

# Creative Cooking From The Chowan Herald Kitchen

By Mildred Huskins

During a peaceful walk in our woods the other twilight we caught a whiff of an unusually familiar fragrance and, upon searching underfoot we found we were smashing large, plump, deep purple muscadines.

High overhead was a tangle of grapevines which had been spilling these wonderful native grapes. What a find! We made a reconnaissance and came upon another web of vines loaded with muscadines which had not ripened enough to be falling to the bed of leaves underneath. We marked the spot and last evening gathered our crop. Leaving the wine-making to more experienced hands, we decided to make our jewels into one of our favorites, grape marmalade. So, the pantry shelf now holds a nice supply of this delicious spread for our breakfast toast and to share with some special friends.

Several years ago, we received a nice gift of an assortment of goodies from Callaway Gardens, Pine Mountain, Ga., and in it we found two jars of wonderful

Muscadine Sauce which went well with meats and also made breakfast pancakes even better. The current issue of Southern Living has Mrs. Callaway's recipe for this sauce so if you find a loaded grapevine in your woods you might like to put up a batch. Here it is as it appears in the magazine.

**Muscadine Sauce**  
About 10 pounds very ripe muscadines.

9 lbs. sugar  
1 pint vinegar  
3 tablespoons ground cinnamon  
1 1/2 tablespoons ground mace  
1 1/2 tablespoons ground cloves

Wash muscadines; separate hulls and pulp. Cut hulls in half or grind in a food chopper. Add small amount of water to hulls and cook over low heat 20 to 25

minutes or until tender. (Note: We cooked our hulls in the pressure cooker at 15 lbs pressure for five minutes.) Heat pulp until seeds separate; put through a sieve or food mill to remove seeds. Combine hulls and pulp. Add remaining ingredients; bring to a boil and simmer until mixture thickens. Pack in sterilized jars and seal. Makes 13 pints.

Spicy-hot Hawaiian Pear Chutney is another gourmet item to preserve now for enjoyment in the months to come. Made with Bartlett pears now in season, this chutney will be a perfect accompaniment to curried meat or poultry, as well as a variety of other entrees.

Chopped pears, crushed pineapple and raisins simmer with vinegar and brown sugar until slightly thickened. Garlic, candied

ginger and a blend of spices accent the sweet-sour flavor. Before the chutney is ladled into jars, slivered almonds are stirred in for a crunchy texture.

**Hawaiian Pear Chutney**  
2 1/2 lbs. ripe Bartlett pears (6 or 7)

1 can (8 oz.) crushed pineapple  
1/2 cup vinegar  
1/2 cup brown sugar  
1 cup golden raisins  
2 tablespoons finely chopped candied ginger  
1 1/2 teaspoons salt  
2 cloves garlic, crushed  
1/2 teaspoon cayenne pepper

1/2 teaspoon cloves  
1/2 teaspoon cinnamon  
1/2 cup slivered almonds  
Core and chop pears; do not peel. Combine with remaining ingredients except almonds. Cook over low heat, stirring frequently, for 30 minutes, or until slightly

thickened. Stir in almonds. Ladle into sterilized jars, leaving one-half inch head space. Seal according to manufacturer's directions. Process 10 minutes in boiling water bath. Makes about 3 pints.

Having trouble inspiring those confirmed sleepyheads to wake up a few minutes earlier just to eat breakfast? No time to fix and eat breakfast? That's no excuse at all for many foods can go right from the cupboard shelf or refrigerator into a grateful tummy. They can be eaten at home or packed into plastic containers to eat on the way to school or at school. How about these?

Ready-to-eat, enriched dry cereal with fruit and milk or yogurt.

Graham crackers spread with peanut butter and honey, plus an apple and a glass of milk.

A wedge of Cheddar cheese and an apple or pear.

A bowl of sliced seasonal fruits topped with ice cream or sherbert.

