

Who's Who In The Kitchen

"Guy" Clement Has "Always Liked To Try Different Kinds Of Foods"

By Audrey C. Lodato
Post Staff Writer

Time is one thing Ginese Clement ("Guy" to those who know her) doesn't seem to have on her hands. Besides being an Inservice Assistant with the Charlotte-Mecklenburg Schools and a partner of J & G Coffee Shop at the "Y", this mother of five finds times to serve on several community boards, participate in the Charlotte Gourmet Club, read "positive thinking" literature, and go dancing.

Guy Clement was born in St. Louis, Mo., but went to live with an aunt in Mississippi when she was five. "The aunt who raised me was principal of the high school," Clement recalls. "She was late coming home all the time, and she would ask me to start dinner. That's how I learned to cook, the hard way."

A founding member of the Charlotte Gourmet Club, Clement remarks, "I've always liked to try different kinds of food, other than what I was brought up with, which was Southern cooking. I enjoy cooking, especially when I have the time," she continues. "I don't enjoy it when I'm rushing." She likes doing casseroles and entrees most.

"Everyone says I make real good cakes, but I don't enjoy that as much because there is so much involved," she relates.

When it comes to food, her husband, (Charlotte ophthalmologist, Dr. Wesley Clement) is "easy to please. My children are sometimes a little picky," she admits.

The children are Ben, 17; Wesley Jr., 15; Billy and John, nine; and Nikkie, seven. According to their mother, their favorite dessert is "Fudge Pie," which is printed below.

A member of First Baptist Church-West on Oaklawn Avenue,



Guy Clement likes to treat her children to their favorite, "Fudge Pie." It's simple to make and, oh, so good!

Clement teaches Bible school there every summer. She is also on the boards of the Mint Museum, Boystown, and NCNB Community Development. One contribution she is

very proud of is having served on the committee responsible for getting the statue of Martin Luther King in Marshall Park.

Something else Clement is proud of is being chosen as Miss Mississippi for the Miss Black America Pageant when she was 18. She explains that someone entered

her name; "I probably wouldn't have entered on my own," she comments. For the talent portion of the pageant, she performed a dance from the movie, "Gypsy." "I love to dance," she confesses. "I dance whenever I get the opportunity."

Clement majored in education and science at Southern Illinois University. Since moving to Charlotte nine years ago, she has taught at both Our Lady of Consolation School and Hidden Valley Elementary. Her present position with the School System involves providing workshops for teachers and others in jobs related to children.

Since she has had so much experience with children, both her own and her students, what is her "philosophy of raising kids?" "I try to stay very close to my children," she responds. "I try to talk to them every day about what went on that day. More than trying to give them my philosophy, I try to get them to think and to be responsible for their decisions."

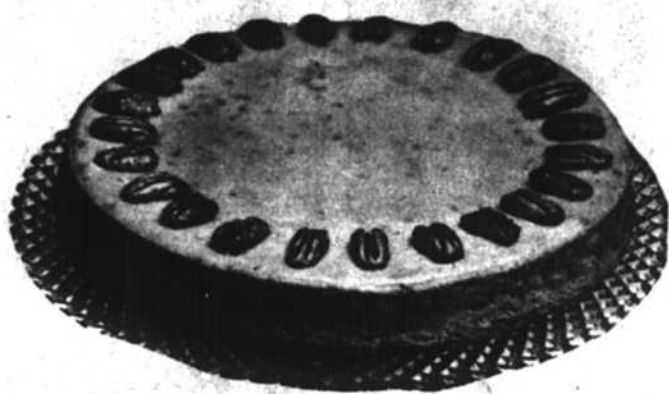
"I tell them that if there's a question about some behavior they should or shouldn't do, to always stop and think about it. If they think before they do something and then choose, even if they choose something negative, then they're willing to take the consequences for it."

According to Clement, her husband has been very supportive of her many and varied activities. In addition, "he's a tremendous father," she declares.

Her philosophy of life contributes to her involvement. "I believe in treating people the way I would like to be treated," Clement says. "I

consider myself a very religious person. I feel that nothing is possible without God in your life."

Here, Guy Clement shares with you a few of her family's favorite recipes.



Texas Praline Cheesecake

- 1 cup graham cracker crumbs
- 3 tablespoons sugar
- 3 tablespoons Parkay margarine, melted
- 1 1/2 cups packed dark brown sugar
- 2 tablespoons flour
- 3 eggs
- 1 1/2 teaspoons vanilla
- 1/2 cup finely chopped pecans
- 3 8-oz. pkgs. Philadelphia Brand cream cheese, softened

Combine crumbs, sugar and margarine; press onto bottom of 9-inch springform pan. Bake at 350°, 10 minutes. Combine cream cheese, sugar and flour; mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in vanilla; stir in pecans. Pour mixture over crust. Bake at 450°, 10 minutes. Reduce oven temperature to 250°; continue baking 30 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. Brush with maple syrup and garnish with pecan halves, if desired.

