**DOUBLE COUPONS** 

## 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 stir-ring. 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 7-0z. pkg. frozen snowpeas thaw-

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

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 pattie during last 2 minutes of cooking. Serve on hamburger buns with let-tuce and tomato if desired. Makes 4 servings.

HERB RICE

3 cups hot water

2 cups rice I cup thin carrot slices

cup chopped onion

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

Mis 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 I 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.

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



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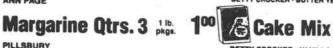
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