

On The Front Burner

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In your food shopping, don't waste dollars. A recent national survey revealed that convenience store prices average 15% above supermarkets. Also, the average family throws away between 7 and 10% of the food they buy by over-estimating the amount needed or forgetting you have more food than you can use in the refrigerator. Are you guilty?

This survey said yellow, orange and red packaged items are "silent sellers" and somehow wind up in the greater percentage of the carts when the homemaker is buying a week's supply of food. Beware of multiple pricing, for example 3 for 89¢.

A similar food may sell for 28¢ each.

Three of them would cost only 84¢ if bought individually. Waste not! Remember, one cup of uncooked rice will yield 3 cups when cooked. One cup of uncooked macaroni will yield 2 1/4 cups when cooked. One cup of uncooked noodles yields 1 1/4 cups cooked. So if you do wind up with rice or pasta left over, stir-fry with bits of meat and vegetable for a quickie meal.

Mrs. Ruby Tuttle has shared this cheese spread recipe with us. It is very good.

CHEESE SPREAD

1 lb. cheddar cheese
1 large cream cheese
dash garlic powder
1 lb. pimento cheese
1 small grated onion
Mix everything together.
Mrs. Eleanor Powell, Mrs. Willis's sister, sent us this recipe.

COFFEE PUNCH

1 pint milk
2 teaspoons vanilla
1/2 pint cream, whipped
nutmeg
2 quarts strong coffee cooled
1/2 cup sugar
1 quart vanilla or chocolate ice cream
Combine vanilla, milk, coffee and sugar. Stir and chill. Place ice cream in punch bowl. Pour coffee mixture over ice cream. Cover with whipped cream. Top with nutmeg. Whipped cream can be flavored with brandy or sherry.

Ann Webb shared this Jade Tree Chicken recipe which was first place winner one year in the North Carolina Chicken Cooking Contest. I made it this weekend and it is good.

It is a low calorie dish but very high in sodium because of the soy sauce.

JADE TREE CHICKEN

3 half-breasts of broiler-fry chicken, boned, skinned and cut in bite-size pieces
1/4 cup soy sauce, divided
1/4 cup cooking oil, divided
2 teaspoons cornstarch, divided
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon ground red pepper
2 cups fresh Broccoli florets
1 cup sliced celery
1 onion cut in 8 wedges
2 Tablespoons dry sherry
1/4 cup cold water

In large bowl make marinade by mixing together 2 tablespoons soy sauce, 1 tablespoon oil, 1 teaspoon cornstarch, garlic powder, sugar, salt and red pepper; stir. Add chicken, turn to coat. Cover and marinate in refrigerator for 20 minutes. In frypan, place remaining 3 tablespoons oil and heat to medium temperature. Add broccoli, celery, and onion. Stir-fry about 6 minutes or until tender crisp. Remove vegetables and set aside. In same frypan place chicken and stir-fry about five minutes or until opaque and fork can be inserted in chicken with ease. Return vegetables to frypan. In small bowl, mix remaining 2 tablespoons soy sauce, 1 teaspoon cornstarch, sherry and water. Pour over chicken and vegetables. Reduce heat and simmer uncovered for three minutes. Serve over hot cooked rice. Makes 4 servings. (The recipe takes its name from the broccoli florets which give the dish color and a look of tiny jade "trees".)

"CHEEP" CHICKEN LOAF

2 eggs
1/2 teaspoon poultry seasoning
1 cup fine dry bread crumbs
1-1 1/2 cups chopped cooked chicken or turkey
1/2 cup chopped green pepper
1/4 cup chicken broth or milk
1/4 teaspoon salt
6 hard cooked eggs, sliced
1/2 cup chopped celery
1/4 cup chopped onion
gravy, mushroom sauce, or cheese sauce if desired.
Beat together 2 eggs, broth, poultry seasoning and salt. Stir in crumbs. Reserve 3 center egg slices

for garnish and chop remaining eggs. Add chopped eggs, celery, green pepper, and onion to crumb mixture and toss lightly to mix. Place in greased 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan and bake in preheated 350 degree oven 50 to 55 minutes or until lightly browned. Loosen edges with spatula and turn out on serving platter. Garnish with parsley and egg slices. Slice and serve. Serve with gravy, mushroom sauce, or cheese sauce as desired. Serves 6 to 8.

