

J. Ceasar Hart Is An International Chef

By Lora Vanderhall
Post Staff Writer

J. Ceasar Hart is the Corporate Executive Chef at FDY, Inc., located here in Charlotte. Floyd D. Young, owner of FDY, Inc., recruited Hart from The Renaissance in Atlanta.

Chef Hart has 28 years in the business and he has pleased palates in Honolulu, Bahamas and Canada.

Hart started his career in the U.S. Navy where he attended Culinary Art Institute of Canada. He did his apprenticeship at the Royal Hawaiian Hotel, Honolulu, Hawaii under Chef Klaus Von Hauser. Chef Hart has served in several different capacities including night chef at the Hotel Congress, Chicago, sous chef and executive chef at Hotel Antlers, Indianapolis, Ill., executive chef at the Hilton Hotel, Champaign, Ill., and Four Seasons Hotel in Canada.

On occasion he has also served as maitre d' hotel and directeur.

Throughout his career he has prepared French, German, American, Continental and Italian cuisines. Continental is his specialty.

Julius Hart was raised in the Chicago area. He became familiar with the food industry at a very early age because his father was a dining car chef for thirty years.

Hart is the father of four and two of his children are interested in some aspect of the food service industry.

Chef Hart has lived in Charlotte for four months, during which time he has been associated with FDY, Inc.

He enjoys the food service industry and the versatility it offers. "You must know your food in order to further yourself in this business," said Hart. He attributes his refined skills to not being afraid to try new ideas and recipes. "If a client requests something that I'm not familiar with, I will not hesitate to look it up in a cookbook," added Hart.

His creative attitude and skilled performances have awarded him seven culinary awards.

Chef Hart says a common mistake made in everyday cooking is too much salt. "Food can be very flavorful with the appropriate seasoning," said Hart. "Another common mistake is the use of canned vegetables. The sodium content is usually very high in canned vegetables. It's healthier for you to shop the outer aisles of the grocery store," he added.

Chef Hart enjoys bowling and reading during his leisure time.



J. Ceasar Hart

Photo By Calvin Ferguson

Elegant Duckling à l'Orange

1 4- to 5-pound frozen duckling, thawed
1/4 teaspoon pepper
2 oranges
water

2 teaspoons cornstarch
1/4 cup sugar
1 chicken-flavor bouillon cube
2 tablespoons brandy

1. Remove giblets and neck from duckling. Rinse bird under running cold water, pat dry.
2. Remove excess fat from inside of cavity; cut off and discard neck skin. Cut duckling into quarters; sprinkle with pepper and 1 teaspoon salt.
3. Place pieces, skin side down, on rack in 13" by 9" open roasting pan. Roast at 350° F. 1 hour; turn; roast 45 minutes more or until thickest part of drumstick feels soft when pinched with fingers protected with paper towels.
4. About 30 minutes before duckling is done, prepare sauce: Into 1-cup measuring cup, squeeze juice from 1 orange, add water to make 1 cup. Stir in cornstarch and 1/4 teaspoon salt until cornstarch is completely dissolved, set aside.
5. In 2-quart saucepan over medium heat, heat sugar until melted and a light caramel color, stirring constantly with wooden spoon. Remove from heat and let cool 10 minutes. Add orange-juice mixture and bouillon (sugar will harden). Return to heat; cook 5 minutes more or until reduced by half and sugar is completely dissolved, stirring constantly. Stir in brandy; keep warm.
6. Slice remaining orange. Arrange duckling pieces on warm platter and pour on orange sauce. Garnish the duckling with orange slices.

Roast Leg of Lamb

3 juniper berries
2 teaspoons dry mustard
1/4 teaspoon pepper
salt
water

1 5-pound lamb leg whole
12 small potatoes, peeled
1/4 cup gin (optional)
1/2 cup red currant jelly
2 tablespoons cornstarch

1 Crush juniper with mustard, pepper, 2 teaspoons salt and 2 teaspoons water. Spread on lamb.

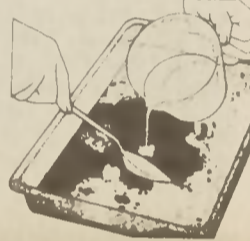
2 Place lamb, fat side up, on rack in open roasting pan. Insert meat thermometer into center of thickest part of meat, taking care not to touch bone. Roast 1 1/2 to 2 1/2 hours in 325° F. oven, until meat

thermometer reaches 140° F. for rare or 160° F. for medium or 170° F. for well done. Meanwhile, cut potatoes into 1-inch-thick slices. About 45 minutes before meat is done, sprinkle the potato slices with 1 teaspoon salt.

