

COMMUNITY FOCUS

SECTION C

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Soulful tikes



Photos by Jeri Young

Megan Mills, 7, left, and DeTaja Brannon, 9, sample the fare at Saturday's Soul Food Kick-off. Krista Bray, inset, digs into a plate of macaroni and cheese. The event was sponsored by the East Winston Heritage Library.

Kids cook up unique soul food

By JERI YOUNG
THE CHRONICLE

Nine-year-old Krista Bray entered the East Winston Heritage Library cautiously Saturday. As she made her way slowly up the steps, she turned every few minutes to look questioningly at her mom Margie Graves.

"Can we take food in the library," she whispered as the two stepped across the library's threshold.

At her mom's nod, she made her way tentatively to the circulation desk and plopped a foil-wrapped aluminum pan on the counter.

"I'm here for the contest," she whis-

pered to the librarian.

Krista was one of six children who participated in the library's first annual Soul Food Cooking Contest for Kids. The event, part of the branch's Black History Month Celebration, brought children and the parents out to sample some of the city's best soul food - kid style.

Dishes laden with cheese - lots of cheese - and that perennial kid favorite chocolate, filled two tables in the library's back room. The children competed in categories that ranged from dessert to main courses.

The prizes? Badges that declared that their dish was "most chocolatiest," "had the most raisins," or was "most

cheesiest."

For most of the contestants, Saturday marked the first time they had cooked for competition.

Krista slaved over a hot stove - grating cheese, melting butter and making sure the milk didn't boil over. Then, when her macaroni and cheese masterpiece was complete, she painstakingly wrote down the recipe and committed it to memory, "just in case the judges ask," she said.

She was nervous, she said, but confident. After all she had been cooking since she was a "little kid - at least 7."

And in addition to macaroni and cheese, she's a whiz with "bacon in a

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Children who participated in the contest, show off their hardware. Front row, Megan Mills and Cory Scales. Backrow, Brandon Mills, DeTaja Brannon and Krista Bray.

CORY'S MACARONI CASSEROLE

Ingredients:

- Box (half package) of extra wide egg noodles
- 1 large egg
- 1 cup milk
- 2 cups finely shredded Colby & Monterey Jack cheese
- 2 teaspoon garlic powder
- 2 teaspoon soul food seasoning salt
- 1 teaspoon of paprika
- 1/2 teaspoon white pepper
- 2 tablespoons butter margarine
- Butter flavored cooking spray

Boil noodles according to package directions, drain. Pour into bowl. Spray noodles with cooking spray and stir till coated. In a separate bowl mix egg with a little milk, stir till blended. Melt butter or margarine in pan, add noodles, seasoning, egg and cheese. Stir till blended. Pour mixture into pan coated with cooking spray. Place in a 350 degree oven for 10 minutes. Sprinkle paprika over top when done.



Age 9
DeTaja Brannon
Mean Greens
Boil Ham - 30 min
Clean & Cut Greens
Boil water add Greens
Pour ham broth into greens pot. Let greens cook for about 1 1/2.



Macaroni And Cheese

- 1 cup macaroni
- 1/2 cup margarine
- 1 cup milk
- 1 cup shredded cheese
- 1/2 cups of water.

Boil 1/2 cups water. Stir in macaroni. Stirring occasionally drain. Let rinse. Stir in margarine. Melt pan with macaroni, color with cheese and pour milk over and put in 350 oven for 15 minutes.

Sincerely Krista Bray