

Who's Who In The Kitchen

# Alfred Glover Learned How To Cook Through "Trial And Error" Method

By Audrey C. Lodato  
Post Staff Writer

As I drove up behind Alfred Glover's car parked in the driveway of his parents' northwest Charlotte home, a row of political bumper stickers stared back at me: D.G. Martin, Harvey Gantt, Vic Bell, and Richard Vinroot.

Hmm, I thought, I was sure Vinroot was Republican.

Well, Vinroot is a Republican and Alfred Glover doesn't let a little thing like party affiliation keep him from supporting whomever he believes to be the best candidate.

Glover strikes you as just that

kind of committed, caring person. As a "Big Brother" for about a year, Glover remarks, "I enjoy being able to communicate with a young person, being able to share my experience with him, and hopefully make a difference."

He laments the fact that "many older black males don't have time to spend with black youth." Black-on-black crime, high school dropouts, deaths, and arrests wouldn't be so frequent, he believes, if there were greater involvement between the generations.

"A lot of blacks who have 'made it' don't make the time to look back and help the ones who are less-for-

tunate," he comments. "People feel, 'I've made it on my own; you do the same.'"

This 1979 graduate of West Charlotte High School recalls his own earliest ventures in the kitchen, baking "not-too-successful" brownies. It wasn't until he joined the Navy and had his own apartment, he says, that he learned how to cook "through trial and error."

His favorites to prepare are casseroles. "They're easy, look nice, taste good, and are economical," he explains. (My sentiments exactly!) Two of the recipes he shares below are examples of his flare for the one-dish meals.

Another favorite is one his mother makes: barbecued beef ribs. This, he admits, he's afraid to try on his own. Maybe one day....

Glover's goal, he says, is "to become self-sufficient in whatever I do; to live comfortably; to leave the world a better place than I found it. I feel very strongly about that."

He believes he can help others through both politics and business. "I see a lot of people out there who need help and have been overlooked by the system." What inspires him is seeing people overcome obstacles.

Both a business finance and political science major at CPCC, Glover explains, "To me, business is politics. It's sad, but business controls politics. That's why it's hard to do anything about South Africa, because of the business interests. Reagan is affected by business interests over there; they affect his political decisions."

Glover's interest in the political process is strictly behind-the-scenes. "I've always been fascinated as to what makes a person run for office," he remarks. "As a child, I worked in several campaigns passing out stickers, putting up yard signs, working at the polls."

Since his stint in the Navy he has worked on D.G. Martin's congressional campaign and now in Mayor Gantt's bid for reelection. "I feel that if more politicians were of the caliber of Harvey Gantt and D. G. Martin, there'd be a whole lot more people involved." He describes their campaigns as "clean, fun, above-board, encompassing the whole



Young activist digs into chicken casserole.

## Stuff Your Tomatoes!

Big, juicy, red tomatoes are ripe for the picking - either from your own backyard or at your nearby supermarket. Americans have been having a love affair with tomatoes for generations. And the French, who first called it the pomme d'amour-love apple-have created hundreds of recipes to pay homage to this forever-fashionable fruit.

The simplest preparation is oftentimes the best, like the classic French Salade de Tomates. It consists of sliced fresh tomatoes sauced with a vinaigrette-made from French olive oil, red wine vinegar and minced garlic-and sprinkled with minced onion and Herbes de Provence.

Another quick but more substantial presentation is the French Baked Tomato-a fine treat for a light lunch or first course. Choose among your favorite French cheeses for the stuffing. Try Saint-Paulin for a mild, buttery taste; a chevre (French goat's milk cheese) for a little tang; or a firmer cheese like a French gruyere-for a rich, nutlike flavor.

### FRENCH BAKED TOMATOES

(Makes 6 servings)

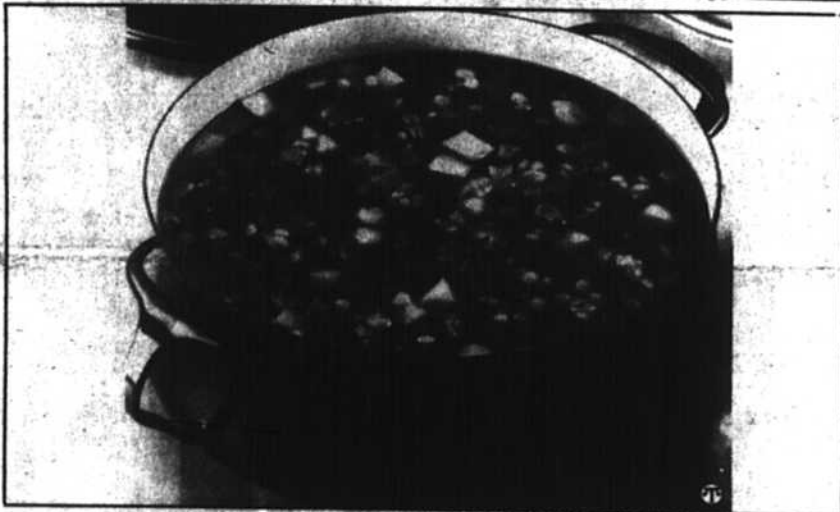
- 6 firm tomatoes
- 1 1/2 c. French biscotte crumbs
- 1/2 c. melted butter
- 1 c. crumbled or diced French cheese (gruyere, chevre or



