

Who's Who In The Kitchen

Cooking Is A Relaxing Change Of Pace For Businessman Sam Young

By Audrey C. Lodato
Post Staff Writer

One of the things that real estate developer Sam Young likes most about cooking is that he can quickly see the fruits of his labor. "Developing real estate takes years," he comments. "Cooking is a completed task, and it's relaxing. You can see the results with cooking. You think about it, plan it, prepare it, and enjoy it. These are the same things you do in the real estate development business, but there you can't do them in a day."

Young, who grew up in Birmingham, AL, was raised to be an independent individual. A combination of factors, including the civil rights struggle and the presence of black millionaires as role models, influenced Young to believe he could be anything he wanted to be.

Part of his mother's interpretation of "independence" included the ability to cook, an achievement which his 11 year old son Sean is learning right now.

Young enjoys cooking breakfast for the family every Saturday. And, he boasts, "Everyone who's been invited to dinner has asked when they'll be invited back."

Young looks on his home as a quiet place apart from the rest of his busy life, and cooking is a quiet time in the midst of that quiet place.

A graduate of Morehouse College in Atlanta, Young had a number of years of banking experience under his belt before he arrived in Charlotte, his wife Sherry's hometown, nearly 10 years ago. He admits he wasn't crazy about the city at first. Charlotte is a much smaller town than either Atlanta or Birmingham and didn't have the cosmopolitan atmosphere Young was used to.

"Charlotte has changed a lot in the past 10 years," he comments. "Newcomers have a lot to offer."

And Young feels he's helped to create the king of environment he wanted to live in. He believes there is still enough flux in Charlotte's black community for newcomers to impact. Five more years down the road, that may not be true, he suggests.

Among his past and present civic endeavors are his involvements with the Afro-American Cultural Center, the Charlotte Contemporary Ensemble, the NAACP, the Urban League, the Charlotte and North Carolina boards of realtors, the Beatties Ford-West Trade Merchants Association, the Charlotte Civic League, the Betties Ford Community Development Organization, and First Baptist Church-West.

"I may have my head in the clouds," he comments, "but I keep my feet on the ground."

Young, whose business interests include University Park Shopping Center, is excited about the planned WestFest to be held at the shopping center the end of May. "You make your reality in a lot of different ways," he says. "It's getting to be fun."

The businessman remarks, "The Lord helps those who help themselves. It took me a long time to think there's nothing wrong with helping yourself." He believes "you should enjoy your life, be straight and honest, and have fun." Then he adds with a laugh, "Growing up is fun, but maturing is fantastic!"

Young says his children—Sean, Sheree, seven, and Sheara, 14 months—are going to keep him going "a long time." And on his part, he's teaching them about the real estate business. Sean, for instance, knows that learning math is necessary for calculating square footage and rents.

Young things it's important for black children to have good role models so that they become "good capitalists and good Americans."

Besides family business and cooking, Young enjoys singing, and acting, among other pursuits.

Below, the real estate developer shares one of his favorite dinner menus. He likes color and says presentation of food is as important as flavor. He suggests starting off with a fruit salad and adding the meal with a fruit salad and adding candied carrots (mix lemon, vanilla, and almond flavorings with honey and butter), fresh-baked croissants, and a nice rose wine. Enjoy!

PINEAPPLE COCONUT CAKE

- 2 sticks butter, softened
- 2 c. sugar
- 3 1/2 c. flour, sifted
- 4 eggs
- 1 tsp. vanilla
- 1 tsp. lemon
- 3 tsp. baking powder
- 1 c. milk

Cream butter and sugar til fluffy. Add one egg at a time, mixing well. Then add milk, vanilla, and lemon flavoring. Take 1 cup of sifted flour and 3 tsp. baking powder and add to butter mixture. Stir until blended well, then add remaining flour. Pour cake batter into three 9" greased cake pans. Bake at 350 for 30-40 minutes. Let layers cool before icing.

Icing

- 1 Tbsp. Crisco shortening
- 2 boxes confectioners sugar
- 1/2 tsp. lemon extract
- 1/2 tsp. vanilla extract
- Milk
- 1 (20 oz.) can crushed pineapple
- 2 (14 oz.) pkgs. coconut

Mix Crisco and 2 c. confectioners sugar til fluffy. Add lemon and vanilla. Stir in 2 Tbsp. milk, then gradually add remaining confectioners sugar and milk as needed for a fluffy consistency. Spread icing on top of each layer, then spread pineapple and coconut. Ice sides and sprinkle with coconut.

