

Who's Who In The Kitchen

Mrs. McGirt Enjoys Simple Things: "A Child Progressing, Bacon Frying"

By Audrey C. Lodato
Post Staff Writer

Minnie McGirt, retired elementary school teacher, is no foreigner to the kitchen. As is so often the case, she has fond memories of home-cooked meals during her childhood.

"My mother used to make the best buttermilk biscuits," Mrs. McGirt recalls. "Also, something she called 'tea cakes,' which were rolled out like biscuits. We'd come home from school in the afternoon and have those with milk."

She also remembers her mother's fruit cake made with pecans from a big tree in the yard of the family's Bishopville, S.C., home. After school, the children (Minnie was the fifth of seven) would help by dredging the fruits in flour. "The house would smell so good," she reminisces, adding, "We had a lot of fun as kids!"

The daughter of a seamstress and a contractor, Mrs. McGirt attended South Carolina State to become a teacher. She had already met husband Eddie while both were attending Mather Academy, a private high school. Mrs. McGirt taught in Camden, S.C., and Rock Hill before the couple moved to Charlotte in 1958. She taught at Allenbrook Elementary until she retired three years ago.

One of Mrs. McGirt's joys during her career was to see her students develop over the course of the school year. "We had a close faculty, and all of us were concerned about the kids," she relates.

It's a thrill when she sees students years later who recognize her and are doing well. "It gives you a good feeling to have those kids remember you."

Husband Eddie, former JCSU coach, retired earlier this year. "Since he's retired, we get to go a lot together," she says. The couple had planned to visit Minnie's brother in Mexico, but recent events there have caused them to change their minds.

According to Mrs. McGirt, "Cooking is a hobby for Eddie." He made vegetable soup from the garden the night before this writer's visit. "He likes to fix mostly breakfast and to grill outside."

She adds that two of his favorites that she prepares are shrimp fried rice and pepper steak. She likes her "Impossible Bacon Pie" and quiche.



Milk, Bisquick, eggs, salt & pepper are beaten together and poured over bacon, cheese, and onion for a special breakfast or anytime treat. (Photo by Audrey Lodato)



Crispy, crumbled bacon makes "Impossible Bacon Pie" so tasty.

The pie, she says, "is almost like quiche." Another favorite is her pound cake, which is an adaptation of her mother's recipe. She explains, "I usually change a recipe a little to suit our taste."

A member of Simpson-Gillespie United Methodist Church, Mrs. McGirt is presently on the stewardess board. She is a former coordinator of family ministries and adult ministries. Whenever the church is having a function requiring food, she likes to carry chicken tetrazini, string beans, and a salad. If cake is requested, she always bakes her pound cake, which is "much easier than layer cake." Mrs. McGirt enjoys flowers, sewing, and her daily walk with Mr.

McGirt. "I really feel so much better when I've walked," she remarks.

The McGirts have a son, Eddie III, who lives in the Southwest part of the country, and a 10-year-old granddaughter, Monica.

Included among the recipes she shares with Post readers are her pound cake, "a year round favorite" made especially zesty with the addition of fresh lemon juice, her "Impossible Bacon Pie," and "Old-Fashioned Gingerbread," which she usually begins making at this time of year with the advent of cool weather.

ther, even though "Eddie can eat it all year long." Her husband also likes the addition of 1/4 c. raisins to the batter.

Minnie McGirt hopes you enjoy her sampling of favorites given here.

IMPOSSIBLE BACON PIE

- 12 slices bacon, crisply fried and crumbled
- 1 c. shredded natural Swiss cheese
- 1-3 c. chopped onion
- 2 c. milk
- 1 c. Bisquick baking mix
- 4 eggs
- 1/4 tsp. salt
- 1/2 tsp. pepper

Heat oven to 400 degrees. Grease 10-inch quiche dish or pie plate, 10x1 1/2 inches. Sprinkle bacon, cheese and onion in plate. Beat remaining ingredients until smooth, about 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted between center and edge come out clean, 35 to 40 minutes. Cool 5 minutes before serving.

