

COOKING CORNER

Chicken & Broccoli Stir Fry

3/4-cup all-purpose flour
1/4-teaspoon baking powder
3/4-cup water
2 tablespoons soy sauce
2 cloves garlic, flattened
1/4-cup honey
2 tablespoons soy sauce
2 tablespoons cider vinegar
2 tablespoons molasses
2 tablespoons water
2 tablespoons dry sherry
2 cloves garlic, minced
2 teaspoons cornstarch
12 ounces boneless, skinless chicken breast halves
Cooking oil for deep fat frying
1 tablespoon cooking oil
3 cups broccoli flowerets

In a medium mixing bowl stir together flour, baking powder, 3/4-cup water, 2 tablespoons soy sauce, and flattened garlic; let stand for 15 minutes. Remove and discard garlic. Meanwhile, in a small mixing bowl combine honey, 2 tablespoons soy sauce, vinegar, molasses, 2 tablespoons water, dry sherry, minced garlic, and cornstarch; set aside. Rinse chicken; pat dry. Cut chicken into 1 1/2 x 1/2-inch strips.

Add to flour batter. In a wok or 2-quart saucepan heat 2 inches of oil to 365 degrees. Remove chicken from flour batter, allowing excess to drain off. Fry chicken strips, a few pieces at a time, in hot oil for 30-60 seconds, or till golden. Drain on paper towels. Pour 1 tablespoon cooking oil into a large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Add the broccoli and stir-fry for 4-5 minutes, or till crisp-tender. Arrange broccoli around the edge of a serving platter; keep warm. Stir honey-soy mixture; add to the skillet. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Return cooked chicken to skillet; heat through. Pour chicken and sauce into center of broccoli-lined serving platter.

No Bowl Cake

3 c flour
2 c sugar
3/4 c cocoa
2 tsp baking soda
3/4 c cooking oil or melted shortening
2 Tbs vinegar
2 tsp vanilla
2 c cold water

In an ungreased 13X9X2 pan, stir together dry ingredients, level, then make 3 wells: 1 large, 2 small. Pour the oil into the large well, the vinegar and vanilla each into one of the small wells, then the water over all, and stir carefully until all is mixed, but DO NOT overwork the batter. Bake 30-40 minutes at 350 until cake tests done.

Cool at least ten minutes before serving directly from the pan. NOTE: This cake is so rich and moist, icings usually make it overwhelm-

ing. Leave plain, or dust with confectioner's sugar. Or sprinkle with decorating sugar approximately 5 minutes before cake is done.

My favorite variant of this cake is:
Peanut Butter Marble Cake

Chocolate Batter
Peanut Butter Batter
2 c flour
1 c flour
1 1/3 c sugar
1/3 c sugar
1/2 c cocoa
1 Tbl oil
1 1/2 tsp baking soda
1/2 tsp baking soda
1/2 c cooking oil
1/2 c peanut butter
4 tsp vinegar
1 tsp vinegar
1 1/2 tsp vanilla
1/2 tsp vanilla
1 1/3 c cold water
1/3 c cold water

In a small bowl, stir together dry ingredients for peanut butter batter. In an ungreased 13X9X2" pan, stir together dry ingredients for chocolate batter. Set aside. In a small bowl or 2c liquid measure, stir together peanut butter and liquid ingredients for peanut butter batter. Add to dry ingredients and mix well. DO NOT over work batters. Set aside. In same bowl or measure, combine liquid ingredients for chocolate batter, and then stir into dry ingredients in pan. When mixed, drop spoonfuls of peanut butter batter into pan at random, then swirl through batters with spoon or fingers to marbleize. Bake at 350 for 30-40 minutes, or until cake tests done. Cool at least ten minutes before serving directly from pan. No icing required.