### Saint Paulin

- 1/2 c. minced celery, with leaves
- 2 garlic cloves, minced
- 1 tsp. each crushed basil and marjoram
- 1 Tbsp. chopped French shallots

Slice tops from tomatoes. Scoop out pulp and remove seeds. Invert onto paper towels and drain. Chop tomato pulp into small bowl and combine with remaining ingredients, stirring until well blended. Place tomatoes cut side up in baking pan. Stuff tomatoes with cheese mixture. Bake in preheated 350 F. oven until tomatoes are tender, about 20 minutes.



Garden Barley Soup

## Garden Meals Easy, Wholesome

A gardener's greatest concern this year may be how to use up all of summer's gracious bounty. But before you resort to door-to-door vegetable peddling, try your hand at some easy, wholesome barley and garden vegetable meals.

By teaming barley with fresh vegetables, you can prepare whole grain meals, rich in protein, thiamin, niacin, phosphorous and iron from barley, and many natural vitamins from popular garden vegetables. Tomatoes, for example, are a very good source of vitamin C.

Flavorful dishes like Garden Barley Soup and Southwestern Style

Barley Bake use plenty of summer vegetables that are sure to be readily available for gardeners and non-gardeners alike. Since summer is traditionally a "best buy" time for many fruits and vegetables, you can easily serve these two dishes with store-bought produce. And barley makes good economical sense all year round, with its low cost-per-serving and high nutritional value.

Traditionally a whole grain associated with hearty soups and stews, barley has experienced a recent surge in popularity. Consumer recipe requests for barley continually outrank those for any other product of The Quaker Oats Company, including oats.

### GARDEN BARLEY SOUP

- 1 can (46 oz.) tomato juice
- 1 can (10 3/4 oz.) condensed beef broth
- 1/3 c. Quaker Scotch Brand Pearled Barley (+)
- 2 c. coarsely chopped zucchini or peeled eggplant
- 1 c. chopped tomato
- 1/2 c. chopped onion
- 1/2 c. chopped green pepper
- 2 Tbsp. sugar
- 2 or 3 tsp. Worcestershire sauce
- 1 bay leaf
- 1/2 tsp. thyme leaves, crushed
- 1/4 tsp. salt

In 4-qt. saucepan or Dutch oven, combine tomato juice, broth and barley. Bring to a boil; reduce heat. Cover; simmer 40 minutes, stirring occasionally. Add remaining ingredients. Cover; simmer 15 to 20 minutes or until barley and vegetables are tender, stirring occasionally. Makes about nine 1-cup servings.

Note: Or substitute 1/2 cup Quaker Scotch Brand Quick Pearled Barley. In 4-qt. saucepan or Dutch oven, combine all ingredients. Bring to a boil; reduce heat. Cover; simmer 15 to 20 minutes or until barley is tender, stirring occasionally.

### SOUTHWESTERN STYLE BARLEY BAKE

- 1 lb. ground beef
- 1/3 c. chopped onion
- 1 can (15 oz.) tomato sauce
- 1 c. water
- 1/2 c. Quaker Scotch Brand Pearled Barley
- 1/4 c. sliced ripe olives
- 1/2 tsp. sugar
- 1/2 tsp. chili powder
- 1 c. (4 oz.) shredded cheddar cheese, optional
- Chopped tomato
- Sliced avocado

Heat oven to 350 F. Brown ground beef and onion; drain. Add tomato sauce, water, barley, olives, sugar and chili powder; mix well. Spread into 11x7-inch glass baking dish. Cover tightly with aluminum foil. Bake 50 to 60 minutes or until barley is tender. Stir; sprinkle with cheese. Cover; let stand 2 to 3 minutes or until cheese is melted. Garnish with tomato, avocado and additional olives, if desired. Makes 6 servings.

Note: To substitute two-thirds cup Quaker Scotch Brand Quick Pearled Barley, decrease baking time to 45 minutes. Proceed as recipe directs.

For additional delicious barley recipes from The Quaker Kitchen, send your name and address to: Quaker's Best Barley Recipes, 231 South Green St., Fifth Floor, Chicago, Ill. 60607.

### SHRIMP THERMIDOR EN CASSEROLE

- 1 c. regular long-grain rice
- 6 Tbsp. butter or margarine
- 1 lb. shelled and deveined shrimp
- 1 c. thinly sliced celery
- 1/4 c. all purpose flour
- 1 c. half-and-half
- Dash seasoned pepper
- 1/2 c. shredded cheddar

Cook and drain rice. Place in 2 1/2 qt. casserole and keep warm. Meanwhile, in 10-inch skillet over medium high heat, melt butter

and cook shrimp and celery, stirring about 3 minutes or til shrimps are pink. With slotted spoon, remove about 6 shrimp; set aside for garnish. Reduce heat to medium; stir in flour, blending well. Gradually stir in half-and-half and seasonings, stirring constantly to avoid lumps, til mixture is thickened. Spoon shrimp mixture over rice in casserole. Sprinkle with cheese and garnish with reserved shrimp. Bake in preheated 450 oven about 5 minutes or til cheese is melted and hot. Makes 4-5 servings.