OLD-FASHIONED APPLE PIE

- Pastry for 9-inch, double crust pie
- 1 1/2 c. sugar
- 1/3 c. flour
- 1 tsp. cinnamon
- 4 to 5 c. peeled, sliced, tart apples
- 1 Tbsp. butter or margarine
- 1 Tbsp. milk
- 1/2 tsp. sugar

Preheat oven to 350 degrees F. Prepare pastry; roll out half and line a 9-inch deep dish pie pan. Combine sugar, flour and cinnamon in medium-size bowl. Add apples; mix to coat thoroughly. Pour into pastry-lined pan; dot with butter. Roll out second half of pastry for top crust; cut design in center to allow steam to escape. Place on pie, pressing around edge to seal. Brush pastry with milk and sprinkle with sugar. Bake 45 to 60 minutes or until crust is browned.

GREEN VEGETABLE & EGG SALAD

- 1 (10 oz.) pkg. frozen baby lima beans
- 1 (10 oz.) pkg. frozen English peas
- 1 (10 oz.) pkg. frozen French-style green beans
- 1 sm. onion, finely chopped
- 1 c. mayonnaise
- 1/4 tsp. prepared mustard
- 1/4 tsp. Worcestershire sauce
- 1/2 tsp. hot sauce
- 3 hard-cooked eggs, mashed

Cook each frozen vegetable separately, following package directions; drain well. Combine all vegetables, and toss them lightly. Combine remaining ingredients, mixing well. Spoon egg mixture over vegetables; stir gently. Cover and chill overnight.

OLD-FASHIONED GINGERBREAD WITH LEMON SAUCE

- 1 1/2 c. sifted all-purpose flour
- 1 1/4 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/4 tsp. salt
- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1 egg
- 1 c. light molasses
- 1/2 c. butter or margarine, melted
- Lemon sauce

Preheat oven to 375 F. Lightly grease and flour an 8x8x2-inch baking pan. Into medium bowl, sift flour with baking soda, salt and spices. In large bowl, using portable electric mixer, beat egg with molasses, butter and 1/2 c. hot water until well combined. Gradually beat in flour mixture, beating until smooth. Turn into prepared pan; bake 25 minutes, or until cake tester inserted in center comes out clean. Let gingerbread cool in pan 10 minutes. Cut into squares. Serve warm or cold with lemon sauce.

Lemon Sauce

- 1/2 c. sugar
- 2 Tbsp. cornstarch
- 1/4 c. butter or margarine
- 2 tsp. grated lemon peel
- Dash salt
- 1/4 c. lemon juice

In small saucepan combine sugar and cornstarch. Add 1 c. water, stirring until smooth. Bring to boiling, stirring. Reduce heat; simmer, stirring until mixture is thickened and translucent, about 5 min. Remove from heat. Stir in butter, lemon peel, salt and lemon juice. Cook slightly. Serve warm.

OLD-FASHIONED POUND CAKE

- 1 c. butter or margarine, softened
- 1/2 c. shortening
- 3 c. sugar
- 1 Tbsp. vanilla
- 1 Tbsp. lemon extract
- 1 Tbsp. fresh lemon juice
- 6 eggs
- 3 c. flour
- 1/2 tsp. baking powder
- 1 c. milk

Preheat oven to 350. Grease and flour 10-inch tube pan. Cream butter and shortening in large mixing bowl, until fluffy. Add sugar, 1/2 c. at a time, creaming well after each addition. Stir in vanilla, lemon extract and juice. Add eggs, one at a time, blending well after each addition. Sift together flour and baking powder; add to creamed mixture alternately with milk. Stir thoroughly after each addition. Pour into prepared pan. Bake 1 hour and 20 to 30 minutes or until wooden toothpick inserted in center comes out clean. Cool 15 minutes on wire rack; remove from pan. Note: This can be made as a sheet cake in a 15 1/2 x 10 1/2 x 2 1/4" pan. Bake 30-45 min. at 350.

LEMON MERINGUE PIE

- 3 egg yolks
- 1 1/2 c. sugar
- 4 Tbsp. cornstarch (heaping)
- 3 lemons, juiced
- 1 1/2 c. cold water
- 1/2 stick butter or margarine
- 1/2 c. evaporated milk
- Baked pie shell

In saucepan, beat 3 egg yolks. Stir in sugar and cornstarch. Slowly add lemon juice and cold water. Cook over low heat, stirring constantly, or in double boiler, until thickened. Remove from heat. Stir in butter and milk. Pour in shell and cover with meringue. Bake in 350 oven about 10 to 15 min. until meringue is golden brown.

Meringue
Beat three egg whites until stiff. Add 1/2 c. sugar, a Tbsp. at a time, and a pinch of baking powder. Flavor with vanilla or lemon.

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