Ultimate Hamburgers w/ Roasted Garlic Butter

Garlic Butter:
2 heads fresh garlic (or 2 tablespoons of jarred roasted garlic)
8 1/2 tablespoons unsalted butter, softened
1 tablespoon minced shallots
1 tablespoon minced fresh thyme
Salt and freshly ground black pepper to taste

Preheat the oven to 375 degrees. Use jarred roasted garlic, or if using fresh garlic: Remove heads from garlic and rub with butter. Place in a baking dish, cover tightly with foil and roast for one hour. Let cool. Press the soft garlic out of the skins into a small dish. In a deep bowl, combine roasted garlic, butter, shallots, thyme, salt and pepper and stir until smooth. Refrigerate the butter until it just begins to set (about 15 minutes). Remove from the bowl and place on a sheet of plastic wrap. Form a log about the size of a stick of butter and wrap it in plastic wrap.

Refrigerate until firmly set, about one hour. (For faster setting, place in the freezer for about 1/2 hour.) Sired.

Hamburgers:

3 pounds ground chuck
2 tablespoons chopped fresh herbs such as parsley, rosemary and chives
8 slices chilled roasted garlic butter, 1/2-inch thick (about one tablespoon each)
8 hamburger buns
Salt and freshly ground black pepper to taste

In a large bowl, combine meat with herbs, salt, and pepper. Separate meat into 8 equal portions and shape into loose balls. Gently press a slice of chilled roasted garlic butter into the center of each ball. Enclose the butter with the meat and form a 1 1/2-inch thick burger.

Grill or broil the burgers until centers are no longer pink. Serve on toasted hamburger buns with desired toppings.

Old-Fashioned Buttermilk Pie

Makes one 9-inch pie

8 ounces unsalted butter
2 cups sugar
6 eggs, lightly beaten
6 tablespoons all-purpose flour
2 cups buttermilk
2 teaspoons vanilla extract
1/2 teaspoon ground nutmeg
1 9-inch pie shell, unbaked

Preheat oven to 350°F. Using mixer, cream butter and sugar until butter is softened and mixture is light. Add all ingredients and mix until combined. Pour mixture in unbaked pie shell and bake 45 to 50 minutes, until center is set. Allow pie to cool completely before serving. Serve pie with fresh strawberries or sliced peaches if desired.

Blue Ribbon Potato Salad

12/3 lbs. (about 5 medium) round red potatoes, cut into 3/4-inch cubes
1/4 cup olive oil
1/4 cup lemon juice
1/4 cup chopped parsley
2 cloves garlic, minced
1 teaspoon each salt, paprika and ground cumin
2 medium tomatoes, cut into 3/4 inch cubes
3/4 cup thinly sliced red onion

In 3-quart saucepan cook potatoes in boiling water until just tender, about 10 to 12 minutes; drain thoroughly. Meanwhile, in large bowl, whisk together oil, lemon juice, parsley, garlic, salt, paprika and cumin. Stir in tomatoes, onions and potatoes. Toss gently to coat. Serve warm or at room temperature.

Makes 4 to 6 servings.

Provençal Grilled Tuna Salad

Seafood Alternative:
halibut, swordfish or shark
4 (5 to 6 oz.) tuna steaks, 3/4 to 1-inch thick
3 tbsp. white wine or broth

3 tbsp. olive oil
2 tbsp. red wine vinegar
1/2 teaspoon chopped fresh rosemary or 1/4 teaspoon dried
1/2 teaspoon black pepper
1/8 teaspoon salt
1 clove garlic, minced
6 cups packed torn salad greens
1 cup halved cherry tomatoes
vegetable cooking spray

Measure thickness of fish to determine cooking time; place in a glass dish. To make vinaigrette, combine wine and next 5 ingredients in a jar with tight fitting lid. Shake well. Pour 2 tablespoons over fish, add garlic and turn to coat. Marinate 15 to 30 minutes, turning once. Reserve remaining vinaigrette for salad dressing. Coat grill rack with cooking spray and place on grill to heat 1 minute. Place tuna on grill 4 to 6 inches over hot coals. Cover with lid or tent with foil. Cook, turning once, just until tuna begins to flake easily when tested with a fork, about 7 minutes. Discard marinade. Meanwhile, arrange salad greens on 4 plates. Place hot tuna on greens and add cherry tomatoes. Shake remaining vinaigrette and drizzle over salads. Makes 4 servings.

