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Dorm chef

Eating alternative as good as Mom's: cook it yourself on your own hot plate

By PAM HILDEBRAN Staff Writer

Mom's home cooking-leaving it probably is the hardest thing to do when going off to college, right?

If visions of cheese crackers, peanut butter, monotonous cafeteria food and the expense of eating out turn you off. consider the increasingly popular alternative of cooking in the dorm. If it is done with care, cooking can be

cheap, fast, convenient and tasty. Connor residents Susan Campbell and

Katherine Caudle cook three times a day and prepare good, balanced meals.

Campbell said casseroles and pork chops are favorite dishes, and that their trick is to freeze foods at home, bring them back to school and simply reheat them.

"We've only been out to eat twice the whole year," Campbell said. "The things I like best about cooking my own meals are that I don't have any set time to eat, we don't have to go anywhere and it's good practice for the future."

Women aren't the only students who cook, however. Avery resident Jeff Gray, who is on a 10-meal-a-week Servomation plan, cooks breakfast, lunch and one dinner a week in his room.

"I don't always fill up my meal card," Gray said. "Doing my own cooking tastes better and I get more variety. Cafeteria food doesn't really taste like home, and I can get close to it."

Gray said quite a few of the men in his dorm cook and that he probably would cook a lot more if he had a larger refrigerator and "someone to do the dishes."

Intrigued with the idea of cooking? Some basic essentials and their approximate costs (available at hardware stores) are two sturdy plastic plates, bowls and mugs (\$9); silverware for two (\$2.30); a large, sharp knife (\$5); a spatula

pint glass measuring cup (\$1.69): twoquart Pyrex baking dish (\$3.19); eightinch Teflon frying pan (\$5.29); 2.5-quart stainless steel pot (\$19.99) and a four-cup hot pot (\$11.25).

'Doing my own cooking tastes better and I get more variety. Cafeteria food doesn't really taste like home.'

A full-size refrigerator runs anywhere from \$435 up. New ones of about three cubic feet start around \$100. Toaster ovens (a very useful item) check in at \$25 to \$30.

Four unspoken rules should be in the back of your mind when grocery shopping: (1) shop in the same store each time-the more familiar you are with a store, the more you know about its brands and prices: (2) never shop when hungry-you'll end up buying more junk than nutritious food and spending more money than necessary; (3) shop only once or twice a week-you'll save money and won't end up with more than need and (4) be wary of sale items-they may be outdated or you'll probably find yourself buying an oversupply of unnecessary items.

Next comes the actual cooking. Recipes can be found in magazines, at home and in books such as The Impoverished Students' Book of Cookery, Drinkery, and Housekeepery (copyright 1977 by Doubleday and Co.: available at local bookstores for \$2.95) by UNC philosophy Professor Jay F. Rosenberg. In addition, several residence residents for publication.

Cobb and Joyner are putting together a cookbook as the result of a brainstorm at a beach retreat, Cobb President Joyce Green said.

"The recipes will be designed for one to two people, and the book will be distributed only in our two dorms for about a quarter," Green said.

The Cobb-Joyner cookbook will be divided into sections called "The Morning After Breakfast." "Quick Lunches and Suppers," "The Night Before the Big Game," "How Sweet it is to be a Tar Heel" (desserts), and "Happy Hour" (drinks and parties), Green said. Henderson Residence College also is compiling a cookbook to be published sometime before Christmas, which probably will be sold campuswide. Campbell said.

The use of good seasonings comprises 98 percent of all cooking, according to the Rosenberg cookbook. Absolute basics (available at grocery stores) are salt, black pepper, sugar, paprika, garlic and onion. Useful spices include chili powder. ground allspice, ground cinnamon, nutmeg and curry powder. Basic herbs are oregano, basil leaves. cloves. rosemary, thyme and tarragon.

Not surprisingly, steak and baked potatoes are the overwhelming lavorites of dorm cooks, especially men.

"Steak and baked potatoes are real easy to cook," Gray said. "A guy on my hall has a microwave and can cook a potato in five or six minutes."

Gray said he thinks it is safe to say that more upperclassmen do their own cooking than do freshmen. He said many of the upperclassmen have full-size refrigerators, toaster ovens and the full complement of cooking utensils.

So if you're tired of starving or suffering from indigestion, try cooking. Just don't neglect the biggest problem facing all cooks-cleaning up the mess

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afterward.



Book lists survival food recipes

Whether you are a dorm gourmet or a CHILI "CON CASSERES" struggling beginner, the following recipes will give insight into the secret of preparing nutritious dishes with a minimum of cost, time and worry. All recipes come from The Impoverished Students' Book of Cookery, Drinkery, and Housekeepery unless otherwise noted and serve approximately four persons.

BROCCOLI CASSEROLE . . . Susan Campbell

Preheat oven to 350 degrees F. Prepare one cup rice and one package frozen broccoli. Place broccoli in a casserole dish; add rice, one cup grated sharp cheese and one-half can mushroom soup." Sprinkle enough breadcrumbs on top to cover mixture. Bake 30-45 minutes. PRIMORDIAL CHICKEN

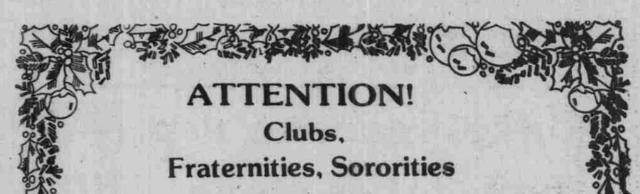
Using one cut-up frying chicken for each two persons, rub each piece lightly with oil. Roll each piece of oiled chicken heavily with salt, pepper, garlic salt and tarragon. Broil for about 10-12 minutes on each side (coat broiler with aluminum

In the bottom of a large pot, saute one pound ground beef in butter, onions and garlic. Add on large can chili beans. Add enough chili powder to attain the red coloration normally associated with chili con carne. Add lesser quantities or oregano, cumin and cayenne pepper. Add one cup of cooking sherry or cheap red wine. Add enough vinegar so you can smell it (although you cannot smell it after the chili has cooked). Simmer on lowest heat available for approximately one hour.

