

From The Chowan Herald Kitchen

By Mildred Huskins

"It's simple and easy to prepare for a delicious warm weather supper or 'scheon," the first line of a release in our files said, so we looked further.

This one came from the Canned Salmon Institute. We had almost forgotten how delicious canned salmon can be. How long has it been since you tossed up a batch of old-fashioned salmon salad with hard-cooked eggs, sweet pickle relish, lemon juice and homemade mayonnaise? Maybe the high cost of a can of salmon has been partially responsible. But, a can of salmon can go a long way, and what isn't expensive these days!

This salad should be a delight for the working woman, for it can be put together in just minutes after work. Little preliminary preparation is needed, for the potatoes and eggs can be boiled while you're having your morning coffee, and the marinade can be made ahead and kept in the refrigerator, for use not only on this salad, but others as well. You can almost do this one right off the pantry shelf.

Salmon Salad Nicoise
1 can (7 3/4 oz.) salmon

4 new potatoes, peeled and cooked

1 can (16 oz.) whole green beans, drained
2 tomatoes, sliced
4 hard-cooked eggs
One-third cup chopped ripe olives
Marinade
Drain and flake salmon. Slice potatoes. Drizzle one-half cup marinade over potatoes and drained beans. Let stand 30 minutes. Layer potatoes, tomatoes and beans in salad bowl. Arrange salmon, eggs and olives around top of bowl; drizzle with remaining dressing. Serves 4.

Marinade
Two-thirds cup oil
One-third cup red wine vinegar

1 clove garlic, crushed
1 tablespoon prepared mustard
1 tablespoon chopped parsley
1 teaspoon salt
1/4 teaspoon pepper
Combine all ingredients. Mix well and chill.

Our half-dozen tomato plants are still furnishing us an adequate supply. It has been an excellent tomato crop year. It's possible to serve fresh tomatoes in dozens and hundreds of ways, raw or

cooked. They can be stuffed and baked, as an elegant Souffle Stuffed Tomato or, filled with ground beef before baking. While tomatoes are plentiful try Souffle Stuffed Tomato, as attractive as it is delicious.

Souffle Stuffed Tomato
6 small to medium-sized fresh tomatoes.

3/4 teaspoon salt, divided
1/4 teaspoon ground black pepper, divided
1 1/2 tablespoons butter or margarine
1/4 cup finely chopped onion

1 clove garlic minced
1 1/2 tablespoons flour
1/2 cup milk
2 eggs, separated
2 tablespoons finely chopped parsley

Grated Parmesan cheese

Cut a thin slice from the stem end of each tomato; scoop out pulp (save for other use); pat dry with paper towels. Sprinkle with one-fourth teaspoon of the salt and half the black pepper; set aside. In a medium saucepan melt butter. Add onion and garlic; saute for 3 minutes. Stir in flour; cook and stir one minute. Stir in milk; cook and stir until mixture boils and thickens. Remove from heat; stir in egg yolks, parsley and remaining salt and pepper; mix well. (May be prepared to this point and refrigerated. Twenty to 30

minutes before serving complete the recipe). Beat egg whites until stiff, but not dry; fold into yolk mixture. Place tomatoes in a shallow baking pan. Spoon souffle mixture into tomato shells. Sprinkle with Parmesan cheese. Bake in a preheated 375 degree oven until puffed and golden, about 20 minutes. Will hold for up to 20 minutes, if necessary before serving. Makes six. Place tomatoes in a shallow baking pan. Fill with beef mixture; top with cheese strips in criss-cross fashion. Bake at 350 degrees until hot and cheese is melted, 12 to 15 minutes. Makes six servings.

Beef Stuffed Tomatoes

6 large tomatoes
1 tablespoon salad oil
One-third cup chopped onion

1/4 cup chopped green pepper
1 lb. ground lean beef
2 teaspoons chili powder
1 1/2 teaspoons salt
2 slices American cheese, cut into 21 strips.

Cut a thin slice from stem end of each tomato and scoop out pulp. Invert shells to drain. In medium skillet heat oil. Add onion and green pepper; cook until onion is golden, about 2 minutes. Add ground beef and brown about 5 minutes; spoon off fat. Stir in chili powder and

SECTION C

Edenton, North Carolina, Thursday, August 24, 1978

SECTION C



SUPPER SALAD — Salmon Salad Nicoise is tasty and easy to prepare for warm evening dining. It comes all in one bowl. Serve with crunchy French rolls and a glass of chilled white wine.



