

# The Cooking Corner

These recipes are taken from the cookbook, *100 Years in the Kitchen*, compiled by the women of First Presbyterian Church in Kings Mountain.

**BEEF STROGANOFF CASSEROLE**  
 1 pound round steak, cubed  
 1 large onion, cut in rings  
 Salt and Pepper to taste  
 1 can mushroom soup  
 1 cup sour cream  
 1 (8-ounce) package macaroni, cooked  
 1/4 cup sliced black olives  
 Brown steak and onions in small amount of fat. Add salt, pepper and soup. Simmer for 10 minutes. Remove from heat. Add sour cream, macaroni and olives. Place in greased 2-quart casserole. Bake in 350° oven for 45 minutes. Serves 6.  
 Dot Houston

**OVEN BAKED STEW BEEF**  
 2 pounds stew beef  
 1 can onion soup  
 1 can mushroom soup  
 Trim off some of fat. Add 1 can onion soup and 1 can mushroom soup undiluted. Cover with foil and bake at 325° for 3 hours. Serve over rice.  
 Christine Ramseur

**FIESTA CHICKEN SUPREME**  
 1 cup sour cream  
 2 tablespoons lemon juice  
 2 teaspoons celery salt  
 1/2 teaspoon paprika  
 1 clove garlic, crushed  
 2 teaspoons salt  
 1/2 teaspoon pepper  
 6 chicken breasts, halves  
 1 cup bread crumbs  
 3/4 cup butter, melted  
 Combine sour cream, lemon juice, celery salt, paprika, salt and pepper in a quart measuring cup. Then dip the chicken breasts, one at a time, into the mixture and coat heavily. Place in 9x13 baking dish and refrigerate overnight, uncovered. The next day, roll chicken pieces in bread crumbs, place in shallow baking dish and spoon half the melted butter over them. Bake in pre-heated oven 350° 30 to 40 minutes. Spoon remaining butter over chicken and continue baking for 20 to 25 minutes. Serves 4-6.

**BREAST OF CHICKEN PIQUANTE**  
 8 whole chicken breasts, 6 or 8 ounces  
 1 cup flour  
 2 teaspoons salt  
 1/4 teaspoon white pepper  
 2/3 cup butter or margarine  
 2 tablespoons salad oil  
 1 teaspoon minced shallots  
 2 garlic cloves, minced  
 Juice or 4 lemons  
 1/2 cup finely chopped Parsley  
 Remove bone from chicken, or buy boneless. Remove skin and

flatten chicken with the heel of your hand. Lightly dust with flour and seasonings. Heat butter and oil with the shallots and garlic and add breasts; full side down. Sauté lightly about 6 minutes. Turn once. Continue cooking. Remove to a platter or casserole and keep warm. Add lemon juice to pan and dissolve any cooked brown particles. Boil 1 minute. Correct seasoning, add parsley and pour over chicken. Serve at once. This is excellent for a low-cholesterol diet. Serves 8.

**CHICKEN SPAGHETTI**  
 4 pound hen seasoned and boiled, cooled and chopped (can use turkey with chicken bouillon cubes for flavor)  
 2 large onions  
 2 large green peppers, chopped and softened in butter  
 1 pound margarine (I prefer 1/2 pound)  
 14 ounces spaghetti cooked in chicken broth  
 1 large can chopped mushrooms  
 1 no. 2 can tiny peas  
 1 large can tomatoes  
 2 cloves garlic if desired  
 Combine all ingredients. Simmer 3 minutes, stir, taste, season. Heat casserole before serving. Top with Parmesan cheese. Do not keep adding water. It has more than you think. Serves 20.  
 Frances Sincox

**WEIGHT WATCHERS CHICKEN CASSEROLE**  
 4 tablespoons diet margarine  
 3 tablespoons flour  
 16 ounces evaporated skimmed milk  
 8 ounces water  
 1 chicken bouillon cube  
 2 cups cooked rice  
 16 ounces cooked diced chicken  
 1 4-ounce can sliced mushrooms, drained  
 1/3 cup chopped green peppers  
 1/4 cup chopped pimento  
 1 teaspoon salt  
 Melt butter, blend in flour. Add milk, water, chicken bouillon cube. Cook until thick and bubbly. Stir often. Add remaining ingredients. Pour into 2-quart casserole, sprayed with Pam. Bake in a pre-heated 350° oven for 40 minutes. Note: Sprinkle top with paprika if you like. Serves 4.  
 Melanie Ballard

