficiency can cause Beriberi, a form of paralysis. Meats, liver, and whole grain cereals are good sources of this vitamin.  
— Vitamin B-2, riboflavin, helps synthesize energy rich material in the body to get oxygen to cells, and may retard the formation of cataracts. Good food sources are meats, including liver, milk, and eggs.  
— Vitamin B-6 may help maintain normal emotional health, increase energy levels and improve resistance to stress. Deficiencies can result in depression, extreme nervousness, lethargy and water retention. Good food sources are salmon, beef, chicken liver, white-meat chicken, and brown rice.  
— Vitamin B-12 promotes healthy skin, and helps in the formulation of hemoglobin in the blood.

**HOT CHICKEN SALAD**  
Mix the following ingredients and pour into a greased casserole:  
1 c. diced, cooked chicken  
1 c. diced celery  
1/2 c. mayonnaise  
1 can mushroom soup  
2 hardcooked eggs, diced  
Dash of Worcestershire sauce  
Dash of Tabasco sauce  
1/2 c. slivered almonds  
Top With:  
Bread crumbs or crushed crackers  
Pats of butter over crumbs  
Sprinkle of slivered almonds  
Bake at 350 til bubbly, about 20 minutes.  
—Dannette Galtner

**APPLE FROST SPICE MUFFINS**  
2 sticks margarine  
1 1/2 or 2 c. sugar  
2 eggs  
1 tsp. vanilla  
4 c. flour  
1 tsp. cloves  
2 tsp. allspice  
3 tsp. cinnamon  
1 (16 oz.) can of apple sauce  
2 tsp. baking soda  
Cream margarine and sugar; add eggs and vanilla, then add dry ingredients. Combine apple sauce and baking soda (add this last). Blend with wooden spoon. Bake in greased muffin pan at 400 degrees 12-15 minutes. Note: this mix keeps in the refrigerator for one to six weeks.  
—Teresa Simmons

**Bartlett Pears Complement Bulgur Salad**  
Subtly sweet in flavor and wonderfully light and refreshing, canned Bartlett pears are the perfect accompaniment to a savory bulgar and chicken salad.  
Easily prepared, the nutty cracked wheat bulgar is cooked in chicken broth, then cooled to room temperature and combined with cooked chicken or turkey, bright green pepper, green onions and parsley and a flavorful Lemon Vinaigrette Dressing. To serve, simply arrange on individual plates and garnish with juicy canned Bartlett pears.  
**PEAR BULGAR SALAD**  
2 c. chicken broth  
1 can (28 oz.) pears, drained  
1 c. cracked wheat bulgar  
1 c. (4 oz.) cooked and shredded chicken or turkey  
1/2 c. chopped green pepper  
1/4 c. chopped green onions  
2 Tbsp. chopped parsley  
Lemon Vinaigrette Dressing  
Parsley sprigs  
Bring chicken broth to boil in saucepan; add bulgar. Reduce heat to simmer; cover and cook 15 minutes or until liquid is absorbed and bulgar is tender. Cool to room temperature. Combine cooked bulgar, chicken, pepper, green onions, parsley and Lemon Vinaigrette Dressing. Arrange mixture on pear halves. Garnish with parsley. Makes 4 servings.  
Lemon Vinaigrette Dressing: Combine 2 tablespoons each lemon juice and vinegar, 2 teaspoons sugar, 1/2 teaspoon grated lemon peel and dash pepper. Makes about 1/4 cup.

**The bite that's right!**



Now you can have a premium malt liquor brewed to give you everything you want from a great malt liquor. King Cobra. Premium Malt Liquor from Anheuser-Busch.

From Anheuser-Busch  
ST. LOUIS, MO.