

Tar Heel Kitchen

Peanut recipes by the handful

By Babs Wilkinson
Special to the Pilot

There are many varieties of peanuts, but out of these varieties there are four basic types -- Runner, Virginia, Spanish and Valencia. Each of these basic types has a distinctive size, flavor and preferred usage.

Runners are grown mainly in Georgia, Alabama, Florida, Texas and Oklahoma. Approximately half of the runners grown go to make peanut butter.

Virginias have the largest kernels and account for most of the peanuts roasted and processed in-the-shell and cocktail out-of-hand type of peanuts. Virginias are grown mainly in southeastern Virginia and northeastern North Carolina.

Spanish-type peanuts have smaller kernels covered with a reddish-brown skin. They are used predominantly in peanut candies and peanut butter. They are primarily grown in Oklahoma and Texas.

Valencias usually have three or more small kernels to a pod and are covered in a bright-red skin. They are a very sweet peanut and are usually roasted and sold in-the-shell. These peanuts are grown primarily in New Mexico.

Peanuts and peanut butter are 26 percent protein and are outstanding sources of minerals, the B vitamins, fiber and folic acid. The fat content of peanuts is mostly the desirable poly and mono unsaturated which have been shown to lower LDL cholesterol levels in the blood. In fact, recent studies at Loma Linda University indicate that frequent consumption of nuts like peanuts as part of a healthy diet may actually lower the risk of heart attack. Peanuts are naturally cholesterol-free, an added value for nutrition-conscious consumers.

North Carolina peanut farmers grow and produce an average of 157,375 tons of peanuts a year.

Peanut storage

To maintain best eating quality, store peanuts in a cool, dry place at or below 70 degrees F. (Peanuts keep fresh indefinitely stored in a tightly closed container in the freezer.)

Oven roasting

Place raw peanuts, in-shell or shelled, one layer deep in a shallow baking pan. Roast in a 350-degree oven, 15 to 20 minutes for shelled and 20 to 25 minutes for in-shell peanuts. (Remove from heat just short of doneness desired, as peanuts continue to cook as they cool.)

NUTTY BUDDY PEANUT PUDDING CAKE

1 cup chopped roasted peanuts
1/3 cup chopped roasted peanuts
1 cup all-purpose flour
5 tablespoons butter, softened
1/3 cup creamy peanut butter
1 (8 oz.) package cream cheese
1 cup confectioners sugar
1 small container (4 1/2 oz.) frozen whipped topping
1 (3 oz.) package instant vanilla pudding
1 (3 oz.) package instant chocolate pudding
2 3/4 cups milk
1 (9 oz.) container frozen whipped topping
1 oz. sweet chocolate, grated

In a small bowl, thoroughly mix peanuts, flour and softened butter. Press into bottom of 9x12-inch baking dish. Bake for 20 minutes at 350 degrees F. Cool thoroughly.

Cream or blend by hand peanut butter and cream cheese. Add sugar and mix well. Fold in small container of whipped topping. Spread over cooled layer of peanut crust.

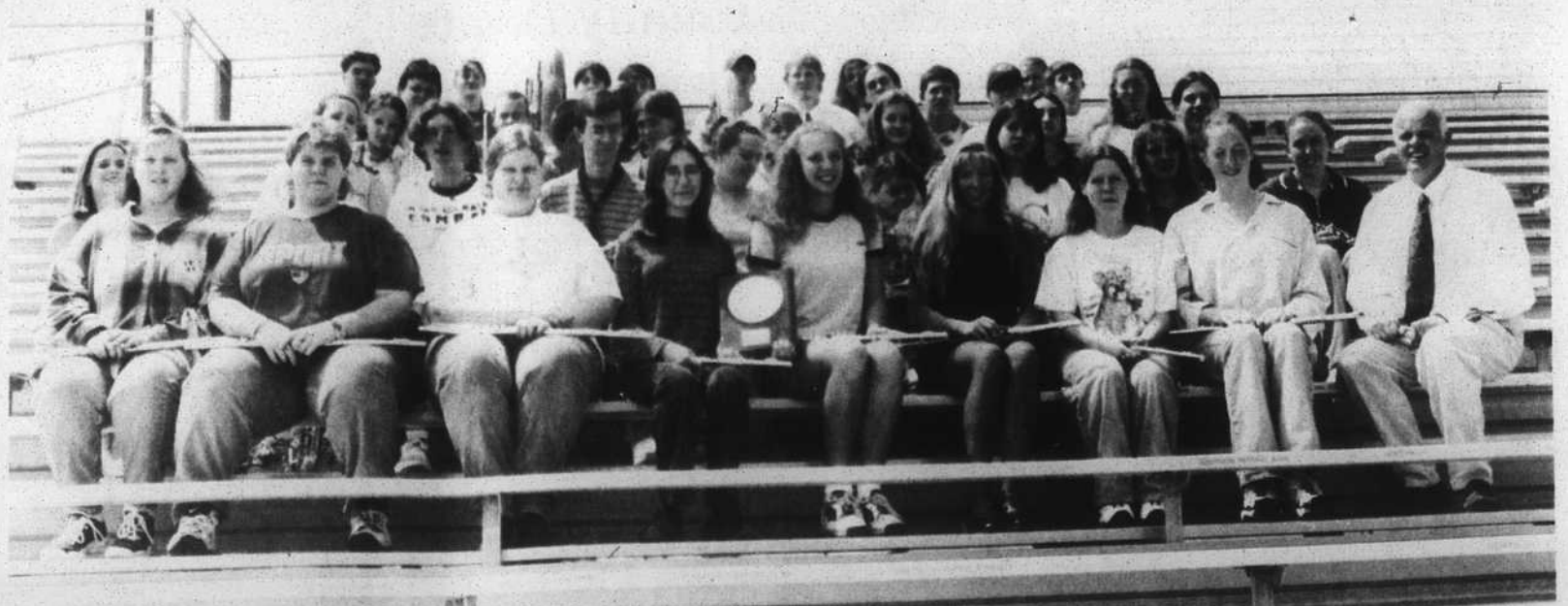
Mix puddings with milk until thickened. Spread over cream cheese layer.

