

something's cooking

Mix Beans, Spice



Zesty Baked Beans is a new recipe for a family favorite -- baked beans. This recipe combines the tang of molasses, dry mustard and catsup with the natural goodness of beans.

Here is the recipe:

- 1 lb. dried beans
- 1 onion
- 1 tsp. salt
- 4 oz. salt pork, sliced
- 1/2 cup molasses
- 1/2 cup catsup
- 1 tsp. dry mustard
- 1 tsp. salt

- 1 clove garlic, crushed
- 1 Tsp. minced parsley
- 1/4 cup chopped onion

ZESTY BAKED BEANS

Wash and pick over the beans. Cover with water and soak overnight. Next day, transfer to a dutch oven and add water to just barely cover beans. Bury the whole onion in the beans and add salt. Place the pork slices on top. Bring to a boil and cook, covered, until almost tender; about 1 hr. Blend the remaining in-

gredients together making a sauce. Drain beans and reserve liquid. Remove onion and salt pork. Discard onion and reserve salt pork. Mix 1 cup bean liquid into sauce and stir into beans. Pour into a 3 quart casserole dish; put pork slices on top. Cover and bake in a 325 degree F. oven for about one and one-half hours. Remove cover; add 1/2 cup more bean liquid and bake about one-half hour uncovered. Do not overcook or beans will be mushy. Makes 10 servings.

Grapefruit

When shopping for oranges or grapefruit, look for firm fruits heavy for their size that indicate good flavor and maximum juice. Also check for fruits free of soft or mold spots to avoid spoilage and insure fresh flavor and tight fitting skins, which indicate plenty of juice.

House Warmer

What could be more welcome on a cold day than a bubbling pot of baked beans. Zesty Baked Beans combines the flavors of tangy Molasses and the snap of dry mustard & catsup with beans.

Discover Sweet Potatoes..

History records that Columbus and his shipmates discovered sweet potatoes in the West Indies years ago. Modern day people may not be as daring as Columbus but should try discovering the goodness of tasty, golden, moist sweet potatoes often called "yams" in the South.

Baked sweet potatoes have been standard fare since the days of the Pilgrims. They are traditionally a "Must" for the holiday season and the cool wintery days, but "sweets" are recognized by many people for their year-around goodness. Sweet potatoes (yams) are available in several forms, including fresh, canned, and frozen. At this season of the year the fresh ones have had time to cure and develop their special sweet taste.

According to the fruit and vegetable specialists of the North Carolina Department of Agriculture, there is a good supply of reasonably priced, high quality North Carolina sweet potatoes available. They suggest that you discover—or re-discover—not only baked sweet potatoes but also French fried sweet potatoes (prepared as for white potatoes), breads, casseroles, croquettes, pies, and all the other delicacies that can be made from sweet potatoes. If you select well-shaped, firm, bright, uniformly colored sweet potatoes you have the basis for numerous pleasant eating experiences.

A friend shared the winning recipes from a sweet potato contest and some of these follow. These family-type recipes do not indicate the number of servings.

SWEET POTATO SOUFFLE

- 3 cups cooked mashed sweet potatoes
 - 1/2 stick margarine
 - 1 cup sugar
 - 1 teaspoon vanilla
 - 1/2 teaspoon salt
 - 2 eggs
- Mix all ingredients and pour into greased baking dish. (Note: Add a little milk if mixture seems very dry.) Mix

- 1 cup coconut, 1 cup brown sugar, 1 cup chopped nuts, 1/2 stick margarine, 1/2 cup self-rising flour and pour on top of mixture. Bake at 300 degrees F. for 35 minutes or until hot and topping is lightly browned.

