

Fun With Food

From The Herald Kitchen

By MILDRED HUSKINS
Several days ago a new poster went up on our refrigerator door. It had been put there by the man of our house and it was accompanied by an ultimatum, which he delivered in person: "Start cooking with more herbs."

Well, we thought we'd been doing rather well in this line. We had sage dehydrating all over the house, mint in large sprigs on the kitchen counter ready for tea and lamb chops; we still have left from last season plenty of thyme, basil, oregano, etc. So, we went out to see why the urge to use more herbs in cooking. We found that the herb garden was about to take over the asparagus bed and the strawberry rows. The herbs were crowding out the

rest of the garden and he thought they were getting out of hand.

Summer brings the freshest of fruits and vegetables, the tastiest, most colorful and most nutritious foods we see all year. We can season this summer bounty of newly-picked produce with equally fresh herbs. Herbs are among the easiest plants to grow and are increasingly available in the supermarket. Our summer bounty includes the distinctive flavors and fragrances of fresh parsley, basil, thyme, rosemary and three kinds of mint along beside the sage bed.

Here are a few rules of thumb for using fresh herbs to perk up your summer cooking

as you cut down on salt and fat: Use two or three times the quantity of fresh herbs when substituting for dried, since their flavor is much more subtle; most cooking calls for herb leaves, but stems usually have the strongest flavor; robust herbs, including sage, sorrel, marjoram and oregano, retain their flavor even if cooked for a long time; fine herbs, such as basil, chervil, tarragon and dill, have a more delicate flavor that should be added to dishes just before serving.

Tomato Basil Platter is a healthy, no cholesterol idea for a tasty summertime salad as well as other salads.

Tomato Basil Platter

3 or 4 large ripe tomatoes, cut into slices

12 to 14 large fresh basil leaves

3 tablespoons extra virgin olive oil

1 to 2 teaspoons red wine vinegar

1 tablespoon fresh ground black pepper

1/2 teaspoon salt

Place slices of tomato alternately with basil leaves on a large platter. Whisk together olive oil, red wine vinegar, pepper, salt and sprinkle over tomatoes. Cover lightly with plastic wrap and allow to stand at room temperature for about 30 minutes before serving.

Strawberry-Scallop and Mushroom Salad

2 cups sliced fresh mushrooms

1/4 cup chopped red onion

1/4 cup vegetable oil

3 tablespoons fresh lime juice

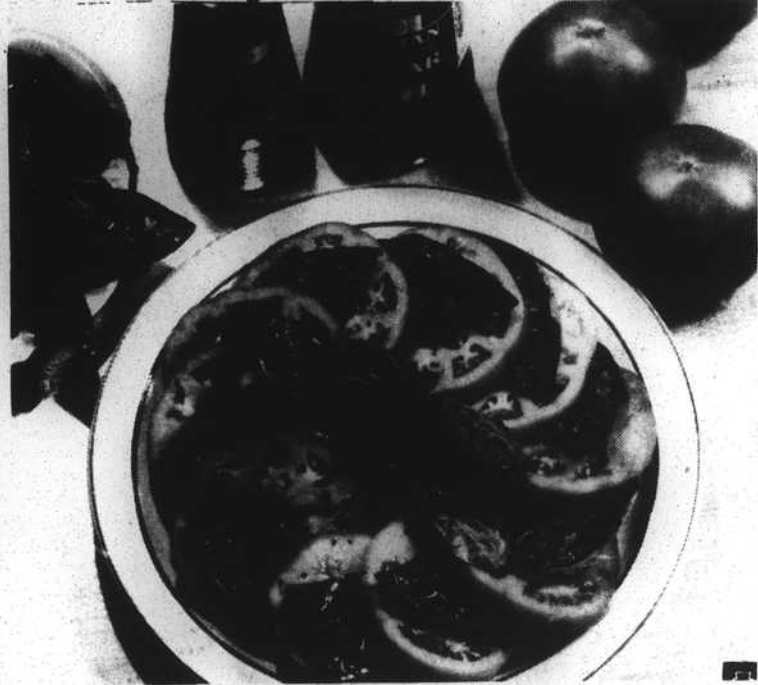
1 tablespoon minced fresh tarragon or 1 1/2 teaspoon dried

1 bunch watercress

1 1/2 cups sliced fresh strawberries

Freshly ground black pepper

Place scallops in a single layer in a microwave-safe 1 quart baking dish; cover with a damp paper towel. Cook in the microwave on HIGH for 2 to 3 minutes or until done. Remove and drain well. Add mushrooms and onion. Combine oil, lime juice and tarragon. Pour mixture over scallop combination. Cover and chill at least 20 minutes. At serving time, trim watercress and remove coarse stems. Place watercress in a large serving bowl; add chilled mixture and strawberries. Toss salad, season with pepper and serve. Makes 2 main course servings or 4 salad course servings.



SALAD DAYS -- Easy, delicious Tomato Basil Platter is a healthy, no cholesterol idea to improve ordinary everyday meals. Just visit the herb garden for some fresh basil and the first garden tomatoes.



ZACHARY KYLE HARRELL

Joanie K. and John L. Harrell III of Hertford are proud to announce the birth of their son, Zachary Kyle, in Chowan Hospital on June 8.

Maternal grandparents are Mrs. Hazel Krause of Hertford and Quinton Krause of Southern Shores.

Paternal grandparents are Mr. and Mrs. J.L. Harrell Jr. of Edenton.

CHRISTOPHER BRYAN BASS

Amanda Bass of Edenton is proud to announce the birth of her son, Christopher Bryan, in Chowan Hospital on June 26.

CYRON JOAQUIN FLETCHER

Cynthia Fletcher of Hertford is proud to announce the birth of her son, Cyron Joaquin, in Chowan Hospital on June 22.

SARAH CASEY DEWALD

David Earl and Lattie Spencer DeWald of Hertford are proud to announce the birth of their daughter, Sarah Casey, in Chowan Hospital on June 29.

Maternal grandparents are Mr. and Mrs. Eugene Spencer of Chesapeake, Va.

Paternal grandparents are Daniel F. DeWald of Elizabeth City and Edna DeWald of Virginia.

Maternal great-grandmother is Mrs. Nancy Clifton of Chesapeake, Va.

ROGER DAIL COPELAND

Roger Dail and April White Copeland of Tyner are proud to announce the birth of their son, Roger, in Chowan Hospital on June 29.

Maternal grandmother is Mrs. Phyllis A. White of Hertford.

Paternal grandparents are Mr. and Mrs. Herman Copeland of Tyner.

Maternal great-grandparents are Mr. and Mrs. Perry White of Hertford.



OPTIMISTS SUPPORT YOUTH ACTIVITIES -- On a recent Saturday, members of the Chowan-Edenton Optimist Club hosted a Fishing Derby for Kids. The event was highly successful, with approximately 30 kids turning out to take part in the event. Above, some of the participants pose with their catch. A spokesman for the Optimists said that about 400 fish were caught that day.

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V.B.S. Rally - Saturday, July 22nd at 6:00 p.m. with children doing the mini-musical "Down by the Creekbank"

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Performance Is Scheduled

The Carrolls from Roanoke Rapids will be performing at the Edenton First Assembly of God Church on Saturday, July 8, at 6 p.m.

The Carrolls have a unique way of presenting the Gospel wrapped in a song through the use of puppets. Their ministry is appealing to the young and the young at heart.

First Assembly of God invites the public to attend. The church is located on U.S. 17 South Business.

read the Herald!

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put in simple, moderately priced frames. In any case -- to borrow a phrase -- don't leave home without extra glasses.

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