

Who's Who In The Kitchen

Joseph Loyde Calls Himself "Graduate Of School Of Self-Experience"

By Audrey C. Lodato
Post Staff Writer
Joseph Loyde, of Joseph's Food Services and Joseph's Catering, is a Bahamian-born graduate of what he likes to call the "school of self-experience."

Coming to the U.S. from Nassau as a child, Loyde admits he's been involved in the food industry "a long time" - since 1947, to be exact. "I came directly out of high school. I had a chance to further my education, but I preferred to go into foods," he reveals. As a youngster, he says he was fascinated by seeing men in windows fixing foods. "I thought it was something I'd like to do," he recollects.

His first job was in Miami Beach, washing glasses. "The chef took a liking to me," he recalls. "From him, I learned how to blanch off french fries, and then hamburgers." To gain experience, Loyde traveled around a lot and worked for many different chefs. He has cooked for famous celebrities, including Sammy Davis, Bob Hope, and Dean Martin.

In Charlotte since 1957, the caterer at first was not impressed with the Queen City. "It was a city that had nothing to show me. I didn't like it at all," he confesses. "It didn't have anything I was used to. It took me about six years to adjust. But now you couldn't pay me to leave. I call it home. I can enjoy Charlotte much better now than I did 20 years ago."

Loyde recounts that he's worked "at all the better clubs in this city." His present activities include his catering business, which he operated on a part time basis while working as director of food service at the Charlotte Athletic Club, and the coffee shop at the YWCA on E. Trade St. While catering a wedding at the "Y," he learned that the coffee shop on the premises was available and decided to acquire it.

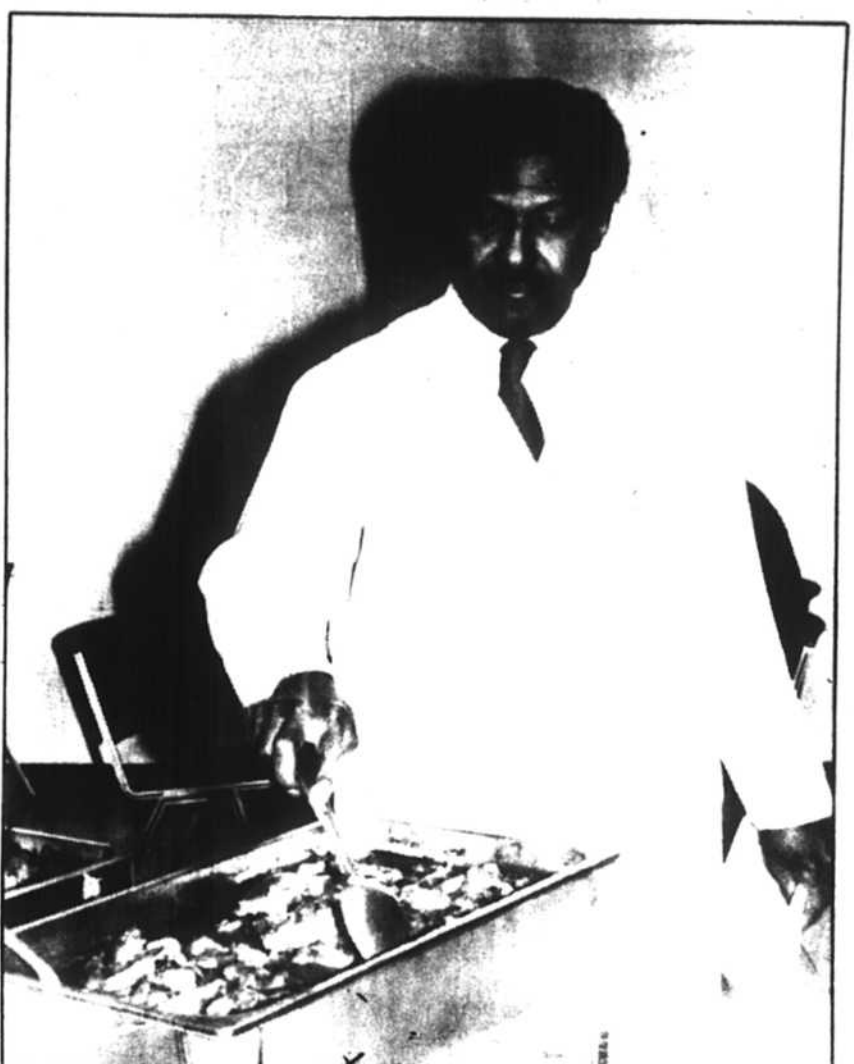
It's been open several months now. As a concession to those who have only a short time for lunch, Loyde has just recently begun serving a lunch time buffet in a large room adjacent to the coffee shop. The reasonably priced buffet features several different entrees daily, as well as about six vegetables, a variety of salads, and desserts. "I think we have the only home-cooked buffet in the city," Loyde remarks. Plans are to open for Sunday lunch, beginning in the near future.

