

Recipes fit for a Super Bowl

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Potato Salad

3 pounds white skinned or red skinned potatoes
2 celery stalks
1/2 small green bell pepper
3 scallions
3 tablespoons sweet pickle relish

1 tablespoon mustard
2 tablespoons vinegar
1 cup mayonnaise
Salt and pepper, to taste
Wash and peel potatoes; Cook in boiling water until tender.

While potatoes are cooking chop celery and onion. Core peppers, remove seeds and chop.

While still warm, combine all ingredients, mixing gently to ensure potatoes do not break. Season with salt and pepper as you mix. Chill.

Combine all ingredients; toss gently with the dressing. Salt and pepper to taste. Garnish with red pepper strips to serve. Makes 16 4-ounce servings.



Potato Salad

Beef Teriyaki Kebabs

3 pounds beef, round or chuck, cut into bite-size pieces
3 cups whole mushrooms
24 pea pods, blanched
6 green peppers, blanched
For the marinade:
1 gingerroot, peeled and grated
3 cloves garlic, minced
3 cups soy sauce
3 cups brown sugar
3 cups water

Note: If using bamboo skewers, check for splinters and soak overnight in water.

To assemble skewers, begin with meat and alternate with other ingredients. Place skewers in a large container to marinate.

Place all marinade ingredients in a large saucepan. Bring to a simmer and pour over kebabs. Refrigerate overnight or at least two hours. Grill, brushing with marinade. Makes 12 servings.

Note: Chicken or seafood may be substituted. For seafood kebabs, use medium shrimp, large scallops, or other firm fish. Makes 12 servings.

Super-Easy Scoreboard Dip

1 package garlic and herb salad dressing mix
1/2 cup milk
3/4 cup mayonnaise

Blend together all ingredients. Chill at least one hour before serving. Serve with plain potato chips. Makes about 1 1/4 cups.

Easy Jambalaya

2 tablespoons vegetable oil
• 3/4 cup (4 ounces) smoked ham, diced
• 1 smoked sausage, sliced 1/2-inch thick
• 1 pound boneless pork loin, cubed 1 1/2 cups chopped onion
1 cup chopped celery
1 large green pepper, chopped
2 cloves garlic, minced
1/2 teaspoon hot pepper sauce
2 bay leaves
1 1/2 teaspoons salt
1 1/2 teaspoons dried oregano
1 teaspoon white pepper
1/2 teaspoon black pepper
1 teaspoon thyme
4 medium tomatoes, peeled and chopped
8-ounce can tomato sauce
14 1/2-ounce can chicken broth
1/2 cup chopped green onion

2 cups rice

In a large Dutch oven, heat oil over medium heat. Stir in ham, sausage and pork; saute until lightly browned, stirring frequently, 4 to 8 minutes.

Stir in onion, celery and pepper; saute until crisp-tender, about 5 minutes. Stir in garlic, hot pepper sauce, bay leaves, salt, oregano, white pepper, black pepper and thyme. Cook over medium heat, stirring constantly and scraping pan bottom for 5 minutes.

Stir in tomatoes, cook for 5 to 8 minutes. Stir in tomato sauce and chicken broth, bring to a boil. Stir in green onion and rice. Bake, covered, in a 350-degree F oven until rice is tender, about 20 to 25 minutes. Remove bay leaves and serve immediately. Makes 10 servings.

Recipes from: National Pork Producers Council in cooperation with National Pork Board

• Smoked turkey, chicken and poultry sausage can be used in place of pork.

Easy Barbecue Sauce

For hot wings, increase the amount of hot sauce to taste.

1 cup tomato catsup
1 cup brown sugar
1/2 lemon juice
1/4 stick butter
1/4 cup minced onion
1 teaspoon hot pepper sauce
1 teaspoon worcestershire

sauce

Place all ingredients in a heavy saucepan and bring to a boil. Reduce heat and simmer for 30 minutes. Makes 3 cups.

Spicy Chili

(Can be prepared the day before.)

