



THINK IRISH — When March 17 comes prepare a dinner to do Paddy proud. Serve traditional corned beef, naturally, but serve it the modern way. Make it the oven-roasted variety along with vegetables that bake right in the same oven.

Creative Cooking From The Chowan Herald Kitchen

For sure St. Patrick's Day was meant for honoring a man of God, but leave it to the fun loving Irish to include a whole lot of merrymaking in the day.

But there's no wonder this is a holiday for hoopla. There are a staggering number of Irish descendants in this nation. There are said to be over 25 million and on March 17 everyone's out for a celebration.

With so many Irish living in America the cuisine of the Emerald Isle has become part of the American tradition. Mention Irish cookery and corned beef and cabbage comes to mind. But lets us add a new accent to the traditional St. Patrick's Day menu this year by serving corned beef with a bright vegetable casserole topped with mustard sauce. Begin the holiday dinner with Cup O' Potato Soup or cook new potatoes alongside the corned beef for ease and variety. Be sure to use

corned beef for oven roasting which has been made tender through special processing. This lean, oven-style corned beef that is tender and juicy comes in either the mild cure or with garlic and spices. Because of this tenderized corned beef you may cook the vegetables right along in the same oven the last hour of roasting. If you enjoy custom, cabbage may be given a new look. Cut half a head into wedges and simmer in salted water 15 minutes. Transfer the wedges to a shallow dish and pour a cup of Italian salad dressing over the cabbage. Marinate in the refrigerator while the rest of the dinner bakes and serve as a salad.

Mustard Sauced Vegetable Casserole combines Brussels Sprouts and carrots. The vegetables are baked with a tangy mustard sauce at the same oven temperature as the corned beef. The light yellow mustard sauce not

only adds zip to the vegetables but creates a colorful accent dish for the corned beef dinner.

Mustard Sauced Vegetable Casserole
1 lb. (about four cups) Brussels sprouts
5 to 6 carrots, scraped and cut in two-inch lengths
2 tablespoons butter or margarine
2 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1½ cups milk
2 tablespoons prepared mustard
1 tablespoon chopped chives, frozen or fresh
½ cup coarsely crushed cracker crumbs
2 tablespoons melted butter

Cook Brussels sprouts and carrots in boiling water about 15 minutes. Drain and place in casserole. Melt two tablespoons butter in small, heavy saucepan over low heat. Stir in flour, salt and pepper until smooth. Gradually stir in milk. Cook,

stirring constantly, until thickened and smooth. Stir in mustard and chives, mixing well. Pour over vegetables. Toss cracker crumbs with two tablespoons melted butter and sprinkle over top. Place in 325 degree oven 20 to 25 minutes, or until vegetables are tender. Serve with oven roasted corned beef.

Cup O' Potato Soup
½ cup mashed potatoes
1 cup beef broth or bouillon
1 tablespoon butter or margarine
1 teaspoon finely diced onion
½ teaspoon white pepper
1 cup half and half
¼ cup shredded mild cheese
Chopped parsley
Blend mashed potatoes into broth. Add butter, onion and pepper. Bring to a boil. Simmer five minutes. Add cream and cheese. Heat to serving temperature; do not boil. Serve in soup cups topped with chopped parsley.

Of course you will pass Irish Soda Bread.

Irish Soda Bread
6 tablespoons shortening
2 cups sifted flour
¾ teaspoon baking soda
½ teaspoon baking powder
¾ teaspoon salt
1 tablespoon sugar
1 tablespoon caraway seeds
¾ cup buttermilk
Sift into a large bowl, flour, baking soda, baking powder, salt and sugar. Cut shortening into flour mixture until consistency of coarse cornmeal. Mix in caraway seeds. Gradually add buttermilk. Knead and shape into a ball. Place in a well greased loaf pan or eight-inch oven proof skillet. Cut a cross in the top, brush with milk. Bake at 375 degrees 40 to 50 minutes. Makes one loaf.

Our suggestion for dessert would be Coffee-Mint Parfait. You can layer your own parfait just so it is green.

For just pure healthful indulgence try a crispy green salad. How about Emeralds and Oranges Toss, brimming with shiny vitamin C from fresh citrus.

