

# New Recipes From The Kitchen

By Mildred Huskins  
The turkey is long gone and most of the sweets have disappeared so it is about time for the family to yearn for something different.

Right now they probably never want to see another decorated cookie nor a casserole of left-over turkey. They've just about had it with snacks and holiday drinks.

The basket of beautiful vegetables in this photograph reminded us of the decoration on the table of a delightful British hostess who invited us to, what she called, an American buffet. Instead of fruit which was to be eaten as dessert, she had piled colorful vegetables in an artistic arrangement and provided a small cutting board and knife for her guests to slice, chop or select a whole carrot, onion, green and red peppers, scrubbed purple-top turnip, lovely fresh mushrooms, etc. However, at the end of the dinner main course, she brought out a huge bowl of fruit and cheeses, even after a choice of desserts. These were served in the drawing room with demitasse.

The interesting evening was a highlight of our recent pre-Christmas week in London. The English family had visited in Athens, Ga., and, since we were traveling with six Athenians, including our daughter, we were included. The hostess, born in Lima, Peru, was an excellent cook and not only spoke but cooked in five languages. Her husband, who was at Harvard business school with a Georgia fellow, is a native of Leeds, England, and they have two precious children, four and two.

Our charming hostess might like to include this Stuffed Flank Steak Creole among her vast number of recipes. We did not determine if she was familiar with Creole cookery. The roots of Creole cookery draw on many soils. Spaniards in the New World contributed their love of high flavor and the French lent delicacy. Blacks and Choctaws introduced new vegetables and flavorings which rapidly became indispensable to Creole cuisine.

As a result, the creole style of cooking boasts a truly cosmopolitan background, blending the old world and the New in a creative medley of flavor. I it; any wonder that the restaurants of New Orleans, Creole cookery's home town, are famous all over America?

Flank Steak Creole sets the theme for a lively, interesting menu. The typical Creole touches are all there. For irresistible taste and aroma the steak is stuffed with prepared herb seasoned stuffing. Moreover, the appearance of meat and stuffing in one slice has great eye appeal and makes Stuffed Flank Steak Creole pretty enough for special occasions as well as family meals.

**Stuffed Flank Steak Creole**  
1 flank steak (about 1 1/2 lbs.)  
1/2 cup chopped mushrooms  
1/4 cup butter or margarine  
1/2 cup chopped onion  
1 1/2 cups water

## Medics Hold Meeting

The Albemarle Area Medical Assistants held their monthly meeting December 7 at the Area Health Education Center Auditorium in Elizabeth City. The installation of officers was held at the end of the meeting.  
Ann Crews, CMA-AC, of Jacksonville, presided. She is president-elect of the N. C. State Society. Fannie King, also of Jacksonville, attended. She is first vice president of the society.  
Christeen Peele was installed as president; Helen Perry, president-elect; Mildred Stanley, vice president; Betty Forehand, secretary; and Grace Overton, treasurer.

1 pkg. herb seasoned stuffing mix  
2 tablespoons oil  
1 can (1 lb.) tomatoes, chopped  
2 tablespoons tomato paste  
1 medium clove garlic, minced  
1/4 teaspoon basil  
2 medium zucchini, sliced  
1 cup sliced green pepper  
Have butcher cut pocket in side of flank steak. Brown mushrooms in butter, add onion and cook until tender. Add water; bring to a boil and add stuffing mix, stirring to blend. Stuff into flank steak and secure with picks. Brown steak in skillet in oil. Add tomatoes, tomato paste, garlic and basil. Cover and simmer 30 minutes. Add zucchini and green pepper. Cover and cook 15 minutes or until meat and vegetables are tender. Makes four servings.

**New Year Bits and Pieces**  
Some people have a "way" with meat cookery; others are known for their touches with pastry or pie. But seldom do you hear about someone who really knows how to do things with vegetables. Well, they take on new life when they meet up with a good dressing. Prepare a package of frozen vegetables - asparagus spears, broccoli spears, cauliflower or green beans - according to package directions and drain well. Then pour one-half cup prepared Good Seasons garlic or onion salad dressing over the hot vegetable. Chill at least 3 hours. Serve on lettuce and garnish with onion rings for an interesting vegetables side salad.