NIFTY THINGS TO DO WITH LEFT OVER BREAD

Never throw out any dry, left-over bread. Slice it, dip it in a mixture of eggmilk-sugar-vanilla-and a dash of salt, fry it in butter and you have French Toast. Cube it, sprinkle with melted butter and garlic salt, brown it under the broiler and you have Croutons. Roll it or grind it into crumbs, put them in a plastic bag and refrigerate, and you'll never have to buy breadcrumbs. Or just use it dry as a doorstop.

-PAM HILDEBRAN



(89 cents); measuring spoon set (69 cents); colleges are compiling recipes from HEED 33 changes image, to lose reputation as slide

By PAT WOOD Staff Writer

What popular course closed out more than 300 students this fall, is affectionately known as "sex" and is bad news to next semester's slide-seeker?

Health Education 33, a course in human sexuality, taught this year by Brenday DeVellis, assistant professor in the department of health education, will undergo several schedule changes for the spring semester in an effort to place it on a little more scientific basis, DeVellis says.

"I don't see that human sexuality should be any different from botany or chemistry courses. A lot of research has been done in this area and the student should be exposed to it," she says.

The small group seminars will provide a chance for discussing personal attitudes and experiences, she adds.

DeVellis says she discovered earlier this semester that HEED 33 was meeting for one 90-minute discussion one night a week. Students were credited with three hours. The new schedule extends the amount of weekly discussion time required for HEED 33 but does not extend the credit hours.

Lecture will meet from 9-9:05 a.m. on still will count as three credit hours.

also because "people are pooped on Monday nights." Monday night is an inconvenient time for guest speakers to visit the class, she says, and with two lectures per week she can have slides or movies one lecture followed up by another lecture the same week.

DeVellis, who begain teaching HEED 33 this fall, says she is not sure why the course has been so popular in the past. She was told that students regard HEED 33 as a slide.

Devellis says the schedule was changed

"I'm not sure if that's part of the reason or not," she says. "I don't think it'll be a slide in the future."

DeVellis says she is "wrestling with the problem of making HEED 33 accessible to more students. Apparently last spring there were close to 500 that wanted to get in," she says "I may have some HEED 33 students from spring semester form an advisory board to see how more people could enroll."

HEED 33 pre-registration will take place Monday, Oct. 30 beginning at 8 a.m. in 323 Rosenau Hall at the School of Public Health.

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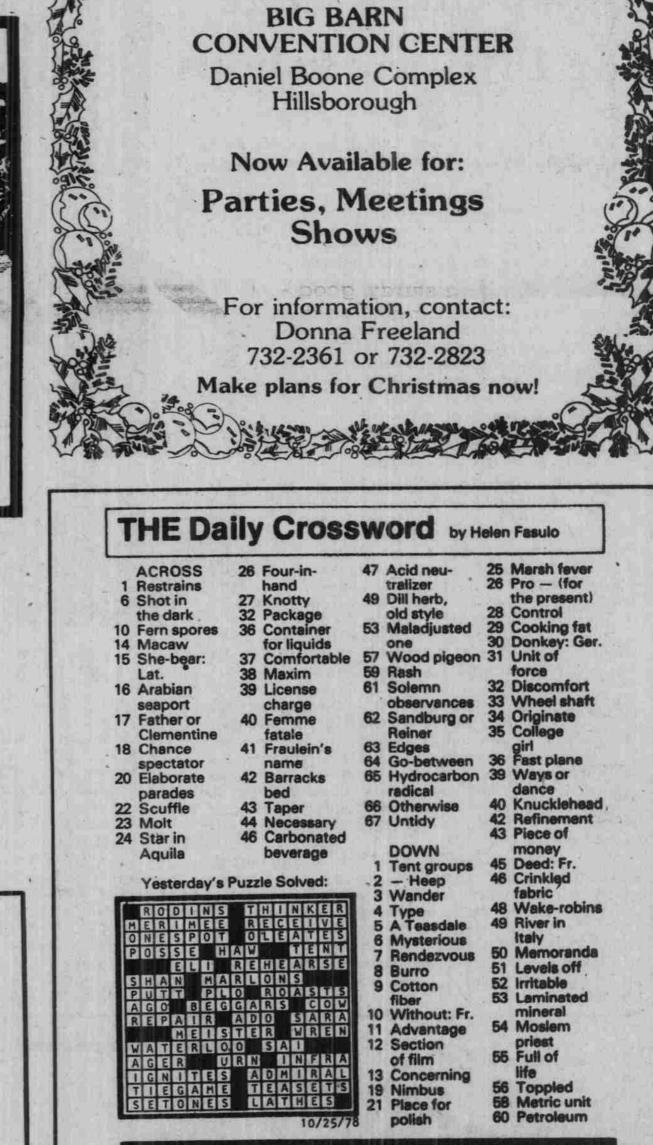
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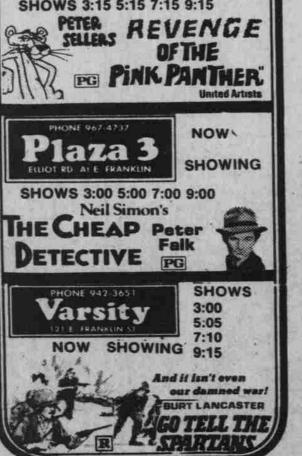


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