



## Creative Cooking From The Herald's Kitchen

Now is the time to indulge in this year's generous supply of fragrant, late summer peaches.

Eaten out-of-hand or in a special dessert tart, these plump, juicy fresh fruits are full of natural sweetness. When shopping for fresh peaches at the supermarket, look for fully mature fruit with a yellow ground color, rosy blush, and a general absence of greenness, according to the United Fresh Fruit and Vegetable Association.

Hold fresh peaches at room temperature until soft enough to eat then refrigerate and use as soon as possible.

Little Peach Tarts made in their own shells which are made with cream cheese, combine fresh peaches with delicious blueberries. The fruit is baked in the shell. These are perfect family company fare.

### Little Peach Tarts

#### Pastry

2 cups sifted all-purpose flour  
1/2 teaspoon salt  
1 tablespoon grated fresh lemon rind  
Two thirds cup cold butter  
12 oz. cream cheese

In large bowl mix flour, salt and lemon rind. Cut in butter and cream cheese. Knead very lightly until dough holds together. Chill until firm enough to handle. Roll out and cut into 12 five-inch circles. Line muffin tins or tart shells with dough.

#### Filling

1/2 cup sugar  
4 1/2 teaspoons flour  
1/8 teaspoon cinnamon  
1/8 teaspoon salt  
1 pint blueberries, washed and sliced  
6 fresh peaches, peeled and sliced  
1/4 cup butter  
In bowl, mix sugar, flour, cinnamon, and salt. Add

blueberries and peaches; toss lightly to mix well. Spoon into baked tart shells. Dot with butter. Bake in 400-degree oven 20 to 30 minutes, or until pastry is brown. Serve with icecream or whipped cream. Makes 12 tarts.

French Peach Tart is a classic dessert, the kind served in the picturesque, sidewalk cafes and country inns of France. This traditional creation calls for flaky pastry, a brandy flavored custard base, and a sunburst display of fresh peaches in a current glaze.

### French Peach Tart

#### Pastry

2 cups sifted all-purpose flour  
6 tablespoons sugar  
1/8 teaspoon salt  
5 tablespoons butter or margarine  
2 tablespoons shortening  
1 egg  
1 teaspoon water  
1/2 teaspoon vanilla

#### Filling

1/2 cup sugar  
3 tablespoons cornstarch  
2 tablespoons flour  
1/8 teaspoon salt  
1 1/4 cups milk  
2 egg yolks, slightly beaten  
1 tablespoon vanilla  
1 teaspoon brandy

For pastry mix together flour, sugar, and salt. Rub in butter and shortening with fingers until mixture resembles coarse oatmeal flakes. In another bowl beat egg with water and vanilla and pour all at once over

flour mixture; mix lightly with fork. Form into ball and chill until firm enough to handle. Roll into 10-inch circle and place in 9-inch tart pan, pressing dough over side and bottom of pan. Chill, then bake at 375

degrees 15 minutes or until lightly browned. Cool.

To make filling mix together sugar, cornstarch, flour and salt in medium saucepan. Gradually stir in milk. Place over low heat and

cook, stirring constantly until mixture thickens, about 20 minutes. Remove from heat and stir a little of the hot mixture into egg yolks, pour yolks back into saucepan and cook two minutes, stirring. Re-

move from heat and stir in butter, vanilla and brandy. Chill two hours.

**Peaches and Glaze**  
3 tablespoons currant jelly  
1 tablespoon fresh lemon juice  
1 teaspoon brandy

5 large peaches, peeled and sliced

In a small saucepan, melt currant jelly, add lemon juice and brandy; stir until smooth. Cool slightly. Spread cooled filling over

baked tart shell. Dip peach slices in currant jelly glaze and arrange in spiral over custard. Pour remaining glaze over peaches and chill at least one hour. Serves eight.



Tie a small knot at the end of each shoelace after lacing a child's shoe. The child won't be able to lose his laces.



**PEACH DESSERTS**—Sweet juicy fresh peaches star in these two versions of dessert tarts. In the foreground, peaches and blueberries are baked in individual tart shells. The French Tart in the background serves glazed peaches in a pretty sunburst display.

### Hunt Interview To Be Televised

A half-hour taped interview with Lt. Gov. Jim Hunt will be aired over the University of North Carolina television network Friday at 7 P.M.

The show will be shown statewide on all public television channels.

Hunt, a Democratic candidate for governor, was interviewed by Dick Hatch, news director for WUNC; Gail Harris, reporter for

WBTB in Charlotte; and Jim Shumaker, a columnist for the Charlotte Observer.

The program is one in a series on all candidates for governor, and lieutenant governor.

### CARD OF THANKS

I would like to thank the nurses at Chowan Hospital and Dr. Hardin for their kindness to me while I was in the hospital. Also I would like to thank my friends for the cards, flowers and gifts.

Mrs. Julia Edwards

*Ruminate*, meaning "to think" actually means "to chew the cud" from the Latin word meaning from the throat.

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**August 17, 1976**

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Wednesday.....9 A. M. 'Til 1 P. M.  
Thursday.....9 A. M. 'Til 2 P. M.  
Friday.....9 A. M. 'Til 1 P. M. 3 P. M. 'Til 6 P. M.

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