

Who's Who In The Kitchen

Sharon Adams Excels As Paralegal, Rodeo Rider And Apple Pie Baker

By Audrey C. Ledato
Post Staff Writer

If you ever have occasion to visit the office of Charlotte attorney Edmond Johnson, you'll probably come face to face with a real live rodeo rider.

She's also a paralegal, secretary, and mother of two.

Sharon Adams was born in Amarillo, Texas. Because both parents were professional wrestlers, the family moved around a lot before settling in Charlotte 15 years ago.

The family's travels, as well as her father's Greek heritage, contributed to Sharon's experienced palate and culinary versatility. "I'll eat anything but liver," she laughs. "Mexican, Italian, Greek, Chinese, Indian—I'll eat it all."

"I was exposed to many different cultures," she relates. "My grandfather had a Greek restaurant and my mother can cook any kind of food. I like to try new recipes that catch my eye—the wilder-sounding, the better."

Having lived in Texas and Oklahoma, among other places, Sharon always wanted a horse as a youngster. It wasn't until the family settled in Charlotte, however, that she began to ride in earnest.

The stable she frequented was rodeo-oriented, and Sharon, with her competitive nature, soon followed suit. Her love for horses, she confesses, "kept me out of a whole lot of trouble. Friends were out doing dope while I was in the barn with my horse."

Presently a member of the Southern Rodeo Association, Sharon competes in barrel racing, goat tying, and team roping. Barrel racing involves riding her horse in a clover-leaf pattern around barrels. In goat

tying, she wrestles with an animal weighing at least 125 pounds.

"These aren't your average, every day pet goats," she reveals.

In the team roping competition, Sharon is a "heeler," that is, she ropes the steer's hind end while someone else ropes the front.

Hearing Sharon talk about rodeoing, one would think she was speaking Greek! "We have our own little language," she admits.

Both her children—Lindsay, three, and Justin, six—have already learned to ride. And Sharon's boss, she says, bought his daughters a horse for Christmas.

Sharon enjoys her work as a paralegal, which involves research and investigative work. She likes meeting people and the fact that "each case is so unique." And when she and her boss are involved in a personal injury suit, "Sometimes I feel like the guy who delivered the check on 'The Millionaire.' It makes me feel good when someone gets a chance to get ahead."

Eventually Sharon hopes to go to law school. With her children still so young, though, it would be difficult to go away to school in the near future. "Law has always intrigued me," she says, "and Mr. Johnson encourages me to think along these lines."

The rodeo rider has nothing but praise for her employer. "I've never had a better boss," she exclaims. "He likes to help people. He feels he's been blessed and he likes to bless everybody else."

Sharon and her children live on Beatties Ford Road with her mother, stepfather, and a baby cousin. Sharon has a brother who is a year younger than she.

Her love of animals extends beyond horses. She keeps five dogs, two cats, three rabbits, three

horses, and a pony.

Here, Sharon shares with Post readers several of her favorite recipes. "I amazed myself the first time I made the apple pie," she admits. "It comes out looking just like a picture." And even her stepfather, she laughs, a strictly meat-and-potatoes man, likes her tacos.

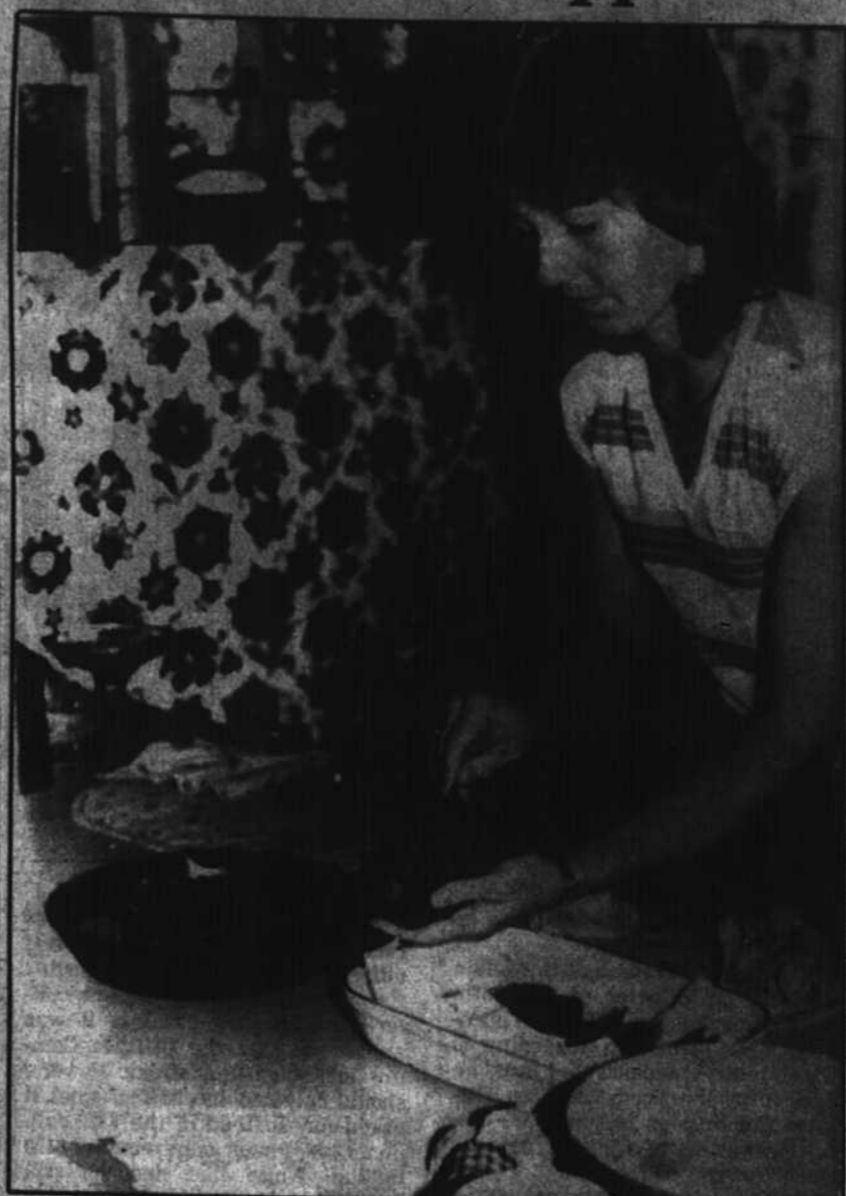
APPLE PIE
(Sharon adapted this pie from the "Better Homes and Gardens New Cook Book".)

