

The Cooking Corner

GREEN BEANS AU GRATIN

3 tablespoons melted butter
4 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
1-1/2 cups milk
1/2 cup liquid from green beans
1/2 cup grated American cheese
No. 2 can green beans (2-1/2 cups)
Blend butter, flour and seasoning. Add liquids gradually, stirring constantly. Bring to a boil and cook for 3 minutes. Remove from heat and stir in cheese. Place beans in casserole and pour sauce over. Bake in 325 degree oven for 30 minutes.

FRENCH FRIED ONIONS DELUXE

5 large Bermuda onions
Milk
2/3 cup flour
1/4 teaspoon salt
2 tablespoon salad oil
2/3 cup water
1 egg white, beaten stiff
Fat for frying

Slice onions in 1/2 inch rounds. Separate each ring, using the largest ones. Soak for 1 hour in sweet milk. Mix flour, salt, oil and water until smooth. Fold in stiffly beaten egg white. Dry onion slices. Dip in batter and fry until a golden brown and the onion is tender.

CANDIED SWEET POTATOES

8 sweet potatoes, thinly sliced
2 cups sugar
2 cups water
1/2 stick butter
1 teaspoon grated orange rind
Juice of 1/2 lemon
1/4 teaspoon ginger

Bring sugar and water to a boil. Add potatoes and rest of ingredients. Cook until potatoes are done and candied.

PEAS AND ONIONS

1 pound fresh or frozen English peas
6 green onions
1/2 teaspoon salt
Dash of pepper
1 tablespoon sugar
2 tablespoons butter
1 teaspoon flour
3/4 cup boiling water
1 tablespoon mixed parsley, tarragon, chives, and chervil

Chop onions and add to peas. Cook in hot water until tender. Add seasonings and thicken with flour.

RED FLANNEL HASH

6 beets, cooked
6 potatoes, cooked
1 onion, minced
3 slices salt pork
1/2 pound ground beef
1/3 cup meat stock
6 fresh eggs, poached

Chop up vegetables fine. Mix all ingredients except eggs. Add meat stock. Cook slowly for approximately 30 minutes. Serve hash with poached eggs on top.

POTATO CRISPY PATTIES

2 cups cold mashed potatoes
Corn meal
Melted fat
Roll mashed potatoes in corn meal. Shape into patties and fry in melted fat until golden brown and crisp.

SAUTEED CUCUMBERS AND TOMATOES

Pare 4 large cucumbers
2 tomatoes
Salt and pepper to taste
2 eggs, beaten
Fine cracker crumbs

Cut cucumbers and tomatoes in 1/4 inch slices. Salt and pepper. Dip in beaten eggs and then into cracker crumbs. Heat skillet. Add 1/2 stick butter and saute cucumbers and tomatoes.

BUTTERMILK POTATOES

5 potatoes
1 tablespoon butter
1 tablespoon flour
1 cup buttermilk
1/2 teaspoon salt
Pepper to taste
Dice potatoes and cook until ten-

der, but not mushy. Melt butter in saucepan, stir in flour and seasonings. Add buttermilk and heat only until thickened. Pour over potatoes and toss lightly. Serve while hot.

STUFFED CABBAGE

1 pound ground beef
1/2 pound ground pork
1/2 cup grated onion
1 head cabbage
1-1/2 teaspoons salt
1/2 teaspoon pepper
1/2 cup uncooked rice
3 cups water (approx.)

Combine meat and seasonings and rice. Add onion. Wilt cabbage leaves by putting in scalded water. Roll meat mixture up in cabbage leaves. Bake for 1-1/2 hours at 350 degrees. Serve with tomato sauce.

CHEESE GRITS CASSEROLE

4 cups boiling water
1 cup cheese, grated (garlic cheese is great)
2 eggs
1 stick melted butter
1 teaspoon salt
1 cup grits
1/2 cup milk

Bring water and salt to a boil. Stir in grits and cook slowly for 15-20 minutes, stirring frequently. Then add cheese, blending thoroughly. Beat eggs with milk and stir in butter. Add to grits and cheese. Place in casserole and bake 35 minutes at 350 degrees.

STUFFED YELLOW SQUASH

8 yellow crookneck squash, young and tender
1 onion, minced
1 teaspoon sugar
Pinch of salt
6 tablespoons melted butter
10 saltine crackers
5 tablespoons bacon drippings
1/8 teaspoon black pepper

Leave squash whole. Boil the squash for 20 minutes. Let cool. Slice the tops off and scoop out pulp. Mash pulp and mix with other ingredients. Fill squash with stuffing and bake 15 minutes in 350 degree oven.