3 Put potatoes on rack around meat; cook until fork-tender, brushing with drippings. Place potatoes, meat on platter.

4 Pour pan liquid into 2-cup measure; let stand until fat separates; spoon fat from liquid; discard.

5 Add 1 1/4 cups water to pan; cook over medium heat, stirring to loosen bits; add to liquid in cup with gin. Add water to make 1 1/4 cups.



Microwave Beef Loaves Cook Quickly

One of the most adaptable meats for microwave cooking is ground beef. For best cooking results in the microwave oven select a lean-to-fat ratio from 70 to 80 percent lean meat. The higher the percentage of lean the lower the calories and fat content of the finished product.

Cooking individual beef loaves in the microwave oven can cut total cooking time to six to seven minutes, as in Micro-Quick Beef Loaves. For even cooking, arrange them in a circle on a microwave-safe baking dish. Also, rotate the cooking dish 1/2 turn midway through cooking.

After cooking, allow the finished loaves to stand for about five minutes. Vegetables can quickly cook in the microwave oven during the beef loaves standing time. Serve the individual loaves with a healthful topping made with yogurt, chopped cucumber and onion, dill weed, and garlic seasonings.



Today's new microwave techniques help to create nutritious meals in minutes like Micro-Quick Beef Loaves topped with Yogurt-Dill Sauce.

MICRO-QUICK BEEF LOAVES
Preparation time: 10 minutes
Cooking time: 8 to 7 minutes
Standing time: 5 minutes

1 pound ground beef
Yogurt-Dill Sauce*
1/4 cup dry bread crumbs
1 small onion, minced
1/4 cup milk
1 egg, slightly beaten
1 tablespoon horseradish
1/2 teaspoon each dill weed and salt
Paprika

Prepare Yogurt-Dill Sauce. Combine ground beef, bread crumbs, onion, milk, egg, horseradish, dill weed and salt, mixing lightly but thoroughly.

Divide beef mixture into 4 equal portions and form into small loaves. Arrange loaves in circle in microwave-safe baking dish. Sprinkle each loaf with paprika. Cover with waxed paper; microwave at HIGH 3 minutes**. Rotate dish 1/2 turn and continue cooking at HIGH 3 to 4 minutes. Let stand 5 minutes. Serve with Yogurt-Dill Sauce. 4 servings; 311 calories per serving.

***YOGURT-DILL SAUCE**
Preparation time: 5 minutes

1/4 cup each seeded and chopped cucumber and plain yogurt
1/4 teaspoon each dill weed and garlic powder
Salt, if desired

Combine cucumber, yogurt, onion, dill weed, garlic powder and salt, if desired. Yield: Approximately 1/4 cup.

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Bake Bread Ahead and Freeze

Do you ever wish you had a fresh, hot muffin or biscuit for breakfast, but were pressed for time and settled for just a cup of coffee instead?

Try baking breads ahead and freezing for convenience. This makes it easy to have homemade breads any time. And, if frozen properly, breads will still taste oven fresh for about 3 months.

No matter what you've heard, the refrigerator is not the best place to store bread, especially if it is consumed at a slow pace. It will not mold in the refrigerator, but it will get stale just as quickly as bread stored at room temperature.

If you do not consume breads rapidly at your house, the freezer is the best place to keep bread. The key to fresh-tasting frozen breads is proper storage:

- Freeze only the amount you will use at any one time.
- Wrap the bread tightly with foil as soon as it cools.
- Press excess air from package and place in freezer as soon as possible.
- Bread will stay fresh in the freezer up to 3 months. After that, the bread will still be safe to eat, but will have suffered much flavor and freshness loss.

- Reheat bread in foil; remove wrapping last 5 minutes of heating to obtain crisper crust, if desired.
 - Or, remove thawed bread from foil, wrap in paper towel, and reheat on HIGH in the microwave 15 to 20 seconds.
 - Frozen bread may be reheated in the microwave by thawing on DEFROST 1 to 2 minutes, then heating on HIGH about 15 seconds.
- Here is a biscuit recipe to prepare in advance, freeze and have on hand for a quick breakfast treat.

Bacon Biscuits

2 cups sifted Martha White Self-Rising Flour
1/4 cup shortening
3 strips bacon, cooked and crumbled
1/2 cup milk

Preheat oven to 450° F. Cut shortening into flour; stir in bacon. Add milk and stir with a fork only until dough leaves the sides of the bowl. Turn dough out onto lightly floured board or pastry cloth; knead just until smooth. Roll out dough about 1/2-inch thick and cut with floured cutter. Place on lightly greased baking sheet. Bake 10 to 12 minutes. Makes 12 to 14 2-inch biscuits.

When you are ready to serve the bread, follow these simple steps:

- Thaw bread at room temperature in original package 1 to 3 hours or in refrigerator overnight.

For additional biscuit recipe variations that can be made ahead and frozen, send for "Basically Biscuits" at the Martha White Kitchen, P.O. Box 58, Dept. D3, Nashville, TN 37202.