

**Fun With Food**

**From The Herald Kitchen**

By MILDRED HUSKINS

There seems to be a real passion in this country for all sorts of regional cooking and it has created a renewed interest in such ingredients as corn meal which we, in the south, have always used and loved.

The essential ingredient for classic southern corn breads and hearty Italian polentas, corn meal is now the focus of many contemporary dishes. We have two one-dish dinners created by The Quaker Kitchens which feature homey corn bread topping and corn bread crust.

Picadillo Polenta Pie is a contemporary classic which begins with an Italian-style corn meal polenta "crust". The filling is a variation of Mexico's picadillo, which combines ground beef, vegetables and raisins with spicy seasoning. Pizza-Corn Bread Casserole combines pizza ingredients with an easy corn

bread topping. Easily assembled and baked, it's ready to serve in short order.

**Picadillo Polenta Pie**

- 2 3/4 cups water
- 3/4 cup enriched corn meal
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1 tablespoon margarine or butter
- 1 lb. ground beef
- 1/3 cup chopped green pepper
- 1/3 cup chopped onion
- 1 can (14 1/2-oz.) whole tomatoes, drained, cut up
- 1/3 cup barbecue sauce
- 1/3 cup stuffed green olives
- 1/3 cup raisins
- 2 tablespoons capers
- salt to taste

In large saucepan, combine water, cornmeal, garlic and 1/4 teaspoon salt; bring to boil. Reduce heat; simmer 8 to 10 minutes or until mixture is very thick, stirring occasionally. Stir in margarine. Let stand 10 minutes or until polenta is spreadable. Brown ground beef, green pepper and

onion over medium heat; drain. Add remaining ingredients. Cover; simmer 20 minutes, or until heated through. Heat oven to 375 degrees. Spread polenta evenly over bottom and sides of nine-inch pie plate; top with meat mixture. Bake 15 minutes; cover with foil. Bake an additional 10 to 15 minutes or until heated through. Let stand 5 minutes before serving. Serves 6. Note: To make ahead, prepare ground beef mixture and polenta as directed. Refrigerate separately, covered, several hours or overnight. To serve, assemble as directed. Cover; microwave on HIGH 6 to 7 minutes or until heated through or in conventional oven bake at 375 degrees 20 minutes; cover with foil. Bake an additional 20 to 25 minutes or until heated through.

**Pizza-Corn Bread Casserole**

- 1 lb. Italian sausage, casing removed
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- 1 jar (16 oz.) spaghetti sauce (2 cups)
- 1 cup (4 oz.) shredded mozzarella cheese
- 2/3 cup enriched corn meal
- 1/3 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk
- 2 tablespoons vegetable oil
- 1 egg, beaten

Heat oven to 400 degrees. Crumble sausage into skillet. Brown sausage; drain. Add green pepper and onion; cook until tender. Stir in spaghetti sauce. Spoon into 8 or 9-inch square baking pan; top with cheese. Combine dry ingredients. Add milk, oil and egg, mixing just until moistened. Pour over cheese. Bake 22 to 25 minutes or until light golden brown. Makes 6 servings.

Corn meal waffles are based on the same recipe as corn cakes, except waffles are slightly higher in the amount of oil and milk called for in the recipe. That is what makes the waffles crisp.

**Corn Meal Waffles**

- 1 egg
- 1 1/2 cups milk
- 1 1/2 cups self-rising corn meal
- 1/4 cup vegetable oil
- 2 tablespoons sugar (optional)

Preheat waffle iron. Break egg into bowl and beat. Add remaining ingredients; beat until smooth. Bake in hot waffle iron. Serve hot with butter and syrup or topped with barbecue or creamed chicken, if desired. Makes 8 waffles.

**Unit 40**

**To Meet**

By FRAN YODER

American Legion Auxiliary Unit 40 of Edenton will hold its monthly meeting Thursday, February 2 at 8 p.m. in the Legion Hall, West Queen Street Extended. All active and non-active members are urged to attend. Refreshments will be served.

The Executive meeting will be held at 7:30 p.m. the preceding evening, Wednesday, February 1. All board members must attend this meeting. Non-board members are invited to attend and may participate in all discussions.

To receive information about membership qualifications for the Auxiliary, please call the Membership Chairman, Minnie Hughes, at 482-4952, or President Susan Mench at 221-8356.

You'll find Something for Everyone in the Chowan Herald's Classifieds!

**Engagements Announced**



Jennifer Ann Hughes  
Henry Evans

**Hughes-Evans**

Mr. and Mrs. Larry S. Hughes of Merry Hill announce the engagement of their daughter, Jennifer Ann, to Henry Evans, son of Mr. and Mrs. H.G. Evans of Merry Hill.

The wedding is planned for March 4 at 2 p.m. at Capeharts Baptist Church in Merry Hill.

**Gardner-Castelloe**

Mr. and Mrs. Earl E. Gardner of Edenton announce the engagement and forthcoming marriage of their daughter, Micky Kay, to William M. Castelloe, son of Mr. and Mrs. Raymond M. Castelloe of Windsor.

The bride-elect is a 1988 graduate of Immanuel Christian School. She is employed by High's Ice Cream in Edenton.

The prospective bridegroom is a 1984 graduate of Bertie High School. He is employed by UPS of Edenton.

The wedding is planned for 1 p.m. on February 4 in the Immanuel Baptist Church.

Friends and relatives are invited to attend.

**Golden Anniversary Celebrated**

Two former residents of Edenton, Eula and Thompson Greenwood, observed their golden wedding anniversary during a family dinner at Angus Barn in Raleigh on Saturday evening, January 21.

Mrs. Greenwood, the former Eula Nixon of Hertford, coached the Edenton High

School girls' basketball team from 1938-40.

Her husband was a teacher in the public schools here. They now reside at Kittrell.

The Greenwoods were married by the Dr. C.A. Ashby (now deceased) at St. Paul's Episcopal Church, Edenton, on January 21, 1939.

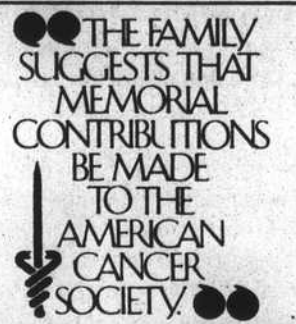
**AARP Meeting Is Scheduled**

Perquimans Chapter #4118 of the American Association of Retired Persons (AARP) will meet Monday, January 30, at the Senior Center on Grubb Street in Hertford, at 2 p.m.

Sharon Robinson of the Albemarle Commission will present a program on "Older Adult Employment Opportunities."

Interested persons from Pasquotank and Chowan

counties are invited to visit and become members.



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**THIS WEEK'S SPECIALS**

DELMONICO STEAKS <b>\$3.99</b> LB.	GWALTNEY FRANKS <b>99¢</b> 12OZ.	CAROLINA BARBECUE <b>\$1.79</b> 12OZ.
LEAN BONELESS STEW BEEF <b>\$1.89</b>	3# CAN HAMS <b>\$6.99</b> CAN	DEL MONTE SQUEEZE CATSUP <b>99¢</b> 28OZ.
DUNCAN HINES YELLOW CAKE MIX <b>93¢</b> 18 1/2 OZ.	PAM COOKING SPRAY <b>\$1.69</b> 4OZ.	FOLGER'S AUTOMATIC DRIP <b>\$2.19</b> 13OZ. BAG
KAL KAN CHUNKY BEEF <b>43¢</b> 14OZ.	POPS RITE POPCORN <b>45¢</b> 1LB. BAG	PEPSI PRODUCTS <b>\$1.09</b> 2LITER

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