

From The Chowan Herald Kitchen: Apple Pie Variations



AWARDED BLAZER — Charles B. (Chuck) Smith, Jr., of Edenton, receives a gold blazer from East Carolina University Chancellor Thomas B. Brewer in recognition for his work as a member of the ECU Student Ambassadors. The Ambassador program is comprised of about 120 of ECU's best students who volunteer their time to help with public relations, admissions and fund raising for the university. He is the son of Mr. and Mrs. Smith, Sr. (ECU News Bureau Photo).

By Mildred Huskins
"Can she make an apple pie?" our official taster exclaimed when he came in out of the cold.

He recognized the spicy fragrance of the dessert he was to be offered for dinner. A fellow should have a favorite dessert for dinner after a snack lunch and expecting a few "planned-overs" to come.

We used N. C. cooking apples to make our sliced apple pie and went heavy on the butter, brown sugar and cinnamon. But when the plump, fresh apples are not so abundant, don't overlook canned apple pie filling for a variation of America's number one dessert. Swedish Apple Pie may become a year-around favorite at your house.

Why this delicious apple dessert is named Swedish Apple Pie is an untraceable mystery. Though its international authenticity remains unproven, its goodness is unquestioned. Perhaps the name comes from an ingenious Swedish grandmother who was simply too busy to roll out pastry crust and so she substituted a cake-like topping to apple slices baked in a pie dish.

The result defies easy classification into the usual categories of apple desserts.

Nearly \$150,000 Recovered By ESC During December

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non-fraud and 33, representing \$23,360., as fraud.

A claimant must be proven to have knowingly made a false statement on a claim for resulting overpayments to be classified as fraud cases. Non-fraud overpayments generally result from non-intentional filing errors by either the claimant or commission personnel or from claimant errors where fraudulent intent cannot be shown.

During December, 22 persons were tried in state courts for unemployment insurance fraud and 21, or 95 per cent, of them were convicted.

Of the overpayments recovered, \$33,105.54 was recovered through refunds to the commission and \$116,156.10 was recovered by withholding new benefits to claimants who had been overpaid.

It's easier to prepare than a pie with pastry crust; it's less "biscuity" than a cobbler; it's not crumbly like a crisp; it's more elegant than apple pan dowdy.

Whatever the origin, this updated version is a treat. For wholesome goodness and nutty flavor, the topping can be made with whole wheat flour.

Swedish Apple Pie
1 can (30 oz.) apple pie filling
1 cup flour (all-purpose or whole wheat or half of each)
Two-thirds cup sugar
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup (1 stick) butter or margarine

1 egg, slightly beaten
1/2 cup chopped nuts
In mixing bowl, stir together flour, sugar, baking powder, and salt. Blend in softened butter and egg, stirring to make a thick batter. Drop batter from spoon to cover pie filling which has been spread smoothly into oiled pan or pans. Sprinkle with nuts. Bake at 350 degrees for 45 minutes or until apples are bubbly and topping is nicely browned. Serve warm with a dollop of whipped topping or ice cream. (Note: This can make 2 8-inch pies; 1 deep-dish 10-inch pie; or 1 9x9x2-inch dessert. Other canned pie filling - cherry, blueberry - can be substituted for apple).

Apple Ham Casserole is a great choice for main dish one of these chilly twilights

and, if by chance you have leftover ham, it is a good use for the slivers from the bone.

Apple Ham Casserole
3 cups diced, cooked ham
2 tablespoons prepared mustard
2 cooking apples, cored and sliced
2 tablespoons lemon juice
1/2 cup firmly packed light brown sugar
1 teaspoon grated orange rind
2 tablespoons all-purpose flour

Place ham in a greased casserole; spread mustard over ham. Arrange apple slices evenly over top and sprinkle with lemon juice. Combine sugar, orange rind, and flour; mix well, sprinkle evenly over apples. Bake at 350 degrees for 35 minutes. Makes 4 servings.

There was a time when people who lived north of the Mason-Dixon line knew only of grits when a Southern relative served them. However, Baked Cheese Grits and other tasty dishes have become great favorites all over the country. This is a supper dish which could star in your meatless menus file or as a go-along with baked ham or poultry.

Baked Cheese Grits
6 cups water
2 1/2 teaspoons salt
1 1/2 cups uncooked regular grits

1/2 cup butter or margarine
4 cups (1 lb.) shredded medium sharp Cheddar cheese, divided
2 eggs, beaten

Combine water and salt; bring to boil. Stir in grits; cook until done, following package directions. Remove from heat. Add butter and 3/4 cups cheese; stir until cheese is completely melted. Add a small amount of hot grits to eggs, stirring well; stir egg mixture into remaining grits. Pour grits into a lightly greased 2 1/2 quart baking dish; sprinkle with remaining cheese. Bake at 350 degrees for 1 hour and 15 minutes or until slightly firm. Serves 6 to 8.

