

# On The Front Burner

(Continued from page 4B)

**SHRIMP AND OKRA GUMBO**  
 1 lb. fresh okra or 1 10-oz pkg. frozen okra, thawed  
 2 tablespoons olive oil  
 1/4 cup butter  
 2 cups diced onion  
 2 green peppers seeded and cut in 1/2 inch pieces  
 1/4 teaspoon instant minced garlic  
 1 1-lb. 12-oz. can tomatoes  
 1/4 cup flour  
 2 bay leaves  
 1/4 teaspoon thyme leaves crushed  
 1/4 teaspoon hot pepper sauce  
 1/2 teaspoon worcestershire sauce  
 1 teaspoon salt  
 1 lb. shrimp, shelled or 16-oz. pkg. frozen, shelled shrimp, thawed  
 hot cooked rice  
 2 10 3/4 oz. cans chicken broth  
 Wash and dry okra. Cut in 1/8 inch slices. Heat olive oil and butter in heavy saucepan over medium heat. Saute okra, onions, green peppers and garlic 3-4 minutes stirring. Sprinkle with flour. Stir until flour becomes golden brown. Add next 7 ingredients. Cover; bring to boil. Simmer, uncovered, 45 minutes. Add shrimp; cook 5 minutes longer. Put heaping spoonful of rice in each soup bowl. Ladle gumbo over rice.

**MANDARIN PORK**  
 2 lbs. boneless pork loin  
 1/4 cup flour  
 1/4 cup vegetable oil  
 4 green peppers, seeded and cut in 1/2 inch pieces  
 2 cups finely chopped carrots  
 1 14-oz. can pineapple chunks  
 1/2 cup soy sauce  
 1/2 cup sherry  
 1/2 cup vinegar  
 1 tablespoon sugar  
 1 tablespoon ginger  
 1 7-oz. pkg. frozen snowpeas thawed  
 1 large onion sliced  
 Trim fat from pork and cut in 1/2 inch cubes. Dredge in flour. Heat oil. Add pork and cook until brown on all sides, stirring occasionally. Add green peppers, carrots and onions. Cook 2 minutes more, stirring often. Drain pineapple. To pork, add pineapple juice and next 5 ingredients, mixing well. Simmer 3 minutes. Add pineapple chunks and snowpeas. Cook 3 minutes. Makes 10 servings.

Alice Lancaster, 4-H Agent shared the two above recipes.

**TUNA PATTIE MELT**  
 One 6 1/2 to 7 oz. can turn drained, flaked  
 1 egg, beaten  
 2 tablespoons green onion slices  
 Dash of pepper  
 1 pasteurized process american cheese slice, cut into 4 triangles  
 1/2 cup quick or old fashioned oats  
 1/3 cup shredded carrot  
 1/4 cup mayonnaise  
 1/8 teaspoon salt  
 1 to 2 tablespoons vegetable oil  
 Combine all ingredients except oil and cheese; mix well. Shape to form four 3 1/2 inch patties. Brown in oil in 12-inch skillet over medium-heat 3 to 4 minutes or until golden brown. Turn; continue cooking 3 to 4 minutes, placing cheese triangle on each patty during last 2 minutes of cooking. Serve on hamburger buns with lettuce and tomato if desired. Makes 4 servings.

**HERB RICE**  
 3 cups hot water  
 2 cups rice  
 1 cup thin carrot slices  
 1 cup chopped onion  
 1/4 cup margarine  
 2 teaspoons salt  
 1/2 teaspoon dill weed  
 Dash of pepper  
 2 tablespoons chopped parsley  
 Combine ingredients except parsley in 2-quart casserole. Cover. Microcook 5 minutes. Stir with fork. Cover; microcook 13 minutes. Let stand 10 minutes. Add parsley; fluff with fork before serving. 8 to 10 servings.