PARSLEYED POTATOES

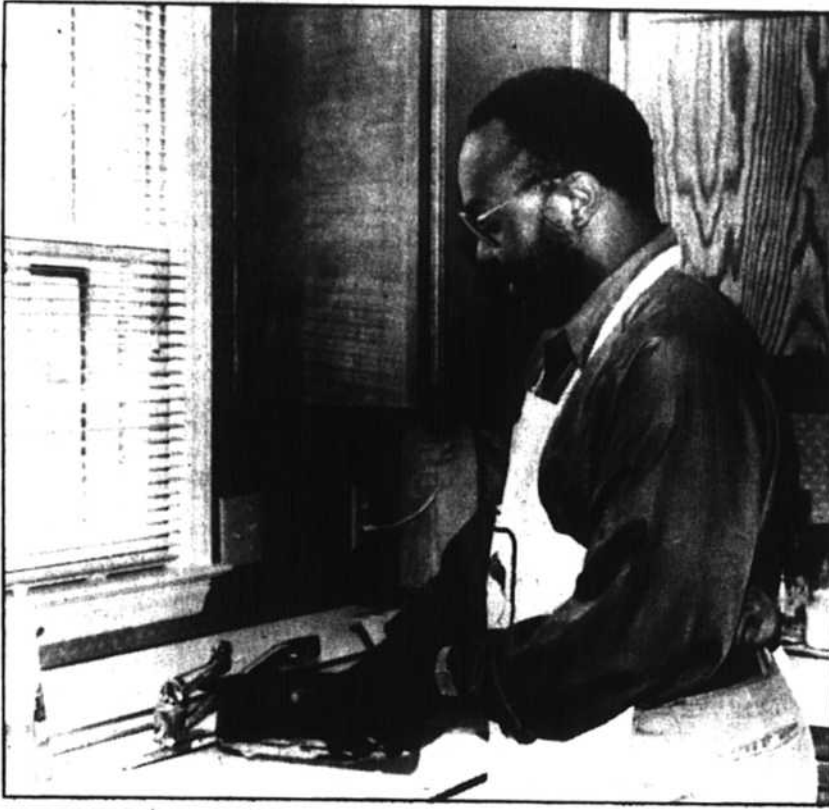
- 2-3 new potatoes per person
- 1 bunch fresh parsley
- 1/4 tsp. salt
- Dash white pepper
- 1/2 stick butter
- 2 1/2 c. water

Wash and peel center of potatoes. Place in water with salt. Bring to boil, turn to low. Add pepper and butter. Chop parsley and add to taste. Cook until water has nearly boiled away. Serve.

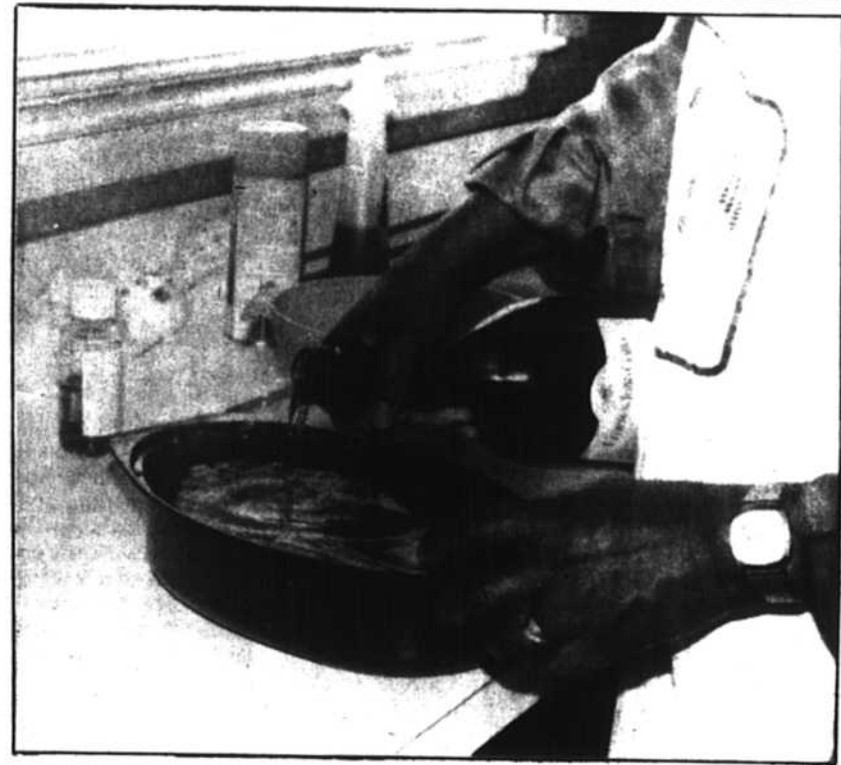
ASPARAGUS

- 3-4 stalks fresh asparagus per serving
- 1/2 c. lite Italian dressing

Steam asparagus til tender. Heat dressing in medium skillet. Place asparagus in skillet and simmer 2-3 minutes. Serve. (Even his kids love this!)



