

Who's Who In The Kitchen

Food Service Keeps Haywood Busy

By Audrey C. Lodato
Post Staff Writer

With a wide range of experience in a variety of food service ventures, Keith Haywood, vice president of FDY, admits he doesn't spend a whole lot of time in the kitchen at home. "With my long hours, dinner is usually long over by the time I get home," he says. "Generally, I'm worn out with food by that time."

Fortunately, he adds, "My wife Marilyn loves to cook." An assistant biology professor at Smith, she is "very precise" in her culinary endeavors, according to her husband. She's big on fresh vegetables and natural foods, and Haywood refers to her as "a health food nut." Everything she prepares is nutritious, he says, and even his two-year-old daughter, Najla, he reports, prefers fruits and vegetables to junk food.

When Haywood does cook, it's usually for get-togethers. "I pitch in, and my wife gets me to do a couple of dishes for our guests," he relates. He enjoys simple, light dishes and especially likes a chicken recipe (included below) that he got from his mother, whom he describes as a "good cook who got better over the years."

At FDY, a company his step-father, Floyd Young, formed a number of years ago, Haywood is primarily responsible for marketing sales. "I introduce FDY to potential clients in the area. There's a wide market out there for a company like ours," he says.

But plans aren't to get so big that quality goes downhill, Haywood notes. "When you get too large, it's hard to control because there's so much detail," he says. "We'll make sure our control factors are built in before we expand."

At present, FDY employs 137 workers at several contract sites.

Haywood got his start in food service back in high school. Born in Indianapolis, he came to Charlotte as a freshman with his family in 1969 when his father became food service director at Johnson C. Smith University.



Keith Haywood poses besides a larger-than-life food photo in conference room of company headquarters.

With a business degree from N.C. Central University, Haywood worked for "my idols," Gourmet Services, the first major minority food service company. His work with Gourmet took him all over the country doing accounting and auditing.

When Gourmet relocated its accounting department to New Jersey in 1981, Haywood decided to accept an offer from Kellogg's specialty gourmet subsidiary, Fearn International, in Atlanta.

Meanwhile, his father purchased the rights to North Carolina from Gourmet and formed FDY. When FDY got the food service contract for the Philip Morris plant, Haywood returned to Charlotte to work with the company.

That was two years ago. Haywood says he stays so busy with work that he doesn't have much time to get involved in other activities. He's been commuting to Salisbury all year to oversee the company's

operation at Livingstone College.

Tennis, however, he finds time for. Haywood played in high school and college and is a member of the Add-In Tennis Association. He's great friends with a tennis coach, and he even named his dog Yannick Noah, after a well-known tennis player.

About Haywood's dog: Yannick is a gentle Doberman (not a contradiction in terms, according to his owner) who is deathly afraid of thunder and lightning. Unfortunately, despite a small fortune invested in fencing in a kennel area for the dog, when the thunder booms and the lightning zaps, Yannick manages to escape; and now that his neighborhood has been annexed by the city, Haywood is afraid that poor Yannick will escape one too many times.

Any animal lover can understand his predicament.

Meanwhile, back in the kitchen...

Here are a few of Haywood's favorite recipes.

SPECIAL BAKED CHICKEN

- 3 oz. sliced dried beef
- 3 large chicken breasts, boned, skinned, and halved lengthwise
- 6 slices bacon
- 1 (10 1/2 oz.) can condensed cream of mushroom soup
- 1 c. dairy sour cream

Run cold water over dried beef; drain and arrange in bottom of baking dish. Place chicken breasts over beef. Top each half with a slice of bacon. Bake, uncovered in a moderate (350) oven for 30 minutes. Combine condensed soup and sour cream; pour over chicken and bake 25 minutes longer. Serves 6.

BROCCOLI CASSEROLE

- 2 boxes frozen chopped broccoli
- 2 oz. grated cheese
- 1/4 c. milk
- 1 egg
- 1 can mushroom soup
- 1/4 c. Miracle Whip
- Bread crumbs
- Butter

Cook broccoli, drain, and place in baking dish. Mix next 5 ingredients and add to broccoli. Cover with bread crumbs and dot with butter. Bake at 350 for 30 minutes.

GOOD PIE

- 1 can condensed Eagle Brand milk
- 1/3 c. lemon juice
- 1 small can crushed pineapple, drained
- 1 (9 oz.) container Cool Whip
- 2 graham cracker pie crusts
- Maraschino cherries

Whip condensed milk with lemon juice. Fold in pineapple and Cool Whip. Pour into pie crusts. Top with cherries. Chill. Makes 2 pies.

Put Your Chili To The Test

So you think your Texas-style chili is the hottest around? Then sign up to compete in the Fourth Annual March of Dimes North Carolina Chili Championship, presented by Coors and WTQR-FM 104-Winston-Salem.