PUDDING BASE MIX

2 cups self-rising flour
4 cups instant nonfat dry milk powder
4 1/2 cups white sugar
2 teaspoons salt*
Combine all ingredients and store in an airtight container. *If plain flour is used, add an extra teaspoon of salt.

COCONUT PUDDING

1 2/3 cups pudding mix base
2 1/2 cups water
1 egg beaten
1 teaspoon vanilla extract
1 tablespoon margarine
1 cup (loose) flaked coconut
Combine first 3 ingredients. Cook until thickened. Stir in remaining ingredients. Serve warm or chilled. Makes 5 servings of 1/2 cup each.

CHOCOLATE PUDDING

1 2/3 cups pudding mix base
3 tablespoons cocoa
2 1/2 cups water
1 egg, beaten
1/2 teaspoon vanilla flavoring
1 tablespoon margarine
Combine first 4 ingredients in a sauce pan. Cook while stirring until thickened. Remove from heat and stir in flavoring and margarine. Serve warm or chilled. Makes 5 servings - 1/2 cup each.

BANANA PUDDING

1 2/3 cups pudding mix base
2 1/2 cups water
2 eggs, separated
1 teaspoon vanilla flavoring
1 tablespoon margarine
1/2 box vanilla wafers
2 ripe bananas, sliced
1/4 teaspoon cream of tartara
1/4 cup sugar
Combine in saucepan pudding mix, water and beaten egg yolk. Cook until thickened. Add flavoring and margarine. Cool slightly. Alternate layers of vanilla wafers, bananas, and pudding in casserole dish. Beat egg whites with cream of tartara until fluffy. Gradually beat in 1/4 cup sugar. Spread over pudding and bake in 375 degree oven about 10 minutes until slightly brown.

SHAKE-YOUR-OWN COATING MIX FOR CHICKEN

1 1/2 cups dry bread crumbs
1 cup flour
1 1/2 tablespoons salt
1 tablespoon paprika
1 tablespoon onion powder
1/2 teaspoon garlic powder
1 teaspoon pepper
6 tablespoons cornmeal
5 tablespoons vegetable shortening
Combine all ingredients except cornmeal and shortening. Whirl to a powder in blender, 1/4 cup at a time, or in a food processor. Pour into a mixing bowl; mix in cornmeal. Thoroughly cut in shortening (use your fingers) so that the mixture looks orange and crumbly. Pour into a jar; cover securely and store at room temperature. Makes 3 cups of mix; enough to coat four 2 1/2 to 3 pound chickens. TO USE: Pour 3/4 cup mix into a plastic or paper bag. Moisten chicken pieces in either water or milk, shaking off excess liquid. Shake chicken pieces - 1 or 2 at a time - in the bag until coated. Place in an ungreased baking pan. Bake at 400 degrees F for 45 to 55 minutes.

Mrs. Sally Young sent us this recipe for sausage cake.

KEROSENE HEATERS

Kerosene heaters have brought added warmth to North Carolina, but they have also brought a new problem.

People are not filling the heaters outdoors and kerosene makes a nasty stain on a carpet when the inevitable spill occurs. It also has a very unpleasant odor.

If you have spilled kerosene on your carpet, treat it as a grease stain. Perchloroethylene is available from a local dry cleaning establishment.

You may call around to find one that will sell the fluid to you. Using a clean cloth or sponge, blot the grease solvent on the stain. The idea is to get the surface of the rug damp, but not wet. If the fluid is allowed to soak the rug, it will

damage the latex backing of the rug. Then using an absorbent material, such as a clean cloth or paper towels, blot up the kerosene that the grease solvent is breaking up. Then let the spot dry.

It may take several applications to get all of the stain up, but it is necessary to let the spot dry out between applications.

If the stain is very large, you may have to call in a commercial carpet cleaner. The only way to get rid of the odor of the spilled kerosene is to use a room deodorizer and increase the ventilation by opening a door or windows.

Schedule

Thursday, March 10, 1983, 2:30 p.m. - Allendale-Antioch Extension Homemakers Club Meeting.

