

# Creative Cooking From The Kitchen Of The Chowan Herald

By Mildred Huskins  
The delights of Oriental cooking are not as familiar to most American households as the cuisine of some other nations. But there's something mysterious about preparing the dishes of China, Japan or Korea. Recipes are simple and uncomplicated. No special equipment is

needed. And most ingredients are already on hand or readily available. Chicken, a staple in this country's diet since the days of the earliest settlers, has long been important in Oriental dining, too. Chicken is mentioned in Chinese scrolls dating back to 1,400 B.C. The National Broiler

Council has created two recipes which give chicken an Oriental flair. One is a new idea for the grill and the other, a novel party treat. Both chicken and Oriental cookery have special appeal for today's calorie-conscious Americans. They're low in fat content. Chicken, an important

source of protein and other essential nutrients, has fewer calories than most other meats. And Oriental cookery doesn't raise the count with rich condiments; sauces are light, designed to enhance not disguise or enrich the flavor of the ingredients.

Busy cooks especially welcome the time-saving techniques of Oriental cookery. Food is most often cut uniformly into bite-size pieces which cook quickly. One-dish meals with chicken and vegetables cooked together in the easy stir-fry method not only shorten cooking time but cut down on clean-up too. And grilling is a favorite with the Japanese, who use the hibachi for warming appetizers, broiler foods and

as a heat source to cook at the table.

When you introduce your family to Oriental cooking, just remember that to Oriental cooks, appearance is almost as important as flavor. Serving dishes vary from ornate porcelain to rustic pottery so you probably already own some to set the proper mood. Enhance them with bamboo mats or a brocade table runner and decorate the table with chrysanthemums, fruit tree blossoms, fresh fruit or leaves. For added adventure, try using chopsticks. It's fun.

**Oriental Mustard Chicken**  
4-6 broiler-fryer chicken quarters  
1/4 cup soy sauce  
2 tablespoons prepared

mustard  
2 tablespoons brown sugar  
2 tablespoons vinegar  
Brush all sides of chicken quarters with soy sauce; pour remaining soy sauce over chicken in shallow dish. Marinate in refrigerator at least 30 minutes. Remove chicken, reserve soy sauce. Place chicken on grill, skin side down for approximately 15 minutes. In a small saucepan mix mustard, brown sugar, vinegar and remaining soy sauce; bring to boil. Turn chicken; grill for 15 minutes before basting with mustard sauce. Generously baste for additional 30 minutes or until done. To test for doneness; Pierce leg-thigh joint with fork, when juices run clear, grilling is complete. Serves

four.  
**Little Legs Tempura**  
8-10 broiler-fryer chicken wings  
1/2 cup gingerale  
1 egg, well beaten  
1/2 cup plain flour  
1 teaspoon soy sauce  
1 teaspoon salt  
1 cup vegetable oil  
Remove tips from each chicken wing. Cut remainder of wing into two parts. Mix gingerale, flour, egg, soy sauce, and salt very quickly with as few strokes as possible. Dip each wing part in batter. Heat oil in large skillet. Fry "little legs" in hot oil for 8 to 10 minutes, turning often to brown evenly. Serve hot with sweet 'n sour sauce, Oriental mustard or chutney. Serves 16 to 20. Usually an Oriental

dinner does not call for dessert but there are always those around who don't feel completely fed unless dessert is coming up. Chocolate mousse is an elegant dessert, and when topped with a smooth peanut butter sauce, it is doubly delicious.

Mousse is a French word that means "froth." Egg whites are whipped until they form stiff peaks. Melted chocolate and vanilla go into the yolks and then the chocolate mixture is folded into the egg whites. The frothy mixture is turned into individual molds to chill for several hours. This "do ahead" dessert is convenient and delightful for a busy hostess. The sauce can also be prepared ahead of

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**ORIENTAL STYLE** — Chicken goes Oriental when marinated with an easy soy-mustard sauce and grilled on an hibachi. Introduce your family to Oriental style cooking.

## THE CHOWAN HERALD

SECTION-B

Edenton, North Carolina, Thursday, June 16, 1977

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### It's Never Too Late To Learn

In school, as kids, many of us were given lessons on the heart and the circulation system of the blood. How many can remember now what a ventricle is? Is it important any way? Well, we tend to take our

hearts pretty much for granted, unless something goes wrong. Yet, of the two of us, you and I, one of us will die from some form of heart disease.

More knowledge could help prevent much of the premature death and disability from heart diseases. What is the heart all about? What goes on in there? How does a healthy heart function and what kinds of things go wrong? Are there perhaps some habits we have formed which are injuring our hearts or aggravating a condition?

For a quick lesson that could save a life, there is a booklet, "The Heart and Blood Vessels" which is available from the N. C. Heart Association. It is free

to anyone who writes to request it. There are 17 pages of facts, information and illustrations that range from the structure of the human heart to heart attack and strokes.

