

COOKING CORNER

Good food for good year

It's a southern tradition to have black-eyed peas, corn bread and leafy green vegetables for a New Year's meal. According to fabulousfoods.com, the tradition of eating black eyed peas on New Year's eve will bring good luck for the coming year; eating greens, like cabbage, collard greens, mustard greens, kale or spinach, will bring money; and eating corn bread will bring wealth. Here are a few recipes from fabulousfoods.com that include some of those "good luck" ingredients.

New Year's Jambalaya
 1-1/2 pounds Andouille or other smoked sausage
 1/4 cup vegetable oil
 1 large chopped onion
 1 medium green bell pepper, chopped
 3 stalks celery, chopped
 2 cloves garlic, minced
 2 tablespoons Creole seasoning
 2 cups chicken stock
 2 tablespoons minced pimiento
 1 cup uncooked long grain white rice
 1-1/2 cups cooked black eyed peas
 1/4 cup chopped green onion, both white and green parts for garnish
 Brown the sausage in the oil in a large saucepan over medium-high heat. Add the onion, bell pepper, celery, garlic and Creole seasoning. Cook, stirring, until the vegetables are softened, about 10 minutes. Add the stock, pimiento, rice and black-eyed peas, bringing the mixture to a boil. Lower the heat, cover the pot, and cook until the rice is tender and all the liquid is

absorbed, 20-25 minutes. Serve in bowls garnished with green onions. (Serves 6-8)

HOPPIN' JOHN
 1 lb. dried black eyed peas
 1/2 lb. salt pork, cubed
 1/2 lb. cooked ham, cubed
 1 large onion, chopped
 3 garlic cloves, minced
 1 ham bone
 1/4 tsp. (more to taste) crushed red pepper
 3 c. (cups) cooked rice

Rinse peas and pick over, removing any small stones or foreign particles. Cover with cold water in a large pot, bring to a boil for a minute, remove from heat cover and let sit for one hour.

In a large skillet, saute the salt pork to render fat, add onion and garlic and cook until onion is soft, about 5-6 minutes. Add the onion mixture along with the ham bone and seasonings to the pot with the peas. Add enough water to cover the ingredients and bring to a simmer. Cover and cook for about 1-1.5 hours or until black eyed peas are tender but not mushy. Season with salt and pepper to taste. Serve over hot cooked rice. (Serves 8)

BLACK EYED PEAS WITH HAM
 3-1/2 c. canned or frozen (and thawed) black-eyed peas thawed
 3 c. chicken stock or canned low-salt broth
 4 oz finely chopped ham
 1 c. onion, chopped
 2 Tablespoons balsamic or red wine vinegar

4 garlic cloves, minced
 1 bay leaf
 1/2 tsp. thyme
 1/4 tsp. (more to taste) crushed red pepper
 Bring all ingredients to boil in heavy large saucepan. Reduce heat to a low simmer and cook, stirring occasionally, until peas are tender, about 45 minutes. Season with salt and pepper. (Serves 6)

COLLARD GREENS WITH HAM HOCKS
 4 bunches fresh collard greens, cleaned and steamed
 5 slices of bacon
 1 smoked ham hock
 2 med. onions, chopped
 4-6 cloves garlic, minced
 1 bunch of green onions (optional)
 salt and pepper to taste
 7 cups of water

If the collard green leaves are large, cut in half after lightly steaming.
 Cook the bacon in a large stock pot, rendering as much fat as possible. Add water to the pot and bring to a boil. Add the ham hock, the chopped onion and salt and pepper to taste. Let mixture boil for 10 minutes. Add the collard greens, and bring to a boil. Reduce heat and let simmer for about 3-4 hours or until well cooked and most of the water is cooked away. (Serves 8-10)

SPINACH WITH GARLIC, OLIVE OIL AND PINE NUTS
 about 12 cups fresh spinach, cleaned
 2-3 cloves garlic, crushed

1/4 c. olive oil or lemon flavored olive oil
 1 tablespoon balsamic vinegar
 salt and pepper to taste
 2 tablespoons toasted pine nuts (optional)

Peel garlic cloves and flatten with the broad side of a knife to crush. Place crushed garlic in olive oil and set aside (for a stronger garlic flavor, do this as much as a day in advance and refrigerate oil).

Wash spinach and shake dry, still leaving some moisture on the leaves. Heat oil in a large skillet, toss slightly damp spinach in heated oil just until wilted and heated through. Sprinkle with balsamic vinegar and toss to coat. Serve topped with toasted pine nuts (or hazelnuts). (Serves 6)

CITRUS SPINACH SALAD
 2 c. fresh spinach leaves (OR 2 c. torn Romaine Lettuce)
 1/2 small red onion, thinly sliced
 1 fresh navel orange, peeled and separated into sections (OR 1/2 small can mandarin oranges)
 2 Tablespoons (T) toasted pine nuts
 Dressing
 2 T orange juice
 2 T white wine vinegar
 3 T olive oil (preferably extra virgin)
 2 tsp. honey
 1 T chopped fresh cilantro
 2 tsp. dijon mustard
 salt & pepper to taste

Toss spinach, onion, oranges and pine nuts together. Whisk together all dressing ingredients. Pour over salad and serve. (Serves 2)

FOOD INSPECTIONS

Cleveland County Health Department inspected the following food handling facilities during the week ending December 21. **Denotes 2 extra points when an employee attended a food handling course. (SF) denotes smoke free.