Crust
3 c. all purpose flour
1 tsp. salt
1 c. shortening
8-10 T. cold water

Cut shortening into sifted flour and salt with pastry blender till pieces are the size of small peas. Make a well in the center and gradually add water, working it in as you would for bread dough. Knead. Divide in half and roll out to fit pie pan.

Filling
6-7 apples, pared and sliced (Sharon prefers Yellow Delicious.)
¼-1 c. sugar
2 Tbsp. flour
1 tsp. cinnamon
Dash salt
Water
2-3 Tbsp. butter

Place apple slices on pie crust in pan. Combine sugar, flour, cinnamon, and salt, and add just enough water to make a paste. Dab paste between apples. Then dot with butter. Place rolled out top crust over pie, crimp edges, and slash to allow steam to escape. Bake at 400 about 50 minutes.



Sharon fills taco shells for tasty Mexican style supper.

TACOS
1 lb. ground beef
1 pkg. taco seasoning
1 (6 oz.) can tomato paste
Corn tortillas
2 large tomatoes, chopped
8 oz. cheddar, grated
1 head lettuce, shredded
1 large onion, chopped
Olives, chopped (optional)
Hot sauce (optional)

Brown beef in skillet. Drain fat. Add tomato paste, seasoning, and enough water so consistency is like thick sauce. Simmer about 10 minutes to blend flavors. Meanwhile, in small amount of oil, fry tortillas just long enough to heat and soften. (Adams prefers "El Patio" brand, as they don't harden as they cool.) Fry on both sides. Remove from oil and drain on paper towels. Place meat mixture in center of each tortilla and fold in half, setting them side by side on platter. Each person adds remaining ingredients as desired.

NACHOS
1 (7½ oz.) bag Nacho cheese doritos
8-12 oz. cheddar, grated
Jalapeno peppers or green chilies
1-2 (9 oz.) cans picante sauce

Spread doritos on a cookie sheet. Sprinkle with cheese. Top with peppers. Bake at 350 til cheese melts, or microwave about a minute. Serve with picante sauce.

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CINNAMON ADD-A-CRUNCH

¼ c. Quaker Oats (quick or old fashioned, uncooked)
1/3 c. firmly packed brown sugar
1/3 c. butter or margarine, melted
1/3 c. wheat germ, unprocessed bran or chopped nuts, if desired
¼ tsp. cinnamon

Combine all ingredients; mix well. Cook in 10-inch skillet over medium heat, stirring constantly, 5 to 7 minutes or until golden brown. Spread onto ungreased cookie sheet to cool; store in tightly covered container in refrigerator up to 3 months. Serve as topping over fruit salad, fruit, yogurt, frozen yogurt, ice cream or pudding. Makes about 2 cups.

STARTERS' STIR-FRY

1 Tbsp. oil
1 med. green pepper, cut into thin strips
¼ lb. boneless sirloin steak or boneless chicken breasts, cut into thin strips
1 can. (8 oz.) whole water chestnuts, drained and sliced
2 envelopes Lipton Onion Cup-a-Soup
2 tsp. brown sugar
1 tsp. cornstarch
¼ tsp. ground ginger
¼ c. water
Hot cooked rice

In large skillet or wok, heat oil and cook green pepper 1 minute. Add beef and cook, stirring frequently, 2 minutes. Add water chestnuts and instant onion soup mix, sugar, cornstarch and ginger blended with water. Cook, stirring frequently, 1 minute or until sauce is thickened. Serve with hot rice. Makes 2 servings.

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