**MARINATED NOODLE BAKE**  
 2 pounds ground beef  
 1 large onion  
 1 green bell pepper  
 1 15-ounce can tomato sauce  
 1/2 cup tomato ketchup  
 1 package wide egg noodles  
 1 package creamed cheese (8-ounces)  
 1 can evaporated milk (13 ounces)  
 2 tablespoons lemon juice (1/2 lemon)

Grated Mozzarella or sharp cheese  
 Sauté ground beef, onions and chopped bell peppers until meat is done and vegetables are tender. Add tomato sauce and ketchup and simmer 20 minutes covered. Cook noodles according to package. Drain. In blender, mix cream cheese, milk, lemon juice. Pour over drained noodles and marinate 1 hour. Cover bottom of 9x13 baking dish with noodles and marinade. Add meat sauce over noodles and sprinkle grated cheese or Mozzarella cheese over top. Bake in 350° oven for 30 minutes or until bubbly in middle. This dish can be frozen before baking and cooked direct from freezer or can be fixed ahead and kept in refrigerator until 1/2 hour before choosing to serve to cook. Serves 8.  
 Jean Barber

**VEGETABLE CASSEROLE**  
 1 package frozen vegetable mixture of Broccoli, Cauliflower, and carrots, thawed  
 1 small onion, chopped  
 5 ounce can water chestnuts, chopped  
 1 can cream of mushroom soup  
 1/2 cup sour cream  
 1/2 cup sharp cheese

Mix soup and sour cream. Add other ingredients except cheese. Pour into 9x12 pyrex dish which has been greased with butter. Sprinkle grated cheese on top. Bake 350° 30 to 45 minutes.  
 Ginnie Arnette

**PARTY POTATOES**  
 8-10 medium sized potatoes (mashed)  
 1 8-ounce package cream cheese  
 1 small carton sour cream  
 1/2 stick butter  
 1/3 cup chopped chives (dried are fine)  
 Salt and pepper to taste  
 Paprika to sprinkle on top  
 Beat all ingredients into hot potatoes. Dot with butter and sprinkle with paprika in well-greased 2-quart casserole. Can do ahead, then bake at 350° for 25 minutes. Serves 8.  
 Jenny Maner

**QUICK ROLLS**  
 2 cups flour  
 1 teaspoon sugar  
 1 cake yeast  
 1/2 teaspoon salt  
 2 teaspoons butter  
 2/3 cup buttermilk  
 To the lukewarm milk, add dissolved yeast, salt, sugar and melted butter. Mix with flour. Set in warm place to rise.

When light, toss on a board, in plenty of flour. Make into small biscuits, dip in melted fat, drop in one division of a muffin ring, allowing 3 small biscuits to each division. Set into warm place to rise the second time. When light, bake in a quick oven.  
 Hilda B. Goforth

**BANANA NUT POUND CAKE**  
 1-1/2 cups Crisco oil  
 2-1/2 cups sugar  
 3 eggs  
 3 cups sifted plain flour  
 1 teaspoon soda  
 3/4 teaspoon salt  
 1 teaspoon vanilla  
 1/2 cup buttermilk (or 1-1/2 teaspoons vinegar with sweet milk)  
 4 bananas (mashed)

1 cup chopped nuts  
 1 cup coconut  
 Mix in order given. Bake in well-greased and floured tube pan. Bake 1 hour and 15 minutes at 325°. Let stand in pan 10 minutes before removing and wrap in foil immediately.  
 Sylvia Neisler

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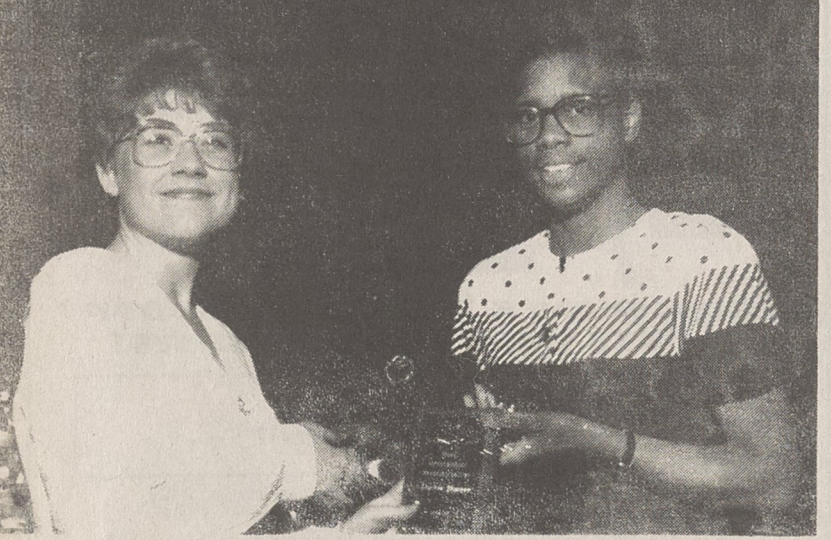
## Food Lion's Prices 8% Lower Than Winn-Dixie's "New Low Prices"