Loyde, who is divorced, has a son, Eric, a 10th grader at Olympic High School. His two daughters, Iris and Mary, live in New York.

A member of St. Mark's United Methodist Church, Loyde is a Shriner and a 32nd degree Mason. Following are a number of recipes Joseph Loyde likes to serve, including a Bahamian dish, and a chicken dish prepared by one of his cooks.



An array of desserts awaits the diner who's left room for some sweets.



Joseph Loyde checks food preparation every step of the way. Guests can expect a high quality lunch at a reasonable price.

SHRIMP PILAF
 1/2 lb. shrimp
 5 Tbsp. butter
 2 Tbsp. finely chopped onion
 2 c. boiling chicken stock or bouillon
 1/2 c. lemon juice
 3/4 tsp. white ground pepper
 1 tsp. curry powder
 2 Tbsp. flour
 2 Tbsp. shrimp stock (Or chicken stock)
 1/3 c. heavy cream
 Salt and pepper to taste

Boil shrimp; peel and devein after cooked. Reserve stock. Meanwhile saute onions in butter. Add spices, lemon juice, and stock. Stir in flour to thicken. Add shrimp and cook 15-20 minutes, covered. Stir in cream. Serve with rice.

BAHAMIAN CRAB AND RICE
 1/2 lb. butter or margarine
 Garlic
 Onion
 Green pepper
 Bay leaf
 Oregano
 Thyme
 1 c. lime juice
 1 doz. soft shell crabs
 3 c. long-grain rice, uncooked
 4 tomatoes, diced
 1 c. lemon juice
 5 c. water
 Salt and pepper to taste

Saute, garlic, green pepper, and onion (vary amounts to suit your taste) in butter. Add remaining herbs and simmer 5 min. in the lime juice. In a large kettle, combine whole crabs, rice, the simmered vegetables, and remaining ingredients. Stir together 3-4 times. Cover and cook on medium heat for 20 minutes.

HAWAIIAN SALAD
 In large bowl, toss chopped fruits: apples, oranges, papaya, bananas, pineapple, cherries, grapes. Add flaked coconut. Combine honey, pineapple juice, and poppy seeds, and pour over fruits. Top with layer of tiny marshmallows.

COVIE FEEMSTER'S BARBECUED CHICKEN FOR A CROWD
 Prepare barbecue sauce:
 1 tsp. garlic powder
 1 Tbsp. oregano
 1 No. 10 can whole tomatoes
 3 Tbsp. dry mustard
 2 c. chopped onion
 Salt and hot pepper to taste

Combine and cook four hours over low heat.

Place chicken pieces in baking dish. (Can use wings, drumsticks, or larger pieces.) Pour sauce over chicken and cover with foil. Bake 45 minutes at 350 degrees.



Unidentified guests serve themselves from a variety of salads at daily buffet.

Microwaves Ideal For Preparing Dinners From Scratch

By Audrey C. Lodato
Post Staff Writer
On a recent trek through the Queen City, cookbook author and spokesman for Corningware, Cornelius O'Donnell, stopped by The Post to chat about microwave cooking and to share some recipes.

According to O'Donnell, who does cooking demonstrations for the New York-based glass company, "The biggest problem with microwaves is that people don't use them for real cooking. Most use them to defrost frozen foods, reheat leftovers, or boil water." That's a shame, he declares, because, when that's the case, people aren't getting their money's worth.

Microwaves are ideal for preparing whole dinners from scratch, as well as doing a lot of quick and interesting things, such as getting more juice out of a lemon, softening winter squash prior to cooking, and melting butter and chocolate. (To "juice up" your lemons, set the microwave on high and allow 15 seconds per lemon; soften hard winter squash in two minutes at 100 percent power.)

The chief difference between a microwave oven and a conventional oven, explains O'Donnell, is "the more you add to a microwave, the longer it takes." Because of this, some items - such as a group of six potatoes - do as well or better on a stove. Most foods, however, take about a third of their normal cooking time when prepared in a microwave. Another difference: Recipes cooked in a microwave need less herbs and spices because cooking time is too short for them to lose their potency.

Foods such as fish, chicken, and vegetables all do extremely well in microwave ovens, asserts the cooking demonstrator. If you don't already own a microwave, chances are good that you will. By the end of this year, stated O'Donnell, 50 percent of U.S. households are expected to be microwave owners. By 1990, that figure may be as high as 90 percent.

