

Halloween: Time both for culinary reminiscence and exploration

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Chronicle Staff Writer

"Trick or treat!"
Soon every youngster around will be knocking on doors and shouting that old war cry. I did my share of trick-or-treating, trading with my friends to get more "good" candy and to get rid of what I didn't like, but the real treat for me was always to carve our family jack-o'-lantern. This yearly ritual always followed another ritual: my careful selection of just the right pumpkin. Unlike Linus, I was not interested in a "sincere" pumpkin. I wanted a pumpkin that could be turned into a sinister jack-o'-lantern. I would drag my reluctant mother along to Vercruyse's, the local produce store, where she would patiently wait while I scrutinized every pumpkin on the lot. I always picked the largest, heaviest, orangest one I could find. After lugging it home, I would prepare to carve. No surgeon preparing to perform a delicate heart operation, no host preparing to dismember a holiday turkey, no, not even a great sculptor preparing for his next masterpiece, could possibly compare with me when I was getting ready to cut that face out of that pumpkin. My jack-'o-lanterns were never the same from year to year, since they were always inspired by the shape of the pumpkin (and, some-

times, by a slip of the knife). Tall, skinny pumpkins suggested skeletons or witches with long, hooked noses and scraggly teeth. Round ones suggested cat-like monsters with lots of teeth bared in a snarl. One thing, however, never changed from year to year: I would always carefully save, wash and roast the seeds. Nowadays, of course, I'm too old to collect candy -- I'm giving it out instead. But I still carve a pumpkin every Halloween, and I still roast the seeds afterwards. I also realize now that size doesn't mean flavor. A huge pumpkin has put all its growing energy into attaining its size, so it has very little left over for developing flavor. That doesn't matter if it's destined to become a jack-o'-lantern, but if a pumpkin is going to grace your table, choose a smaller one. (This also avoids the problem of eating pumpkin this and pumpkin that for weeks on end.)

The usual thing to do with pumpkins is to make pumpkin pie or pumpkin bread. But the pumpkin is much more versatile than that, and practically every part of it may be used.

If you can resist the fun of carving that scary face, you can use the pumpkin as its own tureen for a delicious soup or an unusual dessert. The best part is that the cleanup is easy -- just toss the empty shell away!



ROASTED PUMPKIN SEEDS

pumpkin seeds scooped from one pumpkin
salt to taste
cooking oil or olive oil, about 1/2 cup
butter or margarine

Wash seeds; pat dry with paper towels. Preheat oven to 350

degrees. While oven is preheating, pour oil onto a flat, low-sided cookie sheet or baking pan.

Pour pumpkin seeds onto pan and stir around to coat them well. Sprinkle with salt to taste (you may add more later). Put a few pats of butter on top for extra flavor.

Bake about 1/2 hour, shaking and stirring occasionally. Seeds should be crisp but not burned.

Pumpkins vary in the number of seeds they contain, so adjust cooking time and the amount of other ingredients to match the amount of seeds you have and your own taste.

These make good snacks.

You may want to spice up the seeds a bit more by using garlic salt or seasoned salt instead of plain salt. If the seeds are too greasy, drain them on a paper towel after baking.

Another thing that's fun to try (I discovered it by accident last Halloween) is making "pumpkin fries" -- just cut pieces out of the pumpkin, cut them into shapes resembling carrot sticks, oil them lightly, and bake them on the cookie sheet with the seeds until they are tender and golden brown.

THE PUMPKIN TUREEN

1 sincere, 3- to 4-pound pumpkin
1 tablespoon butter
1/4 cup finely minced onion
1 teaspoon prepared horseradish
1 teaspoon prepared mustard
1 13-ounce can low-fat evaporated milk
2 slices caraway rye bread
a few dashes each of salt, pepper, cayenne, nutmeg
1/2 cup (packed) grated Swiss cheese

Preheat oven to 350 degrees.

Prepare the pumpkin as though making a jack-o'-lantern, but stop at the point where you would normally make the face. (For those of you who have never made a jack-o'-lantern: Cut off top. Scoop out seeds and stringiness.)

Rub the pumpkin's interior with 1 tablespoon soft butter.

Add all remaining ingredients (cut the bread into little cubes first), replace the top (you may wish to put tinfoil under it in case it shrinks

a little), and place the pumpkin on a tray in the oven.

Bake until the pumpkin becomes tender (about 2 hours). Tenderness test: Remove the lid and stick a fork gently into one of the sides. You should feel scant resistance on the pumpkin's part.

To serve, scoop deeply to bring up some pumpkin pieces from sides and bottom. Makes 4 servings.

(This recipe comes from "The Enchanted Broccoli Forest," a truly delightful cookbook by Mollie Katzen. Although all the recipes are vegetarian, the book is a joy to read for anyone who loves to cook, eat or just read about food. When I first got the book, I read it from cover to cover like a novel!)