Cookies baked with solid shortening tend to be crunchier than those made with liquid or melted shortening.

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Delegates Selected

Two hundred official delegates and 100 alternates for the October Governor's Conference on Libraries and Information Services have been selected and notified, according to H. William O'Shea, chairman of the delegate selection subcommittee of the conference advisory committee.

The conference will be held Oct. 19-21 in Raleigh's Civic Center.

Delegates from the Pettigrew Regional Library will be Katherine C. Biggers of Perquimans County; Margaret A. Griffin of Tyrrell County with Debbie Huth as an alternate; and Daisy Lee

Williams of Washington County.

The delegates, chosen from more than 1,500 nominations from citizens all over North Carolina, have been carefully balanced at all levels, including racial, geographic, socioeconomic, occupation and handicapped, to assure that the library needs of every group can be considered, O'Shea said. Guidelines state that at least two-thirds of the delegates must be lay people, not connected with libraries, with the remaining one-third library connected. All North Carolinians are welcome as observers, O'Shea added, but registration is necessary.

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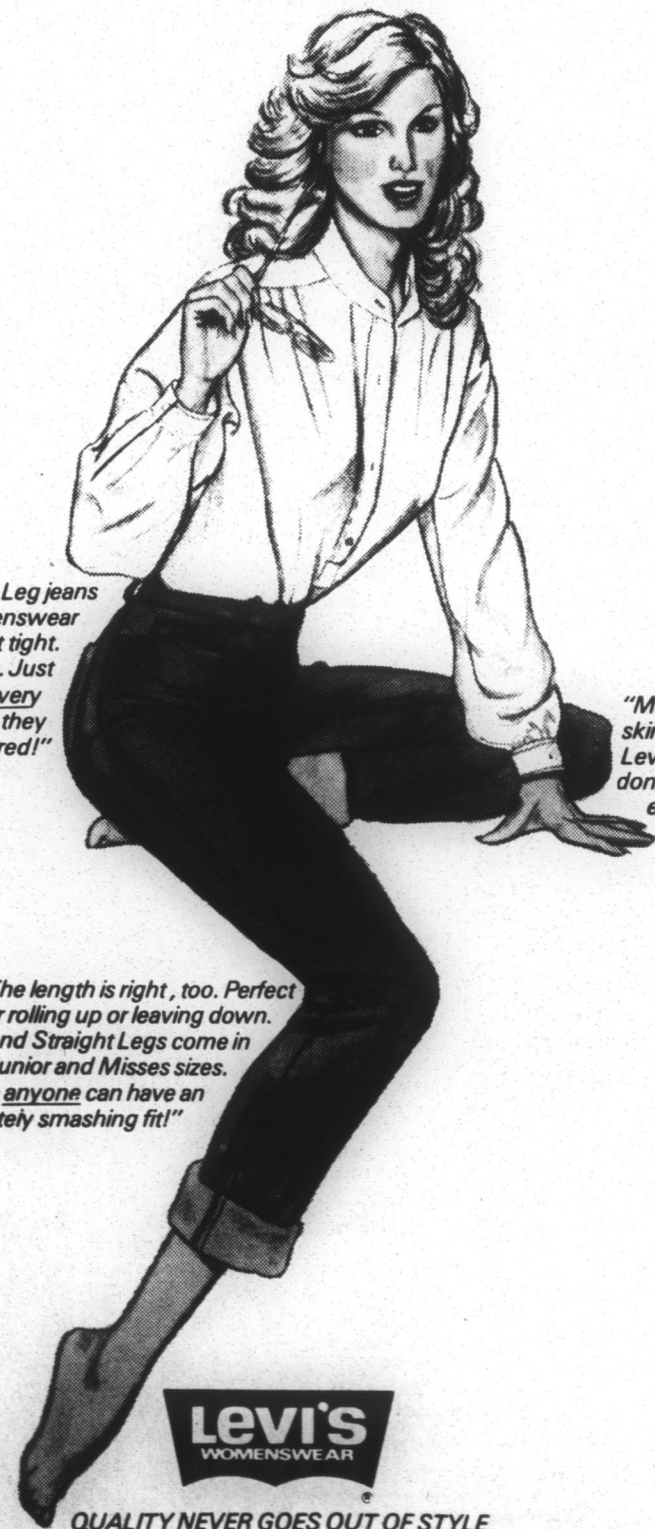
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