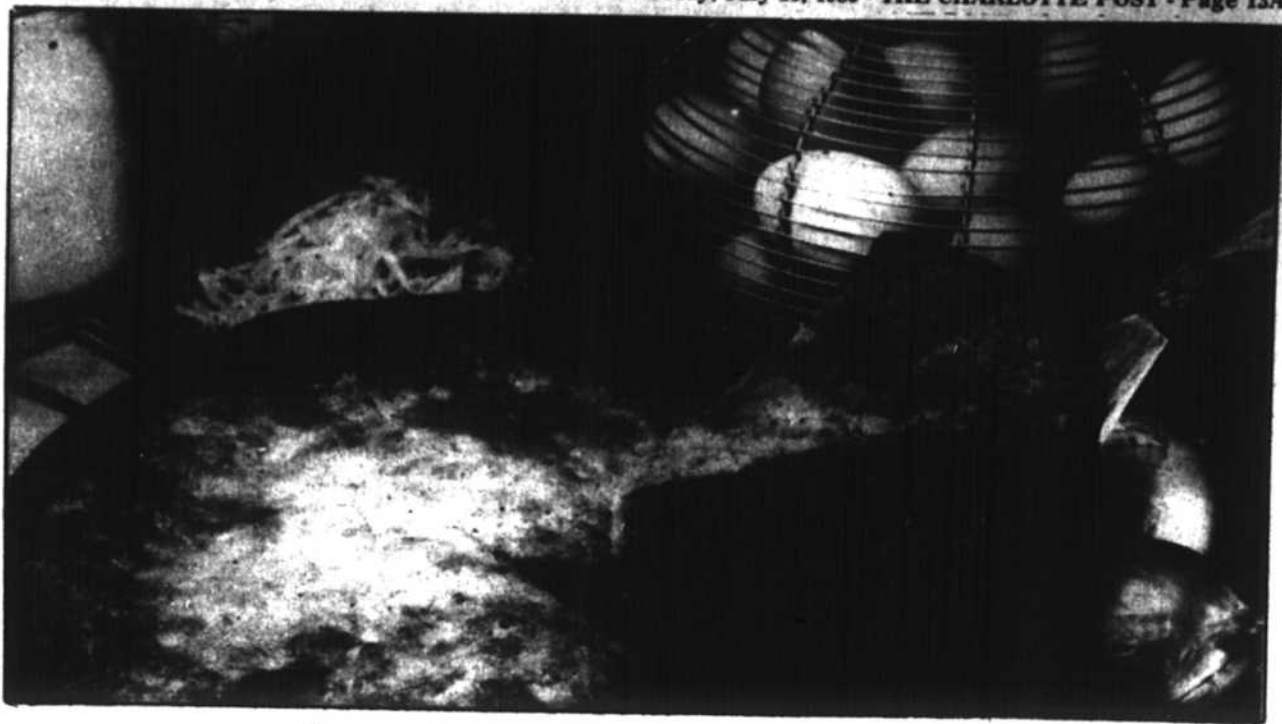
Competition will take place on Saturday, August 23, at Tanglewood Park in Winston-Salem. Contestants must apply their own set-ups for their entries, including table, booth, overhead canopy. No open ground fires are allowed.

The 10 runners-up at the NC Chili Championship Cookoff will receive

trophies. The winner receives \$500 to compete in The Original World Championship Chili Cookoff in Terlingua, Texas.

The entry fee per individual is \$15; for a business, \$25. Send check made payable to the March of Dimes, 610 Coliseum Dr., Winston-Salem, NC 27106. Phone: 919-723-4386. Include your name, address, and phone number.

READ THE POST



Sausage-Cornbread Bake is quick, easy to make.

Main Dish Casseroles Help Busy Cooks

When busy days leave little time for creative menu planning and cooking, it's time to look for help from main dish casseroles.

A collection of these family-pleasing meals is featured in the new recipe leaflet, "Main Dish Casseroles," just released by the Martha White Kitchen.

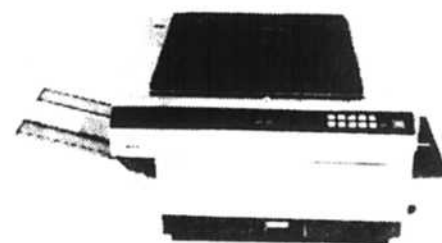
Recipes have been selected for their flavor variety and the use of simple ingredients that keep preparation time to a minimum.

15 minutes. Remove cover and bake additional 20 minutes. Makes 4-6 servings.

Dish Casseroles," including the recipe for Easy Chicken Pie, just write to: Martha White Kitchen, Dept. 50, P. O. Box 58m, Nashville, TN 37202.

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BANANA MOCHA CAKE

- 2 extra-ripe, large Dole Bananas, peeled
- 1 tsp. dry instant coffee
- 1 1/4 c. flour
- 2/3 c. sugar
- 1/4 c. cornstarch
- 3 Tbsp. cocoa
- 1 tsp. baking soda
- 1/4 tsp. salt
- 1 egg, lightly beaten
- 1/3 c. vegetable oil
- 1 Tbsp. vinegar
- 1 tsp. vanilla extract
- Silky Mocha Frosting

Slice banana into blender; whir til smooth (1 cup). Stir coffee into pureed bananas. In a 9" square pan, combine flour, sugar, cornstarch, cocoa, soda and salt. Blend well with a fork. Make well in center of dry ingredients. Add banana mixture, egg, oil, vinegar and vanilla. Stir in dry mixture with a fork til well blended. Bake at 350 for 30 minutes. Cool completely. Spread with Silky Mocha Frosting. Makes 12 servings.

Silky Mocha Frosting: Combine 3 tablespoons butter, 1 1/2 cups sifted powdered sugar, 2 tablespoons cocoa and 1 teaspoon dry instant coffee til mixed. Add 2 tablespoons milk and 1/2 teaspoon vanilla extract. Beat til smooth.

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