

Cooking Corner

(Ed. note - The recipes in today's cooking columns come from a cookbook published by Boyce Memorial ARP Church.)

CARAMEL POPCORN

By GRACE TALBERT
3 quarts popcorn
1 cup firmly packed brown sugar
1/2 cup margarine
1/2 cup Karo light or dark corn syrup

1/2 teaspoon vanilla
1/2 teaspoon baking soda
Place popcorn in large shallow roasting pan. In heavy 1 1/2 quart saucepan combine sugar, margarine and corn syrup. Stirring constantly, boil for 5 minutes. Remove from heat. Without stirring, boil for 5 minutes. Remove from heat. Stir in vanilla and baking soda. Pour over popcorn, stirring to coat well. Bake in 250 degree oven 1 hour, stirring every 15 minutes. Remove from oven; spoon onto large piece of foil. Break apart as popcorn cools. Store in tightly covered container. Makes 3 quarts.

CEREAL CRUNCHIES

MARGARET RATTERREE
1 cup white sugar
1 cup light Karo syrup
1 cup peanut butter, crunchy or smooth
1 tablespoon margarine

In a heavy saucepan bring these ingredients to a bubble and cook gently for 1 minute. Start counting with first bubble. Remove from burner and stir in: 6 cups Special K cereal. Cornflakes may be used. After mixing well, form into balls with hand or spoon and place on wax paper until cool. Yield: 3 dozen.

BUTTER CAKE

By MARY ANN TYSON
1 box yellow cake mix
2 eggs
1 stick butter
Mix until smooth and press into 9x13 pan.

2 eggs
8 ounces cream cheese
1 box powdered sugar.
Mix and our on top. Bake at 350 degrees for 40 minutes. Sprinkle with powdered sugar. Cool and cut into 24 squares.

COCONUT CAKE

By HELEN AYSUCUE
1 box white or yellow cake mix
4 (6 oz.) packages frozen coconut
16 ounce carton sour cream
1 1/2 cups sugar
1 (9 oz.) carton thawed cool whip

1 (3 1/2) can flaked coconut
Mix coconut, sour cream and sugar together and let stay overnight in the refrigerator. Mix cake as per package directions. Cook and cool. Split 2 layers to make 4, use dental floss, it cuts perfectly. Set aside 1 cup coconut mixture. Stack layers with coconut mixture. Mix the 1 cup coconut mixture with cool whip and spread over entire cake. Put flaked coconut over entire cake. Keep refrigerated until all is eaten. It is best to make 3 days ahead.

APPLE DUMPLINGS

By NORMA HERNDON
1 can Hungry Jack biscuits
5 medium cooking apples
1 cup sugar
1 cup water
1 stick butter

Pull biscuits apart, making two thinner biscuits out of each. Wrap apple quarters in biscuit dough, pinching dough shut around the edges. Place dumplings in a 9x13 inch baking dish. Melt butter and sugar and let dissolve. Stir in water. Pour mixture over dumplings. Bake 20 minutes at 350 degrees or until apples are tender and tops of dumplings are golden brown.

EASY FRUIT PUDDING

MICROWAVE RECIPE
By ROXANNA GAFFNEY

1 can (22 oz.) fruit pie filling
1 box (9 oz.) yellow cake mix
1/4 cup melted butter
1/2 cup coarsely chopped nuts
1 teaspoon cinnamon
Spread fruit pie filling in 8 inch square dish. In a small bowl, mix together yellow cake mix, butter, nuts and cinnamon. Sprinkle evenly over fruit. Microwave at high for 11 to 13 minutes. Great with ice cream. Serves 6.

SAUCY SALMON CAKES

By MARY ANTHONY

1 (16 oz.) can red salmon
1 egg beaten
salt and pepper
3/4 cup milk
1 cup, scant, cracker crumbs
1 tablespoon lemon juice
1/4 cup green onion or regular onion

Sprinkle of dill weed
Grease muffin tins, spoon mixture into this. Bake at 350 degrees for 30 minutes. Use undiluted Cream of Chicken soup for sauce.

TUNA-SPINACH

By PATTY PHILBECK
1 (7 oz.) can white tuna
2 (10 oz.) pkgs. chopped spinach

or broccoli
1 1/2 tablespoons parmesan cheese, grated
1/4 teaspoon salt
dash pepper
3/4 cup mayonnaise
Cook spinach or broccoli as directed. Drain and add drained tuna. Blend in remaining ingredients, folding in mayonnaise last. Top with cheese. Bake at 350 degrees for 20 minutes. Serves 6.

BBQ MEAT BALLS

By SONYIA LOVELACE
1 pound lean ground beef
1 cup bread crumbs
1/2 cup milk
1 teaspoon salt

1/2 teaspoon pepper
Mix all ingredients and roll into eight meatballs. Place in baking dish, cover with sauce and bake at 350 degrees for one hour.

SAUCE

1/2 cup catsup
1/2 cup water
3 tablespoons brown sugar
1/2 cup chopped onion
1/2 cup chopped green pepper
1 teaspoon vinegar
1 1/2 tablespoons worcestershire sauce
Mix well.