CORN PUDDING

6 tablespoons flour
3 tablespoons sugar
1 teaspoon salt
1-1/2 cups milk
2 cups corn, cut and scrape from the ear
4 tablespoons melted butter
4 eggs

Mix flour and corn. Add sugar, salt and butter. Beat milk and eggs together. Stir into corn and pour into a butter pan or baking dish. Bake at 350 degrees for 1 hour, stirring three times during baking to keep the corn from settling to bottom.

LENTILS IN BUTTER

1-1/2 cups brown lentils
1 onion finely chopped
1 clove garlic chopped
6 tablespoons butter
Salt and black pepper
1 teaspoon ground cumin

Clean lentils and soak overnight in cold water. In a large saucepan fry the onion and garlic in butter until soft. Add the lentils and stir with the butter for several minutes. Add 2-1/2 cups hot water. Season to taste with salt, pepper and cumin. Cover and simmer gently until done. Approximately 1 hour. Serve with a squeeze of lemon if desired.

BAKED STUFFED IDAHO POTATOES

6 baking potatoes (baked and scooped out of shell)
1/2 cup butter
1 cup sour cream
1 tablespoon minced onion
Celery salt to taste
Salt and pepper to taste
1/2 cup chopped crisp bacon

While the potatoes are hot, whip with butter, cream and seasonings. Add more cream if necessary. Spoon into potato shells. Sprinkle with bacon and serve hot.

HOT SLAW

3 cups shredded cabbage
1 cup thin white sauce
1 tablespoon grated onion
1 tablespoon vinegar
1 teaspoon paprika
3 tablespoons mayonnaise

Fold these ingredients into white sauce and heat. Do not boil. Pour over shredded cabbage.

PEANUT SALAD

1 cup nuts, peanuts
2 cups chopped celery
1 dozen finely chopped ripe olives
Enough mayonnaise to bind ingredients
Lettuce
Grapefruit sections

Mix peanuts, celery, olives with mayonnaise. Serve on crisp lettuce. Garnish with grapefruit sections.

STUFFING FOR LETTUCE

1 package cream cheese
2 tablespoons Roquefort cheese
1 tablespoon chopped bell pepper
2 tablespoons chopped tomatoes
1 teaspoon onion juice
Salt to taste

Blend all ingredients. Stuff hollowed out lettuce head. Chill and cut in 1/2 inch slices.

TOMATO SALAD

Skin tomatoes and scoop out centers. Season inside with salt, pepper and pinch of dill. Place one canned artichoke in each tomato and chill. Half hour before serving, cover with the following sauce.

Curried Mayonnaise:

1 pint mayonnaise
1/2 pint sour cream
1 teaspoon curry powder
Lemon juice
Grated onion

Mix and serve over tomatoes.

BREAKFAST SALAD

6 tomatoes
1 tablespoon chopped parsley
6 ounces American cheese
6 eggs
Salt and pepper to taste

Scoop out tomatoes with spoon. Simmer tomato pulp with chopped parsley until a thick paste. Scramble eggs and cheese together in skillet. Mix with tomato mixture. Salt and pepper to taste. Restuff tomatoes and serve for breakfast.

BEAN SALAD

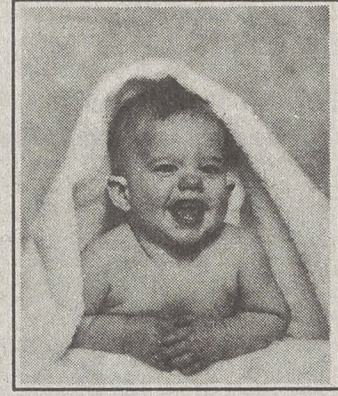
2 cups drained wax beans
2 cups drained, washed kidney beans
2 cups drained cut green beans
1/2 cup chopped celery
1/4 cup chopped onion
1/4 cup chopped parsley
Salt and pepper to taste
1 teaspoon Worcestershire sauce
3/4 cup vinegar
3/4 cup sugar
3/4 cup oil
3 tablespoons s chopped crisp bacon

Marinate beans with combined ingredients except bacon. Serve with crisp bacon as garnish.

Art exhibit at Gaston College

A multi-media art exhibit by artist and Gaston College vice president Ron Connelly will be held in the D.F. Beam Art Gallery of Gaston College September 2-30. Viewing hours for the gallery are Monday-Thursday 9 a.m. - 9 p.m. and Friday 9 a.m. - 4:30 p.m. A free lecture for the public will also be presented by the self-taught artist.

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