

The Cooking Corner

THIS WEEK'S RECIPES ARE THE VIRGINIA SEASONS-NEW RECIPES FROM THE OLD DOMINION.

APPETIZERS

CHEDDAR SMITHFIELD SPREAD

1/2 cup Cheddar cheese, shredded
1 jar Smithfield ham, finely chopped
1/2 teaspoon Worcestershire sauce
1/2 cup mayonnaise

Mix well and serve with assorted crackers.

HAM AND CHEESE ROLLS

1 stick butter, softened
2 teaspoons prepared mustard
2 tablespoons poppy seeds
2 teaspoon Worcestershire sauce
1 small onion, grated
1 package (20) Pepperidge Farm Party Rolls
1/4 pound thinly sliced boiled ham
1 4-ounce package sliced Swiss Cheese

Mix together butter, mustard, poppy seed, Worcestershire sauce and onion. Open rolls and spread mixture on both sides of roll. Put in ham and cheese. Wrap in foil and heat at 350° until cheese melts. Preparation: 15 minutes. Yield: 20 rolls.

FRIED CHEESE

8 ounces whole-milk Mozzarella (Double H brand)
1 egg, beaten with 1 tablespoon water
1/2 cup cracker crumbs or toasted bread crumbs
1/4 teaspoon oregano
1/4 teaspoon basil
Flour
Peanut Oil
Tomato sauce

Cut cheese into 1 inch cubes; toss in flour. Dip in egg; roll in crumbs seasoned with oregano and basil. Refrigerate at least 30 minutes. Heat 1 inch peanut oil in heavy skillet to 375°. Fry quickly (about 30 seconds) and serve with a good tomato sauce. Preparation: 45 minutes. Serves 4.

**May simmer canned or bottled pasta sauce with garlic, wine, and seasonings for about an hour to make tomato sauce. Can be served with toothpicks as hors d'oeuvre or in larger squares as a first course or side dish.*

TEX-MEX LAYERED DIP

1 15-ounce can refried beans
2 cups sour cream
1 1-1/4 ounce package taco seasoning
1 8-ounce jar picante sauce or taco sauce
4 rip avocados, mashed
2 teaspoons lemon juice
2 medium tomatoes, chopped
1 bunch green onions, with tops, thinly sliced
1 8-ounce Cheddar cheese, grated
1 4-ounce can sliced ripe olives
Tostitos or tortilla chips

On bottom of a 2 quart glass casserole(not too deep) spread refried beans. Mix sour cream with taco seasoning and spread on top of bean layer. Next, layer picante sauce. Mix avocados with lemon juice; layer on top of picante sauce. Continue layering each of the remaining ingredients. Cover. Refrigerate and serve chilled with Tostitos. Preparation: 20 minutes. Serves 25.

May halve recipe but still use all of beans. If avocados aren't ripe, substitute Marie's avocado dressing. This recipe is always requested.

BEVERAGES

HOT VIENNA CHOCOLATE

3 quarts milk
3 ounces baking chocolate, melted
8 eggs
1 cup sugar
2 teaspoons vanilla
Whipping cream (optional)

Place milk in double boiler. When milk is hot, moisten melted chocolate with some of milk. Gradually add remaining milk to chocolate. Beat eggs and sugar together in washed double boiler. Stir milk and chocolate into eggs and sugar and add vanilla. Heat and serve as is or garnish with whipped cream. Preparation: 30 minutes. Yield: 20 5-ounce servings.

BREADS

SWEET POTATO MUFFINS

1 1/4 cups sugar
1 1/4 cups mashed cooked sweet potatoes (or canned)
1/2 stick butter, room temperature
2 large eggs, room temperature
1 1/2 cups flour
2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt
1 cup milk

1/2 cup raisins, chopped
1/4 cup pecans, chopped
2 tablespoons sugar
1/4 teaspoon cinnamon

Preheat oven to 400°. Grease muffin cups. Beat sugar, potatoes and butter until smooth. Add eggs and blend well; set aside. Sift together flour, baking powder, spices, and salt. Add flour mixture

to potato mixture alternately with milk. Stir just to blend. Fold in raisins and nuts. Spoon batter into muffin cups. Mix 1/4 teaspoon cinnamon and 2 tablespoons sugar and sprinkle over muffins before baking. Bake 20 to 25 minutes. Yield: 24 muffins.