**MUSTARD SAUCE**  
 Mix 2 tablespoons dry mustard, 1 teaspoon flour, 1/4 teaspoon salt, 1/4 cup evaporated milk or cream. Put in a heavy pan or double broiler top 3/4 cup evaporated milk or cream, 1/4 cup sugar. Heat. Stir in the mustard mixture. Add 1 egg yolk beaten until thick. Cook and stir until thick. Stir in 1/2 cup vinegar, heated. (For fish, beef, ham or spinach. Makes 1-1 1/2 to 2 cups).

**SCHEDULE**  
 Wednesday, April 6, 1983, 10:00 a.m. - Wayside Extension Homemakers Club Meeting.  
 Thursday, April 7, 1983, 10:00 a.m. - Raeford Morning Extension Homemakers Club Meeting.

**HINT**  
 Excess paste wax will make the floor slippery. Apply thin coats, buff well.



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 You Pay Only **69¢** 5 lb. bag

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**Turkey Breast**  
 4-7 lb. avg. **118** lb.

U.S.D.A. INSPECTED YOUNG

**COUNTRY BUTCHER SHOP**

Shank Portion lb. **78¢** Shank Half lb. **88¢**  
 Butt Portion lb. **88¢** Butt Half lb. **98¢**

Whole Ham **88¢** 19-22 lb. avg.

A&P QUALITY WHOLE

**Box - 0 - Chicken**  
 Limit 4 lb. **39¢**

FRESH

**Meat Weiners** 1 lb. pkg. **169¢**

**Franks or Bologna** 12 oz. pkg. **69¢**

**Ocean Perch Fillets** lb. **169¢**

**Smoked Ham Portions** lb. **169¢**

**Polska Kielbasa** lb. **239¢**

**Pork Sausage** 1 lb. pkg. **179¢**

**Pork Loin Roast (Whole)** lb. **137¢**

**Whole Country Ham** lb. **179¢**

**Sirloin Tip Roast** lb. **269¢**

**Rib Roast** lb. **289¢**

**Rib Steak** Boneless lb. 3.99 **359¢**

**Leg of Lamb** lb. **299¢**

**Orange Juice**  
 64 oz. carton **99¢**

A&P CHILLED

**Brown & Serve Rolls**  
 2 12 ct. pkgs. **88¢**

JANE PARKER

**Ann Page Mayonnaise**  
 32 oz. jar **88¢**

REALLY FINE

**Sealtest Ice Cream**  
 1 gal. ctn. **189¢**

ICE CREAM PARLOR TASTE

**Margarine Qtrs. 3** 1 lb. pkg. **100¢**

**Crescent Rolls** 8 oz. can **89¢**

**Cream Cheese** 8 oz. ctn. **69¢**

**Cake Mix** 18.5 oz. pkg. **91¢**

**Frosting** 16.5 oz. pkg. **139¢**

**Instant Coffee** 10 oz. jar **399¢**

**Luck's Beans** 2 15 oz. cans **88¢**

**Sweet Potatoes** 29 oz. can **69¢**

**Bath Tissue** 4 roll pkg. **179¢**

**Pound Cake** 12 oz. pkg. **169¢**

**Whipped Topping** 9 oz. ctn. **89¢**

**Orange Juice** 12 oz. can **79¢**

**Miller Beer**  
 12 oz. Cans **469¢**

HIGH LIFE

**Navel Oranges**  
 15 113 size **100**

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**Aqua Fresh Toothpaste**  
 You Pay Only **139** 6.4 oz. tube save 40c

25¢ OFF LABEL

**Coca Cola** 2 ltr. btl. **99¢**

DIET COKE - SPRITE - TAB

**Asparagus** lb. **128**

**Fresh Broccoli** large bunch **99¢**

**Sweet Potatoes** 5 lbs. only **100**

**Delicious Apples** lb. **48¢**

**Avocados** 3 large 48 size **100**

**Crisp Carrots** 3 bunches only **100**

**Finesse Shampoo** 7 oz. btl. **149**

**Barbasol Shave Cream** 11 oz. can **69¢**

**O.B. Tampons** 30 ct. box **259**

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