

Who's Who In The Kitchen

At 21, Doris Miller Has Lots Of Experience For Such A "Young Cook!"

By Audrey C. Lodato
Post Staff Writer

While it's not unusual for someone to learn to cook as a youngster, it is a bit unlikely that someone just 21 years of age already has seven years' paid cooking experience to her credit. Doris Miller is such a person.

Miller is presently employed at Ryan's Family Steak House on Tyvola Road. Because she recently burned her arm while taking a pan of potatoes from the oven, she's now making salads. Previous cooking experience has come from the Registry Inn, where she specialized in preparing the buffet trays of different kinds of meats. "I liked making things look pretty," she smiled. The young woman also worked at Joyner's Restaurant at the Buster Boyd Bridge in Lake Wylie, where she learned to make



Doris Miller
.....Young cook has dream

beef stroganoff and coquilles, recipes for which follow. Before going to Joyner's she was employed at Church's Fried Chicken.

Miller got an early start as a paid cook when her parents separated and her mother needed help. She's

the middle of nine children (four brothers and four sisters) and still helps her mother out financially, although she does not live at home.

Miller's mom, a good cook, according to her daughter, tells Doris she's proud of her. The young cook began learning her skill around the time she was nine. Then, she recalled, "I taught my older sister."

Miller has always been able to get work in her chosen field by convincing potential employers she'll be a good worker. "I dream about opening my own place, owning or being a partner in a restaurant, or catering parties," she confessed. She did prepare the food for a friend's wedding, yet is shy about telling people what she can do or offering her services. One of her greatest pleasures related to cooking is "seeing it look pretty all laid

out, knowing I created it."

Her favorite food to fix -- and eat -- is spaghetti. She also likes to make chicken or turkey pot pies, a scrumptious combination of cooked poultry, green beans, and corn, with gravy thickened with flour and butter. "It's delicious with a crust," she pointed out, mouth watering.

Although she's around food all day, Miller maintains a trim figure by eating only twice daily. Being around food all the time, she said, keeps her appetite in check.

Besides cooking, which is "my number one thing," Miller enjoys dancing, watching old TV shows, and writing poetry. "It's a good way to express how I feel," she explained. "I write about a lot of things."

She is a life-long member of Shiloh Institutional Baptist Church.

Here are a few of the recipes Miller has prepared for restaurant patrons.



Miller demonstrates making gravy with butter and flour to thicken. New apartment doesn't yet have stove, so she's confined to two burners.

Did You Know...

-- The earliest written cheesecake recipe is found in the world's oldest cookbook, written by a Greek and published in 228 AD.

-- Philadelphia Brand cream cheese is offering two sizes of springform pans. A 7-inch pan, for those who prefer taller cheesecakes, is available for \$2.75 (check or money order) and one proof-of-purchase from any 8 oz. package of Philadelphia Brand cream cheese; a

9-inch pan can be had for \$3.50 and one proof-of-purchase. Included with the pan is a booklet full of recipes and preparation tips. Write to "Philly" Pan Offer, P. O. Box 2480, Highland Park, IL 60035. Offer expires December 31, 1985. Allow 6-8 weeks for delivery.

COUNTRY STYLE STEAK

Fry steak til it reaches desired level of doneness. Remove from pan. Brown 1/4 c. flour in grease and steak drippings. Add water to make gravy. Stir constantly so it won't get lumpy. Place steak in baking dish. Pour gravy over and heat in 350 oven for 15 minutes.

BEEF STROGANOFF
(For 1 serving)

Brown about 4 strips of beef in butter. Mix together 1 Tbsp. butter, melted in pan, with 1 Tbsp. flour, for gravy. Add 1/2 tsp. Legout beef base powder, 1/2 c. mushrooms, and a small amount of water if needed. Cool til thickened. Stir in 1 Tbsp. sour cream.

COQUILLES
(1-2 servings)

Heat 6 scallops in pan with butter. Make a paste of butter and flour to thicken gravy. Stir in 1/4 c. milk and a touch of chablis if desired. Simmer til thickened. Place scallops and gravy in oven-proof pan and top with Parmesan cheese. Bake in oven just til cheese melts.

PRIME RIB
(Serves 6)

Sprinkle small prime rib with white pepper, salt, meat tenderizer, chives, and paprika. Roast for 20-30 minutes til browned. Should not be cooked too long. For sauce, boil beef broth with an onion and some whole carrots, for 15-20 minutes. Serve with meat.



GRANNY'S APPLE PARFAITS, in their red, white and blue glory, are a great way to celebrate summer. Excellent for calorie watchers, the dessert is a light refresher perfect for warm-weather dining.

Granny Stars In Desserts

Take advantage of the delightful fresh fruits of the season, such as Granny Smith Apples, the only genuine summer apple available. In fact, the Granny Smith Apples in your store were picked about three weeks before coming to market -- they're that fresh!

These large green apples are excellent for all purposes from baking to munching out of hand. They have a zesty flavor and snappy texture that provides a wonderful contrast to other summer fruits.

See how well they perform in Granny's Apple Parfaits, a delicious medley of fruits in an easy yogurt sauce spiked with orange liqueur. Delicious and beautiful, the parfaits are patriotic, too. The strawberries, blueberries and apple whites make a dessert perfect for July 4th celebration! (What's more, Granny Smith Apples don't discolor as quickly as other apples, so don't worry about preparing the parfaits ahead of time.)

Summer Apple Compote is an imaginative mixture of apples, honeydew balls and grapes in a succulent lime-wine syrup that takes a scant five minutes to make. Prepare the cooling compote early in the day and serve icy cold for maximum refreshment.

Granny Smith Apples have glossy green skins and range from large to medium size. They should be firm, free of bruises or skin imperfections.

GRANNY'S APPLE PARFAITS

- 1 c. vanilla yogurt
 - 2 tsp. orange liqueur
 - 1/4 tsp. ground cinnamon
 - 2 Granny Smith Apples, cored and diced
 - 1/2 pint strawberries, hulled and cut in half
 - 1 c. fresh blueberries
- Blend together yogurt, orange liqueur and cinnamon. Layer diced apples, strawberries and blueberries with yogurt in parfait glasses or dessert dishes. Chill until ready to serve. Makes 4-6 servings.

SUMMER APPLE COMPOTE

- 3/4 c. sugar
 - 1 c. water
 - 1 2-inch piece stick cinnamon
 - 1 c. white wine
 - 2 Tbsp. lime juice
 - 3 Granny Smith Apples, cored, cut in cubes (3 cups)
 - 1 1/2 c. honeydew melon balls
 - 1 1/2 c. seedless grapes
- Mix sugar and water in saucepan; stir over low heat until sugar dissolves. Add cinnamon stick; bring to boiling; simmer 5 minutes. Remove from heat, remove cinnamon stick; stir in wine and lime juice. Cool. Combine apples, melon and grapes in large bowl; pour syrup over fruit. Chill several hours before serving. Yield: 6-8 servings.



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