Restaurants
 Arizona Oasis Grill, 98**
 Beefy's, 94.5**
 Chen's Chinese Restaurant (SF), 97.
 Chen's Fusion, 97.5.
 D&N Mini Mart, 95.
 Don's Italian Restaurant, 93.5.
 Fatz, 96**.
 Ichabod's Eatery, 96.5.
 Joe's Place, 97**.
 Lafayette Cafe Express (SF), 97.
 Lil Yummy's, 94.5**.

Showmars, 98.5**.
 Snack Shop, Boiling Springs, 94.
 Swooger Shack, (SF), 96.5.
 Taste T Drive In, 96**.
 The Clock of Shelby, 98.5**.

Food stands
 Jo's Catering (SF), 100**.
 Wal Mart Deli Bakery, 99.5**.
 Wal Mart Produce, 99**.

Educational food service
 East Elementary cafeteria, 99.5**.

Meat market
 Wal Mart, 100**.

Institutional food service
 Carillon Assisted Living, 98.
 Unique Living, 91.5**.

CHURCH BRIEFS

New Year's Eve event at Patterson Grove

Patterson Grove Baptist Church Acteens will host a New Year's Eve celebration December 31 from 8:30 p.m.-12:30 a.m. in the Family Life Center. Guest performers include International Gates of Dance and the PGBC Praise and Worship Team.

Admission is \$3 and snacks will be sold. There will be music, dancing, games and more. Youth ages 12-18 are welcome.

New Year singspiration at W. Franklin Baptist

The Songsters of Gastonia, Cross Reference of Kings Mountain, and others will present the ninth annual New Year's

Eve Singspiration Sunday, Dec. 31 at 8 p.m. at West Franklin Baptist Church, 450 South Myrtle School Road, Gastonia.

Admission is free but a freewill love offering will be received. There will be singing, worship, fun and food. For more information or directions call 734-1001 or 864-9185.

Women's conference set at IRC Outreach

IRC Outreach Ministries, Kings Mountain, will have its first Women's Conference January 13 at 4 p.m. and January 14 at 11 a.m. and 4 p.m. Keynote speakers will be Rev. Robin Bamberg, Minister Patricia Miller and Elder Kimberly Moore.

For more information call Kimm Henley at 923-5456 or Linda Hutchens at 739-5541.



CHRISTMAS CASH BLAST

OFF EVERY NEW FORD, LINCOLN AND MERCURY IN THE

\$10000s Saving Zone

Keeter Ford, Lincoln and Mercury Is Closing Out All 2006 Models!

| | | |
|---|--|--|
|  <p>2007 FORD FOCUS NC07404 - AUTOMATIC, PWR WINDOWS, LOCKS, CD PLAYER, WARRANTY UP TO 100,000</p> <p style="font-size: 1.5em; color: red;">Only \$12,495</p> |  <p>2007 LINCOLN MKZ NC07651 - ALL POWER EQUIPMENT AND LEATHER</p> <p style="font-size: 1.5em; color: red;">Only \$27,995</p> |  <p>2007 FORD F-150 NT07662 - AT, A/C, CD, AMERICAS #1 SELLING TRUCK!</p> <p style="font-size: 1.5em; color: red;">Automatic \$15,798</p> |
|  <p>2007 GRAND MARQUIS NC07539 - GS, PS CRUISE, CD PLAYER, PWR WINDOWS, LOCKS</p> <p style="font-size: 1.5em; color: red;">New \$18,668</p> |  <p>2007 FORD FUSION NC07643 - AUTOMATIC AND ALL POWER EQUIPMENT</p> <p style="font-size: 1.5em; color: red;">Only \$16,995</p> |  <p>2007 FORD ESCAPE NT07231 - AT, PWR WINDOWS AND LOCKS, TILT, CRUISE, ALLOY WHEELS.</p> <p style="font-size: 1.5em; color: red;">Only \$17,449</p> |
|  <p>2007 F-150 LARIAT CREW CAB 4X4 NT060289 MSRP \$42,630</p> <p style="font-size: 1.5em; color: red;">Save \$8,000 \$33,900</p> |  <p>ALL NEW 2007 EXPEDITION EL</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">IN STOCK!</p> |  <p>2006 FORD LOW CAB FORWARD NT06001 MSRP \$37,543</p> <p style="font-size: 1.5em; color: red;">Save \$5,907 \$31,636</p> |

KEETER

KEETER KORNER • 1775 EAST DIXON BLVD. • HWY. 74 BYPASS AT HWY. 180 • SHELBY, NC

(704) 482-6791 WWW.KEETERFORD.COM



LINCOLN • MERCURY

Serving The Area For Over 70 Years!

Award Winning Service & Parts Dept. Hours:
 Mon.-Fri. 7:30am until 6:00 pm
 Sat. 8am-1pm

Sales Hours:
 Mon.-Fri. 8:30am until 7:00pm
 Sat. 9am-5pm

*Price On New Vehicles Are After Rebates & Dc. Not Include Sales Tax, Tag, Title, Or DOC fee. All Offers Are Subject To Change Without Notice. Not responsible for typographical errors. Photos are for illustration purposes only.