Want to go back to school from a few minutes in your own home? Want to relearn some valuable lessons on the heart? Write to: N. C. Heart Association, 1 Heart Circle, Chapel Hill, N. C. 27514. Ask for the free booklet, "The Heart and Blood Vessels".

It's never too late to learn, is it?

The Veterans Administration has changed payment procedures for persons enrolled in educational programs. Local VA offices have complete information.

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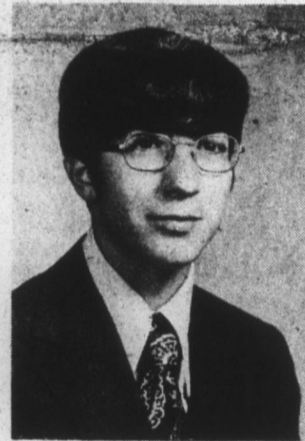
### David S. Cooke Ordained Ballard's Bridge Church

David S. Cooke, son of Rev. and Mrs. George H. Cooke, was ordained to the gospel ministry May 29 by the Ballard's Bridge Baptist Church. He has been called as minister of music and youth by the First Baptist Church in Wallace. The newly ordained minister is a graduate of Chowan High School, N.C. State University at Raleigh,

and will be a third year student at Southeastern Baptist Theological Seminary at Wake Forest, this fall.

Before going to Wallace to serve, he was minister of music at Rose of Sharon Baptist Church in Durham.

Mr. Cooke is married to the former Janet Warren of Ft. Pierce, Fla.



David Cooke

### Tickets On Sale For Boys' Home Game

Tickets are now on sale for the 15th annual Jaycees Boys Home Game which will be held July 23 at 7 P. M. in Ficklen Memorial Stadium in Greenville. The grid contest between North and South all-stars is held by N. C. Jaycees to benefit the Boy's Home at Lake Waccamaw.

Area people interested in purchasing tickets may do so by seeing members of Edenton Jaycees are at the Consumer Credit Branch of Peoples Bank & Trust Co.

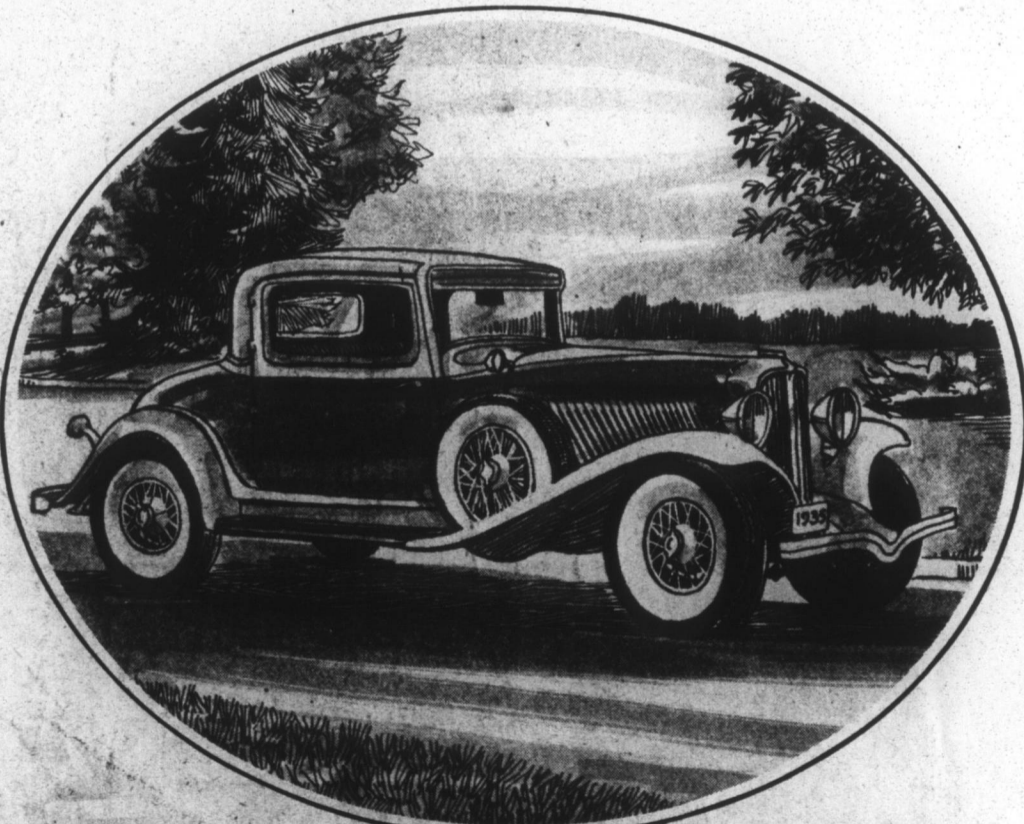
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