Winn-Dixie's been advertising a lot about how they're lowering prices. So we thought you might like to know just how those so-called 'new low prices' compared with Food Lion. A comparison of 100 key groceries revealed Winn-Dixie charged \$152.00 for items that cost only \$138.11 at Food Lion. **FOOD LION'S PRICES WERE 8% LOWER THAN WINN-DIXIE'S.** Here are just a few examples of how much more you pay for key grocery items at Winn-Dixie. As you can see, if Winn-Dixie claims their prices are as low as Food Lion's, they still have a way to go.

	FOOD LION	WINN-DIXIE
Sorrento String Cheese (1 Oz.)	.29	.30
Creamettes Thin Spaghetti (7 Oz.)	.32	.33
Pringles Potato Chips (7 Oz.)	1.35	1.39
Starkist Solid White Tuna In Water (6.125 Oz.)	1.25	1.29
Unique Shrimp Cat Food (6 Oz.)	.32	.33
Stovetop Stuffing, Chicken (6 Oz.)	1.25	1.32
Breyer's Strawberry Yogurt (8 Oz.)	.43	.45
Texas Pete Hot Sauce (6 Oz.)	.35	.39
Bush Baked Beans (16 Oz.)	.50	.52
Kraft Miracle Whip Salad Dressing (16 Oz.)	1.39	1.45
Heinz Ketchup (28 Oz.)	1.19	1.29
M & M Plain (Individual Pack)	.34	.36
Kleenex Bathroom Tissue (4 Pack)	.85	.89
Philadelphia Plain Cream Cheese (8 Oz.)	.99	1.19
Wesson Oil (24 Oz.)	.95	.99
Ore-Ida Crinkle Golden Potatoes (2 Lb.)	1.49	1.59
Rinso Ultra 10 Load (16 Oz.)	.85	.89
Sunny Delight Citrus Punch (64 Oz.)	1.09	1.16
Eggo Waffles (11 Oz.)	1.29	1.39
<b>WINN-DIXIE TOTAL</b>		<b>\$152.00</b>
<b>FOOD LION TOTAL</b>		<b>\$138.11</b>



**NORTH PRINCIPAL PALS** - From left, front row: O'Brian Hunt, Margaret Mauney, Leslie Potter, Patricia Avery, Kevin Tsui and Tina Souttanirasay. Second row: Erin Wilson, Kilo Smarr, Dena Williams, Abby Singletary, Jessica Adams, Lindsay Hamrick, Michael Rote and Zachary Bardsley. Third row: Heather Adams, Amanda Maples, Chad Pearson, Maria Hatzidakis, Will Barron, David Barron, Chatney Jeffries, Shelby Baldonado and Principal Joey Hopper.



**CLEVELAND COMMUNITY COLLEGE** -- Jerri Anderson (left) of Kings Mountain, the 1991-92 Student Government president, presents the Most Outstanding SGA Representative Award to Annette Hopper of Waco, Hopper, daughter of Charles and Phyllis Hopper, an accounting major at the school. She won the award at the college's recently held awards night.

USDA Choice Beef T-Bone/  
Porterhouse Steak

# \$ 3.96

Lb.

Gwaltney Big 8 All Meat Franks.....Lb. .96  
 100% Pure Ground Beef Patties...Lb. 1.46

Packaged

Red Ripe Tomatoes

# 29¢

Lb.

2 Liter - Diet Pepsi, Mt. Dew, Diet Mt. Dew, 7-Up, Diet 7-Up

## PEPSI COLA

# 98¢

Pkg. of 6 - 16 Oz. Non-Returnable Bottles - Diet Mt. Dew, Mt. Dew, Pepsi, Diet Pepsi..... 1.99

Prices in this ad are good Wednesday, May 20 thru Tuesday, May 26, 1992.

Drink Prices may vary according to distributor's outlets in certain areas. We reserve the right to limit quantities.

This price comparison was taken on May 4, 1992 in Charlotte, N.C. Some prices may have changed since that time.

**FOOD LION**