Meatless Meals Not Just For Lent

In the past, in conjunction with the observance of Lent, it was customary to relinquish all meat from your diet for 40 days. This time represented a true challenge to the home chef, who was faced with creating new menus which were exciting to the palate, as well as nutritious and filling.

Even today, with many of the dietary restrictions of Lent lessened or eliminated altogether, a menu featuring meatless dishes is still a part of the tradition of Lent, and can be an economical and healthy addition to anyone's table.

Carnevale Italiano (Little, Brown and Company) by Margaret and G. Franco Romagnoli, is true to the translation of the word "carnevale," Latin for "here we go meatless." The Romagnolis offer their readers a delicious guide to a meatless diet, that once tasted, is sure to carry over to your repertoire of recipes long after Lent has ended.

Even if you do not observe Lent, with the strong emphasis today placed on eating right, and enhancing your diet with fresh fish, fruits and vegetables (thus getting away from the red meat and animal fat), you can benefit from the nutritional guidelines set by *Carnevale Italiano*.

The Romagnolis date the beginning of Lent to somewhere around the fourth century, when the Roman Catholic Church made the renunciation of meat a strict dietary law to be adhered to during the 40 days of Lent, the 25 days of Advent, on every Friday of the year, and on many days preceding major religious holidays.

Facing the inevitability of so many meatless days, people simply adapted their menus accordingly. And long after the relaxation of these laws, these dishes still prevail as traditional favorites at Lent and all year round.

Another reason for the continued popularity of these dishes stems from the fact that meat was not always available to the majority of people, because of cost, or perhaps an actual lack of beef.

Today's economy also limits the amount of meat available to most people, and a book containing recipes of delicious meatless dishes is sure to have its place in most kitchens.

CHEESE-FILLED PEPPERS

- 6 large sweet peppers (red, green, or yellow)
- 6 tablespoons chopped fresh parsley
- 1/2 garlic clove
- 2 to 3 slices day-old Italian bread
- 1/4 cup (approximate) milk
- 1 cup grated Parmesan cheese
- 1 cup ricotta
- 1 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt, or to taste
- 1 large egg
- Olive oil
- 1 tablespoon unsalted butter

Preheat oven to 375°.

Cut off and save the tops of the peppers. Core and seed.

Finely chop together the parsley and garlic. Trim the crusts from the bread, shred it, and moisten it with enough milk to make about 1 1/2 cups of damp bread. Put the bread-milk mixture into a bowl, and add the chopped garlic and parsley, the cheeses, nutmeg, salt and the egg. Mix well, taste for salt, and add some if desired. Add enough olive oil to make a soft paste.

Fill the peppers with the cheese mixture and dot with butter. Oil the bottom of a baking dish large enough to hold the peppers close together. Put in the filled peppers, cover each one with its own top to keep the stuffing moist during baking, and drizzle a little olive oil on each.

Bake for 30 minutes (at 375°), or until

FUDGE PIE

- 2 (1 oz.) squares unsweetened chocolate
- 1/2 c. butter
- 2 eggs
- 1 c. sugar
- 1/4 c. flour
- 1 tsp. vanilla

Melt chocolate and butter over low heat. Beat eggs, sugar, flour, and vanilla together. Add chocolate mixture and blend well. Pour into greased and floured 10" pie pan. Bake in medium oven 20 minutes or until done. For variation, add nuts to mixture before baking. Serve warm or cooled, with ice cream or whipped cream. (This can also be cooked in a microwave.)

HOT 'N SPICY APPLE CIDER

- 4 c. apple cider
- 1/4 c. brown sugar
- 5-6 3" cinnamon sticks
- 3 whole cloves.

Pour cider into percolator. With remaining ingredients in percolator basket, perk 8-10 minutes. Pour into cups and garnish with cinnamon sticks. Makes 4 servings.

SHRIMP SCAMPI

- 2-3 lbs. raw shrimp in shells
 - Salt, pepper, red pepper, Tabasco to taste
 - 2 sticks margarine, melted
 - 3 med. garlic cloves, crushed
 - 1/2 c. lemon juice
 - 1/4 c. Worcestershire sauce
 - Fines herbes
 - Thin lemon slices
- Peel shrimp, leaving tail section. Cut shrimp halfway through lengthwise. Remove vein. Rinse and dry. Season with salt, pepper, red pepper, and Tabasco. Combine margarine, garlic, lemon juice, and Worcestershire, and pour over prepared shrimp. Marinate 3 hours. Place shrimp in single layer in flat pan. Sprinkle with fines herbes and garnish with lemon slices. Bake at 350 degrees for 10-15 minutes, basting several times. Don't overcook. Serve with hot bread, as the sauce is as good as the shrimp.

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