**Use paper liners in your tins. Moist and Delicious!*

HIGHALND INN MAPLE MUFFINS WITH MAPLE BUTTER GLAZE

2 eggs
1 cup sour cream
1 cup Highland County maple syrup
1 cup all-purpose flour
1 cup bran flakes
1 teaspoon baking soda

3/4 cup chopped hazelnuts

GLAZE:
2/3 cup Highland County maple syrup
6 tablespoons butter

Preheat oven to 400°. Beat eggs with fork in large bowl to blend. Stir in sour cream and maple syrup.

See Cooking, 7-C

USDA Choice Beef Untrimmed
12-14 Lbs. Average - Sliced FREE!
WHOLE SIRLOIN TIPS

\$1.78
Lb.

USDA
Choice Beef
SIRLOIN
TIP ROAST

\$2.48
Lb.



Grade A
WHOLE FRYERS
59¢
Lb.

Prices in this ad are good Monday, Oct. 22 thru Sunday, Oct. 28, 1990.

Tasty Jumbo
SHRIMP
\$6.99
Lb.

New Zealand
KIWI FRUIT
3/\$1

Your Choice
Lb. - Genuine Idaho
BAKING POTATOES
Lb. - New Crop
SWEET POTATOES
1 Lb. Bag - Crisp
CRUNCHY CARROTS

39¢

5 Lb. Bag
NEW CROP ROME APPLES/RED DELICIOUS APPLES
4 Lb. Bag
FLORIDA ORANGES
\$1.99

Jumbo
Pack Grade
A Chicken
THIGHS & DRUMSTICKS

79¢
Lb.

15 Lb. Bag
RUSSETT/
20 Lb. Bag
ROUND WHITE POTATOES
\$2.99

Tasty
3 Lb. Bag
YELLOW ONIONS

39¢

16 Oz. - Cut/French Style Green Beans/
17 Oz. Whole Kernel/Cream Style Corn/
17 Oz. Sweet Green Peas
DEL MONTE VEGETABLES
2/79¢



11.5 Oz. - EP/AD Vacuum Bag
FOLGER'S FLAKED COFFEE
\$1.59



7.6 Oz. Cheese/Hamburger/Pepperoni/
7.8 Oz. Sausage/Sausage & Pepperoni
CHEF BOYARDEE FROZEN PIZZAS
89¢



16 Oz. - Del Monte
WHOLE POTATOES
3/\$1



6.5 Oz. Cheese Pizza/6.25 Oz. Cheeseburger
Or Chicken Nuggets/7.25 Oz. Fried Chicken/
9 Oz. Macaroni/Cheese/Franks/
9.25 Oz. Spaghetti With Meat - Frozen
KID CUISINE DINNERS
\$1.59



8 Oz. - Assorted Flavors
FOOD LION YOGURT
3/\$1

Detergent
BOLD 3..... 39 Ounce **1.79**

Sealtest
SOUR CREAM..... 8 Oz. **.59**

128 Ounce
FOOD LION BLEACH
89¢

2 Liter - Diet Pepsi/
PEPSI COLA
\$1.19

Diet Mt. Dew/
Mt. Dew..... 2 Liter 1.29

SAVE 75¢
when you buy 12 oz.
Wheat Total.
Oct. 22-30, 1990.
Good week of
Only at
Food Lion, Inc.
Supplier code
11063900
Limit one coupon per family. This coupon may not be
redemmed for any and is void where prohibited. See
coupon for restrictions. *Restrictions apply to all
products and are subject to change without notice.
\$1.00 per unit. *Restrictions apply to all products.
1600073175 7

There is a Food Lion location near you:
Westgate Plaza Shopping Center • Kings Mountain