COLA ROAST

By NANCY MCGILL
1 teaspoon salt

1/2 teaspoon pepper
1/2 teaspoon garlic salt
1 (4-5 lb.) bottom round or eye-round roast
3 tablespoons vegetable oil
1 (10 oz.) bottle cola flavored beverage
1 (10 oz.) bottle chili sauce
2 tablespoons worcestershire sauce
2 tablespoons hot sauce
Combine salt, pepper, garlic salt and rub over surface of roast. Brown meat on all sides in vegetable oil in dutch oven. Drain off drippings. Combine remaining ingredients and pour over roast. Cover and bake at 325 degrees for

3 hours or until tender. Yield: 8-10 servings.

HOSTESS HAM SUPREME

By JAQUITHA REID
1 Hostess ham, or any pre-cooked ham
1/2 to 1 box brown sugar
Several tablespoons orange juice
Several tablespoons mustard
Place ham in baking dish. Combine sugar, juice and mustard and put over the ham. Cover with foil and bake at 325 degrees for 1 1/2 to 2 1/2 hours. When ham is sliced to be served, put some of the sugar juice on the ham slices.

FIX AHEAD CASSEROLE

By JAN WELBORN
1 pound hamburger
2 cans pork and beans
1 pound package weiners
1 small can chili
1 tablespoon finely chopped onion
1 tablespoon finely chopped green pepper
2 tablespoons brown sugar
2 tablespoons prepared mustard
2 tablespoons tomato ketchup
In skillet brown hamburger, drain. Chop weiners into bite size. Combine all ingredients. Pour into casserole dish and bake uncovered at 375 degrees for 20 minutes.

POWER BUYS!

Just another way Winn-Dixie is helping to lower your total food bill even more. We use computer buying power to track down the best deals. Then we pass that savings on to you. They look like other store's weekly specials **BUT** they're our prices **EVERY DAY!**

 20 oz. box Kellogg's Frosted Flakes
\$2.39

 Columbian, French Roast, Lite or For all Coffee Makers Maxwell House
\$2.42 12 oz. bag

 4 roll pkg. White or Ultra White Charmin Double Roll
\$1.99

 15 oz. cans Pinto, Blackeye Peas or Great Northern Luck's Beans
3 for \$1.09

 9.6 oz. pkgs. All Varieties Frozen Kid's Cuisine
4 for \$5

 half gallon All Flavors Prestige Ice Cream
2 for \$5

Absolutely, Positively The Low Price Leader!

Lower Prices Every Day!

WINN-DIXIE

America's Supermarket®
Prices good Wed. Sept. 6 thru Tues. Sept. 12, 1995.



Eat Like a Panther!

Winn-Dixie has been Selected the Official Food Supplier of the Carolina Panthers Training Table!

W-D BRAND
U.S. CHOICE

- Use whole as roast or cut into smaller roasts
- And Steaks or Swiss or Country Steaks
- And Stew Beef
- And Ground Round

The Beef People.
•Always U.S.D.A. Choice
•1/8-inch Trim
•Aged for Taste & Tenderness

W-D Brand U.S.D.A. Choice Western Grain Fed
Whole Boneless Sirloin Tips
\$1.38
lb.

W-D Brand U.S.D.A. Choice Boneless Sirloin Tip Roast
\$1.78
lb.

W-D Brand Super Trimmed Whole Smoked Ham
98¢
lb.

Harvest Fresh California Summer Red or White Seedless Grapes
88¢
lb.

W-D Brand U.S.D.A. Choice Boneless Sirloin Tip Steaklb. **\$1.88**

12 oz. pkg. W-D Brand All Meat Franksea. **88¢**

Harvest Fresh California Sweet Nectarines ...lb. **98¢**

W-D Brand U.S.D.A. Choice Extra Lean Boneless Beef Tiplb. **\$2.98**

12 oz. pkg. W-D Brand All Meat Bolognaea. **88¢**

Harvest Fresh New Crop Sweet Potatoeslb. **68¢**

Madison Brand Whole Boneless Turkey Buffet Ham
98¢
lb.

1 lb. pkg. Hickory Sweet Sliced Bacon
\$1.18

48 oz. bottle Pure Vegetable Crisco Oil
\$1.99

Market Style Fresh Ground Turkey.....lb. **68¢**

Grade A White Dozen Large Eggs.....ea. **89¢**

12 oz. cans All Flavors 12 Pack Chek Drinks
\$2.35

3 LITER BOTTLE Diet Coke or Coke Classic
\$1.29

12 pack 12 oz. cans Budweiser Beer
\$6.28

FRESH SEAFOOD
from the Fisherman's Wharf!
51/60 count per pound Raw Gulf White Medium Headless Shrimp
\$6.98
lb. **Steamed Free**
Previously Frozen Ocean Perch Fillet.....lb. **2.98**

DELICATESSEN
Sliced or Shaved to Order White or Yellow American Cheese
\$3.48
lb.
Prestige Brand 100% Fat Free Honey Smoked Turkey Breast.....lb. **4.98**

BAKERY
Fresh Baked French or Italian Bread
88¢
ea.
8 Inch Double Layer Fresh Coconut Cake **\$4.98**

Leave Your Footprint On History!

Buy A Sneaker For \$1.00 & Help Find the Cure for Diabetes.