Add new interest and flavor to potatoes with an envelope of onion salad dressing mix. Peel six baking potatoes and cut into quarters or thick slices. Dry on paper towel, then place in large bowl. Sprinkle with dressing mix, poured right from the envelope, and 3 slices bacon, coarsely chopped. Transfer the mixture to a shallow baking pan and bake at 425 degrees for about 45 minutes. This serves six as a tasty accompaniment to broiled chicken, fish or baked pork chops.

Try something different with chicken. Using a marinade of fruit juice, salad dressing mix and oil turns everyday chicken into a gourmet delight. Combine one-third grapefruit juice with an envelope of Italian or old fashion French salad dressing mix in a cruet or jar with a tight-fitting lid. Cover and shake well. Then add one-third cup salad oil, cover and shake again. Pour over 2 to 3 pounds frying chicken pieces, cover and let marinate in refrigerator at least 6 hours or overnight. Broil chicken about 15 minutes on each side or to desired doneness, basting occasionally. This amount makes four servings.

**What's New**  
Speaking of chicken, did you know that Holly Farms has introduced a new, "bountiful" breed of

chicken and is calling it a roaster? Weighing in at five to seven pounds, one of these larger broader-breasted chickens gives twice the meat to two average fryers. Because it is a young chicken, it needs no boiling or long, slow baking to assure a tender, juicy entrée, they say.

Green Giant is asking you to try a new product, too. The line now being introduced is called Toast Toppers. They are individual servings of popular foods in a convenient boil-in-bag pouch. There are Chicken a

la King, Gravy and Sliced Turkey, Gravy and Sliced Beef, Creamed Tuna with Peas, Sloppy Joe, Seasoned Tomato Sauce & Beef.

(Editor's Note: In our December 6 column we included a recipe for Cheese Favorites which we had not tested but which had come to us as a tested recipe. We have found it does not work well. We are sorry if you had a failure. One of our readers came up with what she described as a "greasy mess." We apologize to her especially. MH)



**CREOLE FLAVOR** — Herb seasoned stuffing with the typical Creole touches give flank steak an irresistible taste and aroma.

## Credit Cards In Mail

TARBORO — Carolina Telephone will mail its new 1980 toll credit cards to subscribers holding 1979 cards between January 2 and January 11. Toll credit cards for customers of the former Norfolk Carolina Telephone Co., now merged with Carolina Telephone, will be replaced with Carolina Telephone toll credit cards.

George T. Pate, general commercial and marketing manager with Carolina Telephone, said telephone operators will accept calls on either 1979 to 1980 credit cards through January 31. Beginning February 1, only 1980 credit card calls will be accepted.

Credit card holders who do not receive their new cards by January 15 should contact their local business offices. Subscribers who do not presently have a credit card but who would like to apply for one should also contact their local business offices.

The 1980 card numbers have been expanded from 11 to 14 characters to allow for additional customer service features and added security at a later date.



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<p><b>12 oz. Riceland Rice</b> box <b>25¢</b></p>	<p><b>16 oz. Van Camp's Pork And Beans</b> 3 cans <b>1 00</b></p>	<p><b>4 oz. Gold Medal Pure Black Pepper</b> can <b>81¢</b></p>	<p><b>12 oz. Dishwashing Liquid</b> bottle <b>39¢</b></p>
<p><b>5 lbs. Martha White Cream Flour</b> bag <b>89¢</b></p>	<p><b>With the twin pack of Sylvania light bulbs at the regular price Limit One (1) per customer</b></p>		

**FROZEN FOOD VALUES FINE WINES DOMESTIC-IMPORTED**

<p><b>10 oz. Morton Pie Shells</b> 2 pkgs. <b>99¢</b></p> <p><b>17 oz. Pepperidge Farm Golden Layer Cake</b> <b>1 59</b></p> <p><b>6 oz. Minute Maid Orange Juice</b> 2/89¢</p>	<p><b>50 FREE S&amp;H Green Stamps</b> 50 Extra Stamps With This Coupon And Purchase Of \$10.00 Or More Expires <b>1-5-80</b></p>
<p><b>White Potatoes</b> 10 lb. bag <b>89¢</b></p> <p><b>Onions</b> 3 lb. bag <b>39¢</b></p> <p><b>Carrots</b> 1 lb. bag <b>29¢</b></p> <p><b>Apples</b> 3 lb. bag <b>59¢</b></p>	<p><b>PRODUCE VALUES</b></p>