Sam Young feels quite at ease in the kitchen of his Charlotte home. For Young, cooking is a relaxing occupation and a change of pace from the day-to-day business world.



Rib roast is marinated in red wine and Worcestershire sauce.

SAM'S RIB ROAST

- Dash salt
- Dash black pepper
- Dash Worcestershire

Peel and quarter onion, then quarter each piece. Wash carrots, cut off ends, and slice diagonally. Wash mushrooms and slice. Spray roasting pan with Pam. Cover bottom of pan with half the onions, mush-

rooms, and carrots. Place roast on top of vegetables. Sprinkle with seasonings. Add remainder of vegetables. Pour on dry soup mix. Pour wine over all. Cover and roast 2 1/2 hours at 350. Turn meat over twice during roasting. For serving place in white serving dish with vegetables. Put gravy in separate dish.

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Well, here's the easiest of suppers, the one-dish dinner. Everything—vegetables, meat and starch—goes together in one dish, so preparation is simple and cleanup is a snap. Try Spinach-Meat Pie teamed with a tossed salad and beverage. It's all you need to make this family night a success. Or maybe they'd prefer something tangy like Beefy Potato Salad, prepared with horseradish or a hearty casserole like Pork-Noodle Bake. All are tempting one-dish dinners that serve up quickly so you won't miss a minute of action.



Tempting one-dish TV dinners serve up quickly so you don't miss a minute of action.

SPINACH-MEAT PIE

- 1-1/3 c. Minute rice
- 1 1/4 tsp. butter or margarine
- 1/2 tsp. salt
- 1-1/3 c. boiling water
- 1 egg, slightly beaten
- 1/4 c. grated Parmesan cheese
- 1 pkg. (9 oz.) Birds Eye creamed spinach
- 1/2 lb. ground beef
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 small onion, sliced
- 1/2 tsp. Worcestershire sauce
- 3 eggs, beaten

Measure rice, butter, and 1/2 teaspoon salt into 9-inch pie pan. Add boiling water and stir. Cover with aluminum foil; let stand 5 minutes. Stir in 1 egg and the cheese. Press into bottom and up sides just to rim of pan.

Place vegetable pouch in bowl of hot water to thaw partially. Season meat with 1/4 teaspoon salt and the pepper; brown well with onion in skillet. Remove from heat. Mix in spinach, Worcestershire sauce and 3 eggs. Spread in rice-line pan and sprinkle with additional grated Parmesan cheese, if desired. Bake at 425 for 30 minutes, or until set. Let stand at least 5 minutes before cutting. Makes 6 servings.

PORK-NOODLE BAKE

- 8 oz. Ronzoni egg noodles
- Boiling salted water
- 1 can (10 1/2 oz.) condensed cream of celery soup
- 1 pkg. (10 oz.) Birds Eye mixed vegetables
- 1 c. milk
- 1 tsp. Worcestershire sauce
- 1/2 tsp. curry powder (optional)
- 6 pork chops, 1/2- to 3/4-inch thick
- 1 envelope Shake 'n Bake seasoned coating mix for pork

Cook noodles 3 minutes only in boiling salted water; drain. Combine soup, vegetables, milk, Worcestershire sauce and curry powder; add noodles. Spread evenly in greased 13x9-inch baking dish. Coat pork chops with seasoned coating mix as directed on package. Arrange on noodle mixture. Bake at 425 for 35 minutes, or until chops are tender. Note: Always cook pork thoroughly. Makes 3 servings.

BEEFY POTATO SALAD

- 1 pkg. (10 oz.) Birds Eye green peas and pearl onion
- 3 Tbsp. water
- 1/2 c. mayonnaise
- 2 Tbsp. sour cream
- 1 1/2 Tbsp. prepared horseradish
- 1/4 tsp. salt
- 1 1/2 c. diced cooked potatoes+ 4 oz. (1 1/2 cups) sliced cooked roast beef

(+) Or use 1 can (16 oz.) small whole potatoes, drained and diced.

Cook vegetables as directed on package, using 3 tablespoons water and omitting the butter; drain. Combine mayonnaise, sour cream, horseradish and salt. Add vegetables and potatoes. Chill about 2 hours. Spoon salad in center of serving platter; arrange roast beef around the salad. Garnish with capers, if desired. Makes 3 1/2 cups plus beef or 3 servings.

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Culinary Correction

In the March 27 Post, the filling ingredients for the Italian Cheese Bread Ring were inadvertently omitted. The filling consists of 4 oz. (1 cup) shredded mozzarella, 1/4 tsp. Italian seasoning, 1/4 tsp. garlic powder, and 1/4 c. margarine or butter, softened. Combine and mix well. Spoon filling over batter as indicated in recipe.

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