CAROLINA YAM TEA BREAD

- 1 cup mashed cooked yams (baked or bottled)
 - 1 teaspoon ginger
 - 3 cups plain flour
 - 1/2 teaspoon nutmeg, optional
 - 1 cup brown, sugar, packed
 - 2 eggs, beaten
 - 2 teaspoons baking powder
 - 1/4 cup fresh orange juice
 - 1 teaspoon salt
 - 2 tablespoons salad oil
 - 1 teaspoon baking soda
 - 1 cup chopped nuts
- Sift flour, sugar, baking powder, salt, soda, spices in a large bowl. Combine eggs, orange juice, and oil in small bowl; beat until well mixed. Add to dry ingredients with cold mashed potatoes and nuts. Mix well. Turn into greased 9x5x3 inch loaf pan and bake in 300 degree oven for 1 hour and 30 minutes or until cake tester comes out clean. Cool in pan 10 minutes, turn out and cool completely. Frost with confectioner's sugar glaze and sprinkle nuts on top. Best if kept overnight before eating.

SWEET POTATO ICE CREAM PIE

- 1 8" graham cracker crust
 - 1/2 teaspoon cinnamon
 - 1 pt. vanilla ice cream
 - 1/2 teaspoon cloves
 - 1 cup hot mashed sweet potatoes
 - 1 cup whipping cream
 - 1/2 cup sugar
 - Toasted chopped nuts
- Spoon softened ice cream in an even layer in bottom of pie shell. Return to freezer. Combine potatoes, spices, and sugar while potatoes are hot. Stir until sugar is dissolved. Chill. Fold in whipped cream and spread in even layer over ice cream. Freeze. Garnish with additional whipped cream and nuts.

And Tangy Turnips

Turnips originated in the temperate zone of Europe thousands of years ago and came to Virginia in 1610. They are relatively easy to grow and are frequently found in the Southern states. Even though turnips have long been a part of our heritage, there seems little information available on ways to prepare turnips. The North Carolina Department of Agriculture home economist questioned her co-workers and was surprised to learn how many would not eat this vegetable.

This dislike is hard to believe by people who find the slightly nippy flavor to be delightful. It is easy to get in a rut of serving the same vegetables repeatedly, thus the old expression to "try it, you will like it" might apply to turnips.

Turnips are easily found currently in most grocery stores. They should be heavy in relation to size, smooth and firm. They are white, turning purplish at the top. Turnips are roots and are sold bunched with or without the tops removed.

Store turnips in a very cool place or in the refrigerator until ready to use. Basic preparation includes washing, paring and slicing or dicing. Cook covered in small amount, approximately 1 inch, of boiling water for 15 minutes or until tender. Season with butter, bacon fat, salt and pepper. A small amount of sugar, a teaspoon or less, is sometimes added. Serve hot. If desired, turnips can be mashed before serving.

Raw turnips are excellent served with dips when cut into strips or grated in salads. Soups and stews are enhanced by turnips. Several additional ideas are given for preparing turnips.

BAKED TURNIPS WITH PEANUTS

- 3 cups sliced cooked turnips
- 2 teaspoons salt
- 1 medium onion, sliced
- 1/2 cup paprika

- 1 cup chopped peanuts
- Chopped parsley
- 2 tablespoons butter

Arrange cooked turnips, onion and and peanuts in well greased baking dish. Dot with butter, add salt and paprika. Bake uncovered in moderate oven (350 degrees) 15 minutes. Sprinkle with parsley. Makes 6 servings.

GRANDMA'S TURNIPS

Combine 1 1/2 cups hot, unseasoned mashed turnips, white, with 3 cups hot mashed potatoes. Season with salt, pepper and 6 tablespoons melted butter or margarine. Makes 5 servings.

Variation: Fold 1/2 cup grated process cheese into Grandma's Turnips just before serving.

TURNIP SLAW

Grate young turnips. Cover with small amount of vinegar, sugar, and water, or sweet pickle juice. Store in refrigerator until ready to serve. Drain. Add salt and pepper and correct other seasoning. Serve as one does cabbage slaw. Add grated onion, celery seed and herbs if desired.



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