New Year Briefs
Carrots are good right now, especially when they're glazed with pineapple. Cut a pound of carrots into strips and cook until tender. Drain and set aside. Combine 1/4 cup firmly packed brown sugar, 3 tablespoons butter, 1/2 teaspoon each salt and grated orange peel with an 8-oz. can of drained crushed pineapple, in a skillet. Heat to boiling, then add carrots, stirring occasionally until glazed and heated through, about 5 minutes. Serves 4.

—O—
Pink Cupid Dip could be your choice for the Valentine party. Make it by

placing the following ingredients in the blender: 1 cup cottage cheese, 1 jar (16 oz.) pickled baby beets, drained and cut in half, 1/4 teaspoon prepared horseradish. Cover and blend until smooth. Cover and chill, then serve with crisp vegetable relishes. Makes 2 cups.

—O—
Pot de Creme can be instant. Just beat 1 pint

chocolate ice cream until creamy and then stir in one-third cup light cream or half and half. Gradually add 1 (4 1/2 oz.) package instant chocolate pudding and pie filling, beating until well blended, about 10 minutes. Turn into 6 individual pot de creme cups or small dessert dishes. Cover and chill until ready to serve. Garnish with a dollop of vanilla ice cream.



APPLE PIE — Swedish Apple Pie is a delicious and easy variation on America's number one dessert.

DAR Sponsors Essay Contest

The Edenton Tea Party Chapter NSDAR recently sponsored an American History Essay Contest in the Chowan County schools in grades 5, 6, 7 and 8. The subject: "A Military Leader of the Battle of Yorktown".

Two teachers, Mrs. Betty Bissette and Mrs. Connie Smart, took students on a trip to Yorktown where they learned interesting history and did research on those who are known for leadership during this battle for our independence.

February will be designated by the Daughters of the American Revolution as American History Month, and an observance by the local chapter is sponsoring the contest. The first place county winners will attend the February meeting and read their essays to the members, parents, teachers and interested friends. They will receive awards during the meeting.

Mrs. Marguerite Burch, chapter chairman, reports that 85 students from Chowan Junior High, White Oak Elementary and Swain Elementary Schools participated in the contest. The essays have been

judged by a panel of judges consisting of Mrs. George K. Mack, Mrs. Walter Abbe and Miss Mary Lee Copeland.

The first place winning essay in each grade level has been sent to the District Director, Mrs. Roger Leeper, for further recognition. Those that win in the District will be judged later on State, Divisional and National levels.

The local winners for 1981 are:

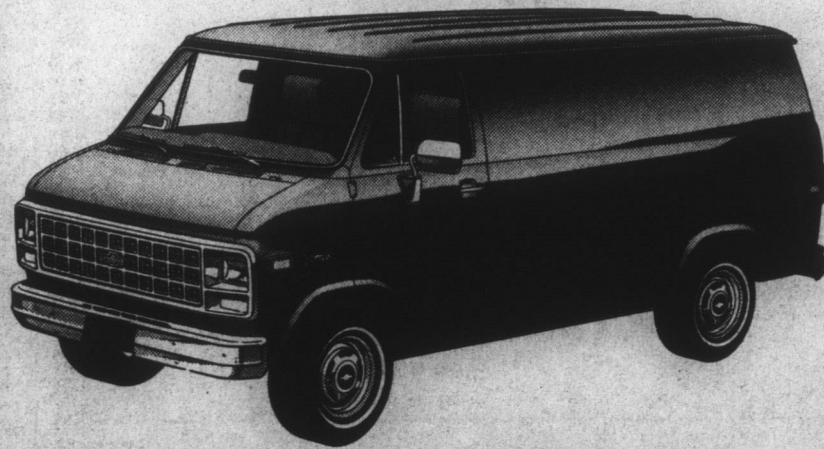
Grade 5 — First Place - Mary Copeland, White Oak Elementary; Second Place - Benjamin Calvin Hobbs, Swain Elementary; and Honorable Mention - Stephanie Creighton, Swain Elementary.

Grade 6 — First Place - Eliza Vaughan, Swain Elementary; Second Place - Jennifer Leigh Spain, Swain Elementary; and Honorable Mention - Mary Catherine Byrum, Swain Elementary.

Grade 7 — First Place - Stacie Ellen Self, Chowan Junior High; Second Place - Teresa Faye Twine, Chowan Junior High; and Honorable Mention - Donna Pippins, Chowan Junior High.

Grade 8 — First Place - Melanie Lynn Cale, Chowan Junior High.

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