Try a breakfast sundae in a shallow dish place one-

half cup high protein cereal or granola. Top with a couple scoops ice cream or frozen yogurt. Arrange a sliced peach or other fresh fruit around the base of the ice cream or yogurt. Drizzle honey over all. Sprinkle with two tablespoons crushed cereal.

For the skinnies in the family spread peanut butter on a thick slice white or raisin bread. Top with orange marmalade and banana slices. For the Fatties spread skim milk cottage cheese on a thin slice whole wheat bread. Sprinkle with cinnamon, top with orange sections.

A breakfast shake like this should please. Place four heaping teaspoons Swiss-style cocoa mix, a cup of milk, and one egg in a blender. Blend on high speed 30 seconds. Pour into a glass mug or soda glass. Add an orange slice and chopped walnuts for a special touch and added nutrients. If you don't have a blender, just use a jar with a tight-fitting lid and shake vigorously.



**AT PEACE COLLEGE RECEPTION**—Penny Powell of Edenton is greeted by Peace College president Dr. S. David Frazier at the President's Reception last month. Penny, daughter of Mr. and Mrs. Henry A. Powell of 206 North Broad Street, was one of 280 freshmen who were guests of honor at the reception in Belk Hall on campus. Bess Gardner, daughter of Mr. and Mrs. William B. Gardner, 116 West Church Street, and Fran Hollowell, daughter of Mr. and Mrs. William H. Hollowell, Jr., 6 Queen Anne Drive, are also Peace freshmen. Peace sophomores from Edenton are Lori Baker, daughter of Dr. and Mrs. Bernie Baker, 15 Queen Anne Drive; and Kim Elmore, daughter of Mrs. Barbara M. Conger, 109 West Gale Street.



**SPICY CHUTNEY**—Make spicy Hawaiian Pear Chutney while Bartlett pears are in season from now through October. Service it with your favorite curried meat or poultry.

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Senator Jesse Helms has been working to make things better for our senior citizens since his first day in the Senate. One of his major efforts has been to stop rising prices—which are a cruel tax on our senior citizens.

Jesse has introduced important legislation to balance the federal budget—the only solution to the problem of inflation. He's fought tirelessly against senseless U.S. foreign aid and other unnecessary spending.

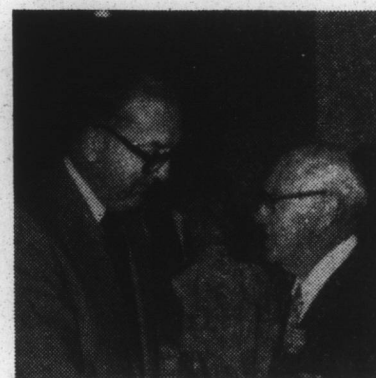
He has introduced legislation that would allow our senior citizens to work and earn incomes without loss of any social security benefits.

Jesse has supported a bill that would improve federal services to the elderly in the areas of nursing home care, legal services and housing.

Jesse Helms has introduced legislation that would provide a much-needed tax break for our elderly.

Senator Helms was inducted into the Golden Age Hall of Fame by the National Alliance of Senior Citizens because of his excellent voting record on matters of concern to the elderly.

Let's re-elect Senator Jesse Helms. Jesse needs your vote in November.



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## Counselors Attend Workshop

**GREENVILLE** — Approximately 90 high school guidance counselors participated in East Carolina University's recent Secondary School Guidance Counselors Workshop, where they met with Walter R. Jacobs Jr., associate director of the Southern Regional office of the College Board.

Representing Edenton-Chowan Schools were: Dr. Bruce McGraw, principal at John A. Holmes High School; and John Boyce of Chowan High School.

The College Board produces the Scholastic Aptitude Test (SAT) used throughout the nation as a standard for college entrance. The ECU College Board program was one of several offered at various host institutions for area counselors.

Among the topics of the workshop were College Board examinations, College Scholarship Service (CSS) financial aid programs and the National Merit Scholarship Qualifying Test.

The day's events also featured a presentation by Robert Boudreaux of the ECU Financial Aid Office, a representative of the N.C.

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