Hint

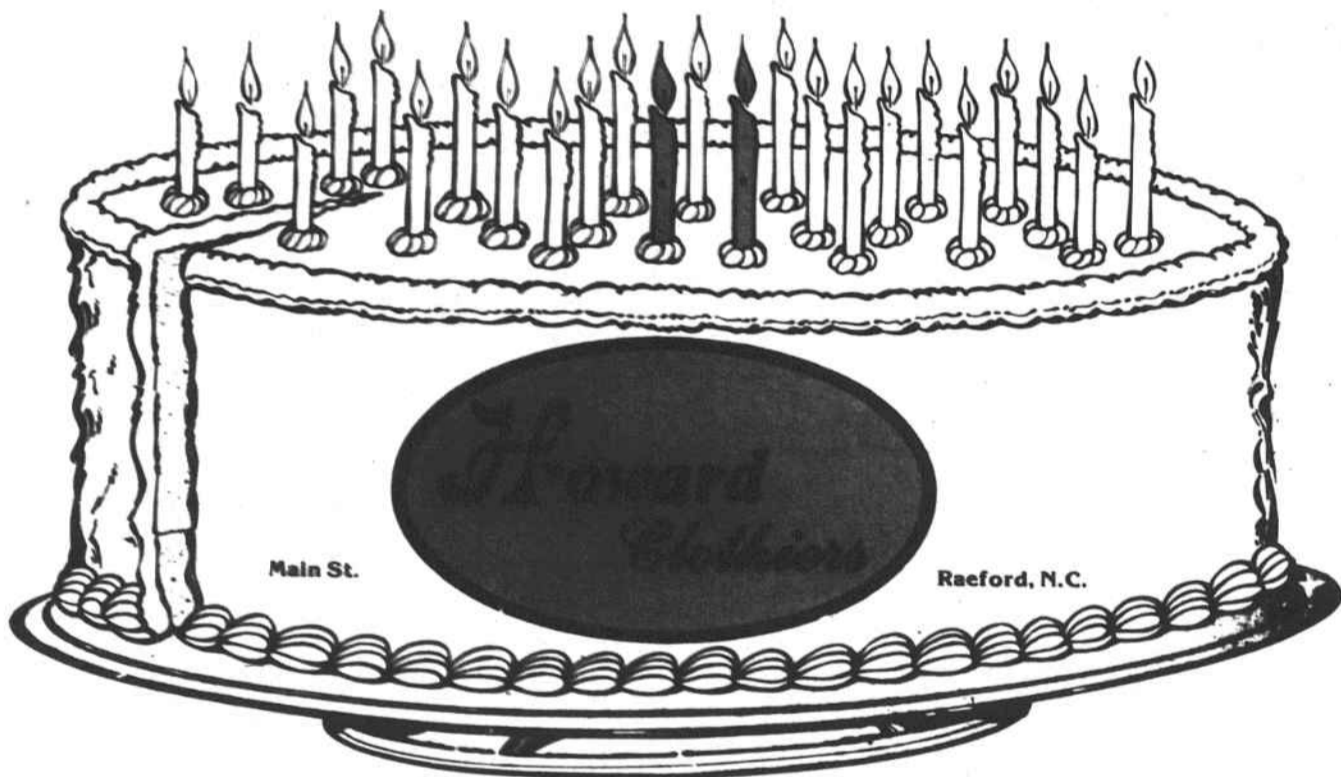
If you have a gas stove, make sure the pilot light is burning efficiently - with a blue flame.

A yellowish flame indicates an adjustment is needed.



IS IT OR ISN'T IT - By the appearance of the sign the new housing project under construction is not in the Raeford Fire District. The sign, however is wrong. The area has been annexed into the city and will allow fire protection for the upcoming 30 units that are rent subsidized.

Thank You Raeford It's Our Birthday!! 2nd Anniversary Sale



3 Big, Big Days
March 3rd - 4th - 5th
Thursday, Friday, Saturday
Open Nightly Until 6 P.M.

Storewide Savings



Happy Birthday To Us

Happy Savings To You

Come Celebrate With Us

Refreshments

"Fine Apparel For Men And Young Men"