



Trio of chefs stir up favorite concoctions

By **RACHEL ORR**
Assistant University Editor

The theory of evolution applies to cooking, at least in the minds of three UNC students.

Senior Carmen Maye, a journalism major from Wingate, junior Michelle Loyd and sophomore Patti Hardee, both business majors from Fayetteville, say their culinary creations have evolved through experimentation.

The three apartment-mates began cooking and recipe-creating together after they moved into Foxcroft Apartments at the beginning of the summer. A visit to their apartment at dinnertime reveals that besides creativity, the team incorporates laughter and good times with their food preparation.

Loyd explained the system as she stirred vegetables simmering on the stovetop: "Usually two of us cook. We let the other one clean."

"I always try to cook because I don't like to clean," she said with a smile.

The 30-plus packages of Ramen Pride noodles stacked on the pantry floor give visitors a clue about the trio's favorite foods.

"We do love Oriental food," Maye said.

Their favorite concoction is a dish they created this summer called Carolina Stir Fry.

Carolina Stir Fry, a medley of lemon juice-marinated broccoli, onion, chicken and Oriental sauces, isn't

really a stir fry because the ingredients aren't cooked in fat. To vary the taste of the dish, the trio substitutes and/or adds other meats and vegetables.

"We started this because we were on diets together," Loyd said. Carolina Stir Fry is nutritious and low in calories and fat.

Usually Maye fixes Rice-a-Roni to accompany the dish.

"I never ate Rice-a-Roni until I moved into the apartment," Maye said. "Now I eat it almost every night — that or macaroni and cheese."

To finish off a meal of Carolina Stir Fry and rice, the trio regularly whips up an adapted recipe of Loyd's mother's chocolate chip cookies.

This super-rich recipe evolved when Maye, Loyd and Hardee were baking several batches to give as gifts during the summer.

"It went from cookies to cake cookies to goosh cookies," Hardee said as she swiped a bite of raw cookie dough.

"Goosh cookies" are produced by removing the dough from the oven after the egg has had time to cook but while the middle is still gooey.

Hardee, who is a raw cookie-dough fan, usually takes charge of preparing the batter.

But the other two have to keep an eye on Hardee if they want to share in eating the cookies, Loyd said. "Patti eats half the dough before we put it in the oven."

Although one batch of chocolate chips makes 16 hefty servings, Loyd said they are usually eaten within 12 hours after removal from the oven.

Six cookies are eaten for dessert, several more are eaten as study snacks and the ones left the next day are eaten as breakfast bars, Loyd said.

CAROLINA STIR FRY

4 boneless chicken breasts, cut into bite-size pieces
3-4 tablespoons Lea & Perrins White Wine Worcestershire Sauce
1 bunch fresh broccoli
lemon juice
1 medium onion, separated into rings
1/4 cup water
1 small can water chestnuts, drained
1 small can bamboo shoots, drained
pepper
teriyaki sauce (optional)
soy sauce (optional)

Coat chicken pieces in white wine

sauce, set aside.

Separate broccoli flowers from stalks; discard stalks. Cover broccoli flowers in lemon juice and sprinkle pepper on onions to taste.

Combine the broccoli and juice, onion, water chestnuts, bamboo shoots and water. Cook in a skillet or wok over medium-high heat. Cover vegetables; stir occasionally to ensure even cooking.

After vegetables have cooked until tender (about 10 minutes), add chicken. Continue cooking until meat is just done. Pour in teriyaki and/or soy sauce to taste and stir well.

Yield: Serves four to six. When accompanied by plain rice and divided into four servings, a Carolina Stir Fry meal has about 380 calories.

Note: Other vegetables and meats such as shrimp or steak can be substituted or added to the recipe.

CHOCOLATE CHIP COOKIES

2 sticks butter, melted
1 cup sugar
3/4 cup brown sugar
2 eggs
1 teaspoon vanilla
2 cups self-rising flour
12 oz. chocolate chips, room temperature

Stir dry ingredients together. Add butter, egg, vanilla and chocolate chips; mix thoroughly. Spread dough in 9- by 13-inch cake pan. Cook in a 350-degree, preheated oven for 20 minutes.

Yield: 16 large servings, about 300 calories each.

Note: The cookies' gooey texture will be lost if they're allowed to cook much longer than 20 minutes.

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