BAKED PUMPKIN

1 small pumpkin
2 cups chopped apples (peeled or unpeeled)
1 cup nuts
1 cup raisins
1/4 cup brown sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
2 tablespoons lemon juice
2 teaspoons brandy (optional)

Cut off top of pumpkin as a lid. Clean out seeds and fibers.

Mix all other ingredients and place inside pumpkin; replace lid. (If using brandy, you may wish to scant the sugar, as the brandy will add sweetness.)

Place pumpkin on cookie sheet. Bake at 350 degrees for 40 to 60 minutes or until tender. Scoop out pumpkin and apple mixture and serve with ice cream or pound cake. Makes about 8 servings.

Focus

From Page B11

who are crushed every day because they live in a house unsafe for human habitation."

He says building houses will have a definite impact on the lives of the people who live in them. "It's crucial to be brought up in a

positive environment," he says.

Eversley adds that it's important that Habitat build houses in black/white communities so as not to enforce the segregated housing trends of Winston-Salem.

"I want to challenge the black churches in the community to be involved in Habitat," says Eversley. "If we say that housing is critical in the community, we should do something about it. This is the Christian way to go."

Notebook

From Page B4

Lincoln University reached the nadir of ineptitude in its 41-0 loss to Evangel Sept. 28. The Blue Tigers gained 31 total yards and lost five fumbles....

Winston-Salem State Coach **Bill Hayes** likes to win -- and have fun. In the Rams' 46-14 triumph over North Carolina Central earlier this month, Hayes let sophomore place-kicker **Tyrone Smith** attempt a 73-yard field goal on the last play of the half. Smith, who had boomed 60-yarders in warmups, was about 20 yards short on the 73-yard. Later in the game, the Newark, N.J., product nailed a 47-yarder, a career best....

Former University of District of Columbia all-America **Earl Jones** has been traded by the Los Angeles Lakers to the San Antonio Spurs. The 7-foot Jones sat out most of last year with a broken leg and it became obvious he would be traded when the Lakers obtained veteran **Maurice Lucas** and signed rookie **A.C. Green**. The Lakers received future considerations for Jones, whom they had recently resigned. The Lakers also may try to obtain **Ralph Sampson**, who is disgruntled with Houston Coach **Bill Fitch**....

The Golden State Warriors cut guard **Eric Boyd**, who was a standout at North Carolina A&T....

Former Aggie teammate **Joe Binion** was cut by Sacramento. Binion averaged 21 points and eight rebounds for the Sarasota Stingers of the Continental Basketball Association last season....

The NFL's New Orleans Saints have released former Reynolds and Wake Forest standout **Kenny Duckett**. He was in his fourth year with the Saints....

Ken Bannister, the St. Augustine's alumnus, re-signed with the New York Knicks. Bannister averaged 6.8 points and 4.4 rebounds last season....

Calendar

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more information call Bertia Banner at 788-2693.

MONDAY, OCT. 28

First Calvary Baptist Church will hold its annual fall revival through Nov. 1; services will be at 7 every night. The evangelist for the week will be Dr. C.H. Brown, pastor of Newlight Baptist Church of Greensboro.

SUNDAY, NOV. 3

The Union Baptist Youth Missionary will sponsor the Bethel Male Chorus of Reidsville in concert at 3 p.m. at the church, 406 Northwest Blvd. For more information call Lizzie Settles at 767-8906.

Funerals

From Page B10

Funeral Directors was in charge of the funeral arrangements.

ESTHER ADALENE LASSITER

Esther Adalene Lassiter of 1007 W. 25th St. died Wednesday, Oct. 16, at her home. She was a native of Rockford, Ill., and had lived in this city for the past 50 years. She was a retired city schoolteacher and a member of Grace United Presbyterian Church, where she was an elder.

Mrs. Lassiter was a member of Zeta Phi Beta Sorority and very active in the community and her church. She is survived by one son, Charles C. Lassiter Jr., three grandchildren and other relatives.

Funeral services were held at 3 p.m. on Sunday, Oct. 20, at Grace United Presbyterian Church, with the Rev. L.V. Lassiter officiating. Burial followed in the Evergreen Cemetery. Hooper Funeral Directors was in charge of the funeral arrangements.

FRED MONROE McLAURIN

Fred Monroe McLaurin of 3565 Prospect Drive died on Thursday, Oct. 17, at Baptist Hospital. He was a native of Bennettsville, S.C., and had lived in this city for the past 59 years.

McLaurin was a retired employee of the City of Winston-Salem. He is survived by three sisters, Roberta Martin of the home, Beatrice Caldwell of High Point and Lauramer Harring of Brockton, Mass., his stepmother, Luthia McLaurin of this city, and other relatives.

Funeral services were held at 3:30 p.m. on Monday, Oct. 21, in the chapel of the Hooper Funeral Home, with Dr. Kenneth R. Williams officiating. Burial followed in the Evergreen Cemetery. Hooper Funeral Directors was in charge of the funeral arrangements.

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