

# The Cooking Corner

Today's cooking corner features recipes from "Barbara's Top Recipes", new cookbook published by "Top O' The Day" of WBTV Channel 3, Charlotte, for benefit of a scholarship fund honoring the late WBTV personality Jim Patterson. Barbara Stutts, WBTV personality and co-host of "Top O' The Day" shares her favorites along with others from the channel 3 staff. Cookbooks are available locally at Harris Teeter.

**SOY-HONEY SPARERIBS**  
 4 lbs. pork spareribs  
 1/2 cups beef broth  
 1/2 cup soy sauce  
 3 tbs. vinegar  
 2 tbs. brown sugar  
 1 tsp. salt  
 2 tsp. ground ginger  
 2 cloves garlic, minced  
 Place spareribs in shallow glass pan. Mix broth, soy sauce, honey, vinegar, sugar, salt, ginger and garlic. Pour over ribs. Cover and refrigerate, turning 2 or 3 times, at least 6 hours. Remove ribs from marinade and arrange meaty sides up on foil-lined broiler pan. Cover and cook at 350 degrees for 45 minutes to an hour. Brush with marinade frequently. Yield: 6 servings.

**BBQ MEAT LOAF**  
 1 1/2 lbs. ground beef  
 3/4 cup bread crumbs  
 1/2 cup onion, chopped  
 1 egg beaten  
 1 tsp. salt  
 1/4 tsp. pepper  
 1 (8 oz.) cans tomato sauce  
 1/2 cup water  
 3 tbs. vinegar  
 3 tbs. brown sugar  
 2 tbs. mustard  
 2 tsp. worcestershire sauce  
 Mix beef, bread crumbs, onion, egg, salt, pepper, and 1 can tomato sauce; form into loaf. Place in 7x10 inch pan. Combine remaining ingredients and pour over loaf. Bake at 350 degrees for 1 hour and 15 minutes. Yield: 6 servings.

**DIETETIC PUMPKIN PIE**  
 1/4 cup cooked pumpkin  
 Sugar substitute to equal 1 1/2 cups sugar  
 1/2 tsp. ginger  
 1 tsp. cinnamon  
 1/4 tsp. nutmeg  
 1/4 tsp. cloves  
 2 eggs, slightly beaten  
 1 1/2 cups canned evaporated skim milk  
 1 nine inch pie shell  
 Combine pumpkin, sugar substitute, and spices until well blended. Stir in eggs and gradually blend in skim milk. Pour into pie shell and bake at 400 degrees for about 40 minutes or until done.

**HAM MONDELLO**  
 BY MIKE COLLINS  
 3-5 pound canned ham, sliced thin  
 1/2 lb. brown sugar  
 1/4 tsp. powdered cloves  
 1/4 tsp. powdered mustard  
 several dashes of vinegar  
 Have ham sliced, restack and tie up, place in oven at 325 degrees. Half hour on each side, (cover if starts drying out on top too much.) Combine other ingredients in bowl. Remove liquid from ham. Place glaze on ham. Baste until dissolved. Serve.

**MEXICAN LASAGNA**  
 BY MIKE MCKAY  
 1 1/2 lbs. ground beef  
 1 tsp. seasoned salt  
 1 (1 1/2 oz.) pkg. taco seasoning mix  
 1 cup diced tomatoes, fresh or canned  
 1 (8 oz.) cans tomato sauce  
 1 (4 oz.) can diced green chiles  
 8 oz. ricotta cheese  
 2 eggs  
 9 corn tortillas  
 10 oz. Jack cheese, shredded  
 Brown ground beef in a large skillet until crumbly. Drain fat. Add seasoned salt, taco seasoning mix, tomatoes, tomato sauce and chiles. Blend well. Bring to boil. Reduce heat and simmer uncovered, 10 minutes. In small bowl, combine ricotta cheese

and eggs. In bottom of 13 by 9 inch baking dish, spread half of meat mixture. Top with half of tortilla. Spread half of ricotta cheese mixture over tortillas and top with half of Jack cheese. Repeat once more, ending with grated cheese. Bake, uncovered, at 350 degrees for 20-30 minutes.

Let stand 10 minutes before cutting in squares. Makes 8 servings.

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**SWEET POTATO CASSEROLE**  
 BY CECILE BOST

8 medium size sweet potatoes  
 1 cup brown sugar  
 1/2 tsp. salt  
 2 tbs. cornstarch  
 2 cups orange juice  
 1/2 tsp. grated orange peel  
 6 tbs. butter or margarine  
 1/2 cup raisins  
 1/2 cup chopped walnuts  
 3 cup marshmallows, op-

tional  
 Boil potatoes until tender. Peel, slice and place in buttered baking dish. Combine sugar, salt, and cornstarch in saucepan, blend in orange juice and peel. Cook over medium heat, stirring constantly, until mixture thickens. Add butter, raising,

and walnuts; mix thoroughly and cook for 1 extra minute. Pour sauce over sweet potatoes. Bake for about 30 minutes at 325 degrees. Baste occasionally. Shortly before removing from oven, top potatoes with marshmallows; brown lightly. Serves 8.

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