He has no plans to run for office himself, saying he's a "nuts and bolts type person" who likes to get the job done and do the work everyone else shies away from.

Glover is a Jaycee and a member of the Young Professional Network, a group of young people who work in

the community. He is student body president at Central Piedmont Community College, and a member of Seigle Avenue Church of God, where he serves on the Usher Board. He is also employed at NCNB.

Here, Alfred Glover shares with you recipes for shrimp and chicken casseroles, and a tuna dip. Enjoy!

### CHICKEN CASSEROLE

- 2 cans Swanson White Chunk Chicken
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 c. rice, cooked
- 1 can Durkin Fried Onion Rings

Mix chicken, soups (undiluted), and rice and heat through. Top with onion rings and place under broiler til browned. Garnish with bits of pimiento if desired.

### TUNA-CREAM DIP

- 1 (16 1/2 oz.) can tuna, drained
  - 2 (3 oz.) pkgs. cream cheese, softened
  - 3 Tbsp. mayonnaise
  - 1 Tbsp. lemon juice
  - 1/4 tsp. hot pepper sauce
- Several hours ahead of time, flake tuna into medium bowl. Stir in remaining ingredients, mixing well. Cover and refrigerate. Makes about 1 1/2 cups dip.

## "YOU'VE SEEN TONY BROWN ON TV.... BUT YOU'VE NEVER HEARD HIM LIKE THIS!"

West Trade-Beatties Ford Area Merchants Association and Pepsi Cola of Charlotte embark on a **JOINT VENTURE** to bring you

TONY BROWN, Guest Speaker

Chairman, Council for Economic Development of Black Americans, a private, non-partisan, bi-racial group

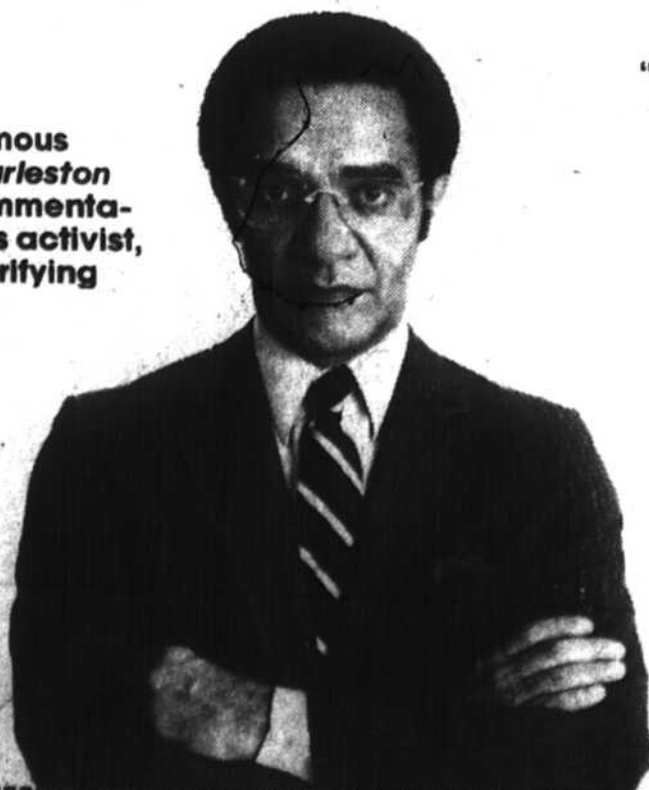
**OCTOBER 11, 1985**

**6:30 p.m. Mixer 7:30 p.m. Dinner**

**McDonald's Cafeteria**

**I-85 and Beatties Ford Road Charlotte, North Carolina**

Called "America's most famous Black journalist" by the *Charleston Gazette*, Tony Brown, TV commentator, educator and civil rights activist, also delivers over 100 electrifying speeches a year.



"Tony Brown, Whirlwind"

"Television's Civil Rights Crusader"

Mail Checks To:  
West Trade-Beatties Ford Area Merchants Association  
1929 Beatties Ford Rd.  
Charlotte, N.C. 28216

Kindly respond by Monday, September 30  
Limited Seating  
Make your reservations early.

### RESERVATION CARD

I (We) shall attend the West Trade-Beatties Ford Area Merchants Association and Pepsi Cola of Charlotte's Joint Venture on October 11, 1985 at McDonald's Cafeteria.

Enclosed is my check for \$ \_\_\_\_\_  
Please reserve \_\_\_\_\_ Tables of 10 at \$250  
Please reserve \_\_\_\_\_ Places at \$25

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone Number \_\_\_\_\_

Checks should be made payable to West Trade-Beatties Ford Area Merchants Association. For clarification, please call (704) 392-9394 between 8:00 and 5:00. R.S.V.P.

**America's Most Famous Black Journalist**