Top with larger container of whipped topping. Sprinkle with chocolate and one-third cup peanuts. Chill two to three hours. Yields 12 servings.

PEANUTTY CHEESE SPREAD

2 cups shredded cheddar cheese
1 cup (8 oz.) cream cheese, softened
1/2 cup chopped peanuts
1/3 cup mayonnaise
2 tablespoons chopped pimento
1 tablespoon minced green onion
1 tablespoon prepared mustard

In a bowl, blend cheeses and mayonnaise. Add peanuts, pimento, green onion and mustard; stir into cheese mixture. Use as a spread on rye or whole wheat bread. May be grilled or broiled open-face.



The South Brunswick High School Symphonic Band received a superior rating at the State Band Contest and Festival held in Benson.



State Smart Start program funding allowed more than 30 children at Wee World Daycare Center to have free checkups by state Department of Health hygienist Patsy Bey. The program also will pay for follow-up care at local dental offices. Here, Tanner Moore of Southport says, "Ah."

Master Gardener program sign-up

The Master Gardener Program in North Carolina is a joint endeavor of the North Carolina Cooperative Extension Service and volunteers who wish to learn how to be better gardeners and help other gardeners by sharing their knowledge.

Classes for the Brunswick County Cooperative Extension Service Master Gardener Program will begin May 19 and continue through July 16. Class will meet on Tuesdays and Thursdays from 9

a.m. to noon at the cooperative extension office near Bolivia. Participants in the Master Gardener Program will receive 45 hours of training in all aspects of horticulture and home gardening. In return, certified Master Gardeners are expected to give back volunteer time working on the telephone hotline, the plant clinic and Master Gardener projects.

Persons interested in becoming a Master Gardener may call the Brunswick County Cooperative Extension Service office at 253-2610 for an application or additional information. Enrollment will be limited.

Volunteers sought by Hope Harbor

Hope Harbor Home domestic violence shelter is seeking crisis line volunteers and courtroom advocates to work with victims of domestic violence and sexual assault.

Crisis line volunteers answer calls at the shelter when staff members are not available. Courtroom advocates support victims during the difficult period of courtroom procedures.

A volunteer training program will be held at the shelter Mondays and Wednesdays, 9 a.m. to 12:30 p.m., beginning April 27. For further information, person may call Yolanda Bentley, 754-5726.

Garden party as fund-raiser

A Garden Party Luncheon sponsored by United Methodist Women will feature Meg Shelton demonstrating the types and uses of herbs.

The luncheon, which serves as a fund-raiser for mission projects, will be held in the fellowship hall of Trinity United Methodist Church at noon Friday, May 1. Tickets are \$5 and reservations may be made by calling the church office at 457-6633 or Marion Martin at 457-0713.

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Box luncheon event planned

The Southport Woman's Club will host its annual box luncheon on the Garrison Wednesday, May 6, at noon.

The theme of this year's luncheon will be the old-fashioned garden party. A silent auction will be held for the box lunches.

Dog obedience class scheduled

Dog obedience classes will be held at Franklin Square Park on Mondays, 6 to 7 p.m., May 4 through June 8.

The cost is \$40 for the six-week course. To register or for further information, person may call Lorretta Pyeatt at 278-7762.

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