Don't be afraid to experiment, advises O'Donnell. The biggest problem tends to be overcooking. "You can always add time," he comments, "but you can't un-cook something."

Here are a few of O'Donnell's tried

and tested recipes for microwave cooking. For all you chocoholics out there, one of these is especially for you!

CAJUN FILETS
 For Sauce:
 1 (8 oz.) can tomato sauce
 1/4 c. bottled clam broth
 1/4 c. water
 Shells from 1/2 lb. medium shrimp
 1 Tbsp. chili powder
 2 tsp. sweet Hungarian paprika
 1 1/2 tsp. dried leaf thyme
 2 bay leaves

For vegetables and fish:
 3 Tbsp. butter
 1 bunch green onions, coarsely chopped
 1 sm. onion, thinly sliced
 3 cloves garlic, chopped
 1 green bell pepper, coarsely chopped
 1 red pepper, coarsely chopped (or use 2 green)
 2 stalks celery, sliced on diagonal
 Fresh ground pepper
 1/2 tsp. fennel seed, crushed (optional)
 6 fish filets (about 2 1/2 lbs.) (Use any non-oily fish, such as sole, halibut, snapper)
 1/2 lb. med. shrimp, peeled (Reserve shells for sauce)
 Juice of 1 lemon

Mix sauce ingredients in a 1-qt. measure or bowl. Microwave on HIGH for 5 min., stirring twice. Press through a coarse sieve and discard solids. In a shallow 4 1/2 qt. open roaster or casserole, melt butter on HIGH for 40 seconds. Add vegetables and toss. Cook uncovered until onion is translucent and peppers are slightly softened but crunchy - about 9-10 min. on HIGH. Stir every 3 min. for even cooking. Place fish over vegetables, putting thicker fish pieces to the outside of the pan. Top with shrimp. Drizzle lemon juice over all and spoon on the tomato sauce. Cover with plastic wrap, leaving one corner loosely flapped to vent. Cook on HIGH 3-5 minutes or until fish is just cooked. Reduce time if filets are thin or if total weight of fish is less than 2 1/2 lbs. Serve over rice. Serves 6.

CHOCOLATE MACAROON PIE-CAKE
 3 oz. unsweetened baking chocolate
 1/2 c. butter or margarine
 3 eggs, lightly beaten
 3/4 c. sugar
 1/2 c. all-purpose flour
 1 tsp. vanilla extract
 2/3 c. sweetened condensed milk
 2 c. flaked coconut

Melt chocolate and butter together in saucepan (nonmetal) on HIGH for 2 minutes, stirring after 1 minute. Stir in beaten eggs, sugar, flour, and vanilla. Pour into buttered 9" pie plate. Combine milk and coconut, mix well, and spoon evenly over chocolate batter. Rotating the pie 1/4 turn at 3-minute intervals, cook on HIGH 7-8 minutes or until knife inserted in center comes out clean. Let pie cool directly on a dry, heat-proof surface. Serves 6-8.

CHIVE SPOON BREAD
 This is a tasty alternative to rice, pasta, or potatoes.
 1 c. milk
 3 Tbsp. butter or marg.
 1/3 c. white cornmeal
 1 tsp. baking powder
 1 tsp. sugar
 1/4 tsp. salt
 2 eggs, well beaten
 2 Tbsp. snipped chives

Combine milk and butter in a greased 1 1/2 qt. casserole and cook on HIGH 3-4 min. until milk is hot and butter melts. Stir in remaining ingredients until well blended. Cook on HIGH for 5 min., rotating dish half a turn after 2 1/2 minutes. Bread is done when a wooden pick inserted near center comes out clean. (Note: part of the top will still be moist.) Let stand about 5 min. on a dry, heat-proof surface. Serve at once. Serves 4.

SWEET & SOUR FONDUE
 1 10-oz. jar Kraft apricot or peach preserves
 1/2 c. Kraft barbecue sauce
 2 Tbsp. brown sugar
 2 c. hot dogs (or cooked pork cubes) about 1/2-inch pieces or cubes
 1 large apple, peeled, cored and cubed
 1 1/4 c. fresh pineapple chunks (or one 20-oz. can pineapple chunks, drained)
 1 large green pepper cut into squares

Combine preserves, barbecue sauce and sugar in top of VISIONS double boiler either in the microwave or over simmering water on the rangetop. Heat thoroughly about 3 minutes on HIGH in the microwave, stirring twice, or 10 minutes on the rangetop. Bring to the table at once. Pass the skewers along with cooked meat, fruit and pepper chunks. Reheat fondue periodically in the microwave. Serves 6.

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