1 tablespoon oil
1 1/2 pounds ground beef
1 medium onion coarsely chopped
1 medium bell pepper chopped
1 clove garlic minced
1 tablespoon flour
2 cans (14 1/2 ounces each) whole peeled tomatoes, no salt added

1 can red kidney beans
1 can tomato sauce
3 tablespoons chili powder
1 tablespoon ground cumin

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The
Charlotte
Post



Barbecue Chicken

1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 1/2 cups shredded cheddar cheese

16 warm flour tortillas
Heat oil in Dutch oven on medium heat. Add meat, onion, green pepper and garlic. Cook until meat is browned. Stir in flour. Add undrained tomatoes, beans, tomato sauce, chili powder, cumin, salt and pepper. Simmer uncovered for one hour. Sprinkle with cheese. Serve with tortillas.

Yield 8 servings.

Recipe can be doubled.

For a little extra kick, add a couple of fresh chilis for garnish.



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Ritual significant

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to the alterations. The reasons have been lost in the misty fog of time, much like many of the cultures themselves.

Ancient societies like those of the Australian aborigines, the Papua of New Guinea, native African tribes and the Yanomami of the Amazonian jungle still practice some of these body alterations.

While each culture is different, in many cases alterations signify the move from adolescence into adulthood — a rite of passage, if you will — or for beautification.

The wearing of certain types of jewelry or piercings can also denote status. In the Sumburu culture of Africa, married women wear long beaded earrings through stretched lobes, while boys wear ivory plugs in their earlobes during the transition period between childhood and their initiation as warriors.

Often, medicine men or village shamans have special piercings believed to bestow the power or strength of the spirit world upon the healer.

These days, people pursue piercing for a variety of reasons.

Baaba, an American of

African descent, embodies his beliefs by wearing the traditional piercings, tattoos and jewelry of his ancestors. He sums up his philosophy: "... we must preserve and relearn from the indigenous people and their ways. We must look to the primitive, the so-called savages, pagans or heathens of the world if we are going to survive the environmental catastrophe we have set in motion with our greed, technological and industrial interests fed by a total lack of appreciation and respect for the basic principles of life."

Others use body modification to express frustration or rebellion against what they consider to be a broken society beyond repair.

But these are the extremists. Many who have their bodies pierced are just ordinary folks.

Some view piercing as a way to stand out from the crowd. "I wanted something different," said a 22-year-old science/technology communications student on why he had his navel pierced two years ago.

A 22-year-old female casino employee with a pierced navel and three piercings in each ear, agrees. "I did it to be different, to have something that

nobody else has."

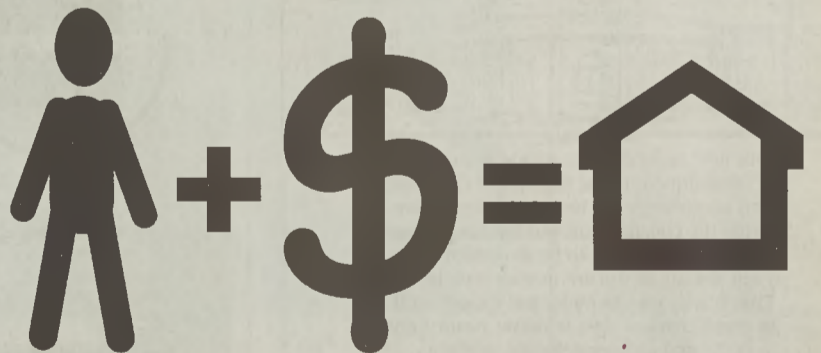
She wears shirts that show off her belly button ring. But the communications major sees his piercing as a private affair. "I definitely didn't get it for the recognition. The only people who see it are me and my girlfriend. It's a private thing, it's not anybody's business to know if I have it or not."

Since body piercing is not embraced by mainstream American society, many piercees choose areas which can be concealed, if need be.

"It was the least noticeable. It was something I've wanted to do for a long time," Regina Osorno, a 19-year-old Finnish studies/psychology student, says of her decision to get her tongue pierced.

Joyce Farr, a 23-year-old artist/shopkeeper/science and technology communications student who has both ears pierced several times, a pierced nostril, septum, tongue and belly button, says that even though she's had the piercings for two to four years, her father's family still doesn't know. They haven't noticed, despite the fact the jewelry she wears isn't removable.

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