FOOD INSPECTIONS

Cleveland County Health Department inspected the following food-handling facilities during the week ending August 28:

**Denotes 2 extra points when an employee attended an approved food-handling course.

Restaurants:

Honey Bear Cafe, E. College Ave., 96.
Kentucky Fried Chicken, Grover St., 958*
Ingles Deli, W. Dixon Blvd., 94.5.
Pat's Drive in at CCC, S. Post Rd., 96.
Pizza Inn, E. Dixon Blvd, 93**
Mi Pueblito Mexican Rest., E. Marion St., 98**
Sister's Cafe, E. Marion St., 96.
Sara Lee, Kings Mountain, 94.
Top's Pizza Factory, E. Marion St., 98**
Woodbridge Golf Club, 95.

Food stands:

Ingles Market, W. Dixon Blvd, 94.
Ingles Produce, W. Dixon Blvd, 96.5.
Papa Johns, E. Marion St., 97.
Harris Teeter Deli, E. Marion St., 99.5**

Harris Teeter Produce, E. Marion, 100**
Harris Teeter Market, E. Marion St., 98.
One Stop, E. Dixon Blvd., 97.

Meat markets:

Double Shoals Mkt., E. Double Shoals, 97.
Food Lion, S. Post Rd., 95.



CONTRIBUTED PHOTO
Kings Mountain fireman Shad Johnson instructs a Boy Scout on how to use the fire hose on a pumper truck during safety merit badge training class at the Kings Mountain Fire Station.

Scouts learn about fire safety

Boy Scouts from all across Cleveland County came to Kings Mountain Saturday, August 23 for instruction in the fire safety merit badge.

Kings Mountain Fire Department hosted the event.

Kings Mountain firefighter Shad Johnson was chief instructor, assisted by Jamie Black, David Ayscue and T.J. King.

Scouts were instructed in everything from how to build a safe camp fire to how to fuel a lawn mower

and the use of fire extinguishers. Most was hands-on training but there was some classroom time as well.

All was not work, however. After the instruction was over each Scout had the opportunity to take his turn at handling a real hose line from the pumper. He had to fight hard to control the lie to knock down a traffic cone.

All of the Scouts said they enjoyed the event. They all went home happy and wet!

BRIEFS

Saldo joins staff of BC hair salon

Annette Saldo, a Grover native, has joined the staff of Vickie's Hair and Nail Salon.

A recent graduate of Gastonia's American Academy of Hairstyling, Saldo will style hair and do manicures and pedicures.

Saldo now lives in Bessemer City.

Vickie's Hair and Nail Salon is located at 1018 Gastonia Highway in Bessemer City. Owner Vickie Smith has been at that location for three years. She has owned the salon for 18 years.

Albergine wins club championship

Candy Albergine shot an 83-85--168 Saturday and Monday to win the Women's Club Championship at Kings Mountain Country Club.

Harriet Broadwell finished second with a 94-92--186.

Doris Cloninger won the championship in the net division with a 73-71--144. Wanda Howze was second with a 70-81--151.

KM Aquatics club to open practice

Kings Mountain Aquatics will have a two-week orientation for prospective and returning swimmers beginning Monday.

Ages 10 and under will meet at 5 p.m. and ages 11 and up will meet at 6 p.m. at Kings Mountain High School pool.

Prospective members do not have to pay dues during this period.

The team is open to young people of all swimming abilities ages five and up.

Coaches and parents of current members will be on hand to answer questions. For more information, call 704-730-8832.

Open house set at KM Intermediate

Kings Mountain Intermediate School will host PTO/Curriculum Open House for fifth and sixth grades on Tuesday, Sept. 9 at 6 p.m.

Parents should go directly to their child's classrooms where the teachers will explain the curriculum.

Parents are encouraged to visit the PTO tables for information and an invitation to join the PTO.

For more information call the school office at 734-5658.

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