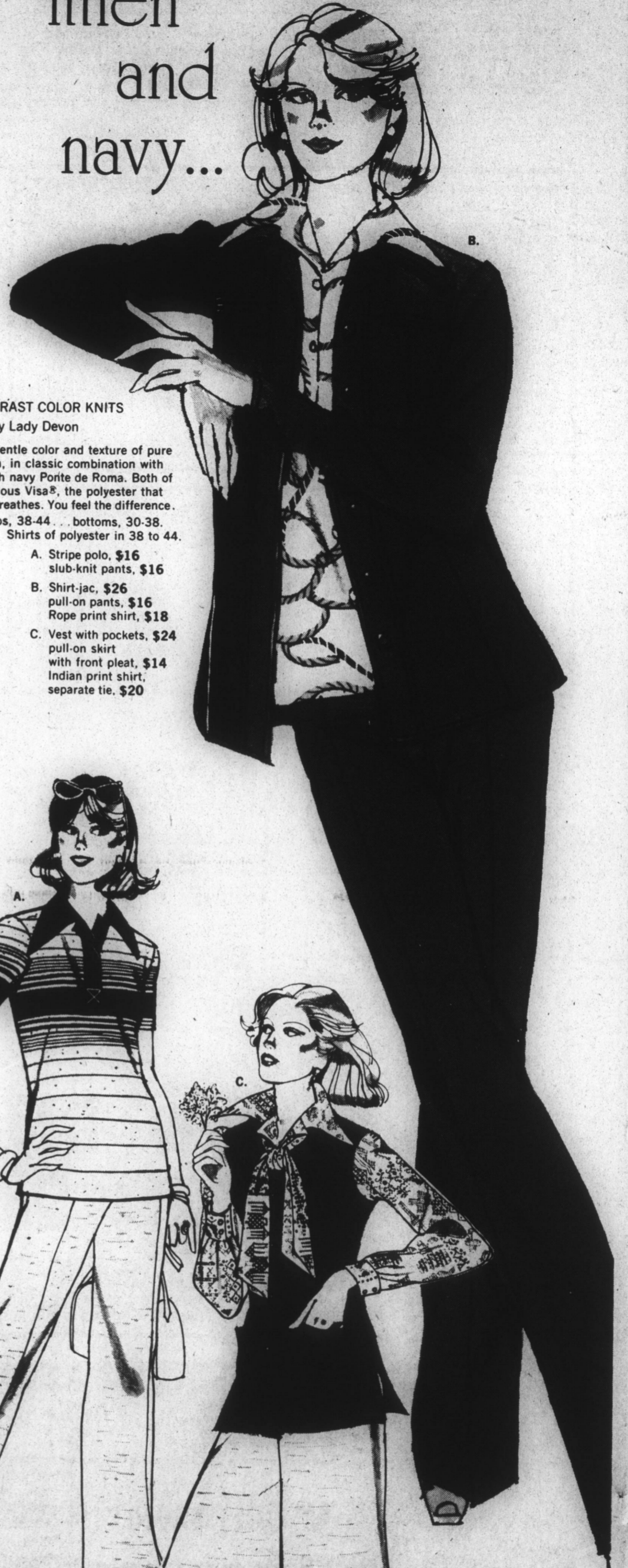
Emeralds and Oranges Toss
1 pkg. (10 oz.) fresh spinach, washed and drained
1 can (4 oz.) sliced mushrooms, drained
1 can (5 oz.) water chestnuts, drained and diced
4 oranges, sectioned
¼ cup salad oil
2 tablespoons vinegar
2 tablespoons fresh orange juice
1 tablespoon soy sauce
¼ teaspoon Tabasco
¼ teaspoon salt
¼ teaspoon dry mustard
¼ cup crumbled cooked bacon

Coarsely tear spinach into large salad bowl. Add drained mushrooms, diced water chestnuts and orange sections. Mix oil, vinegar, orange juice, soy sauce, Tabasco, salt and dry mustard. Toss with spinach mixture. Sprinkle crumbled bacon over salad. Serves six.

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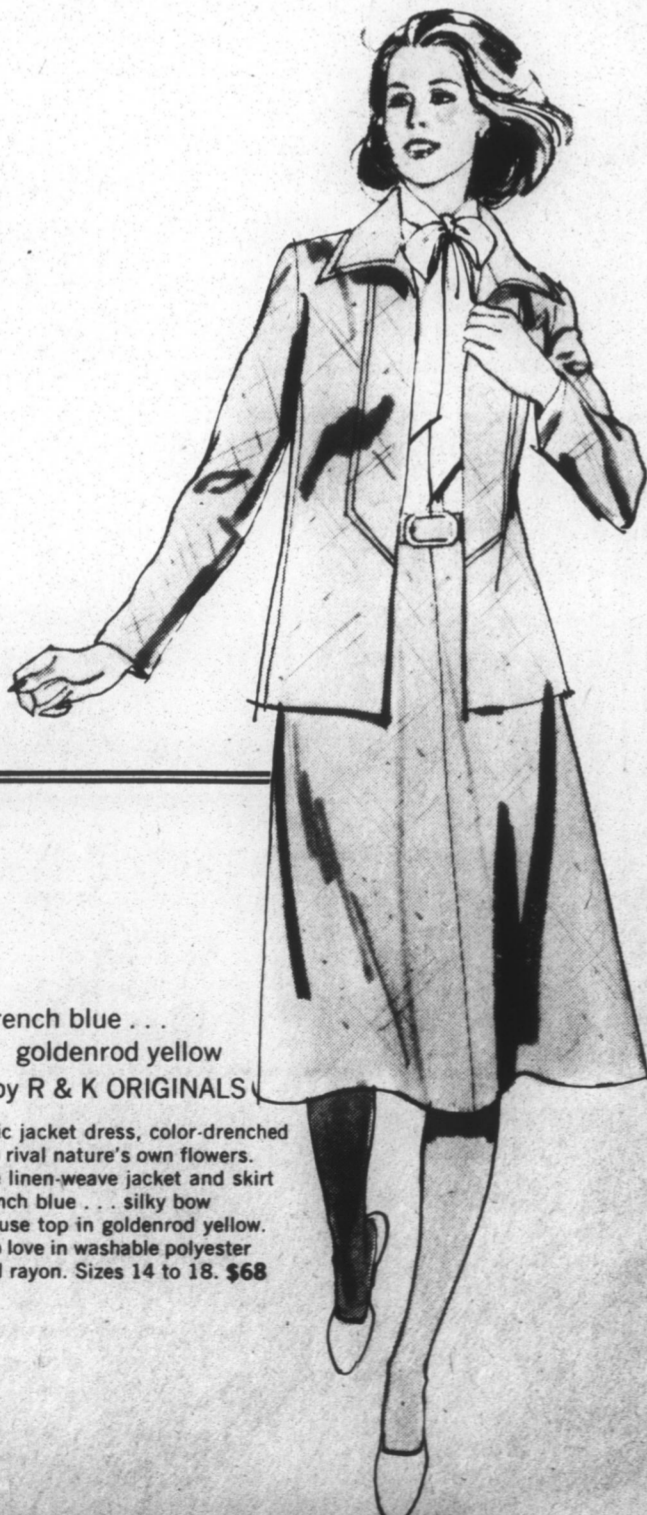
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