

POST COOKBOOK

Harveys Lake's TV cook and the 'prolific zucchini'

"The prolific zucchini"—gardeners who planted a "few" zucchini seeds are reaping a bountiful harvest; bountiful, indeed, more than they can handle.

Freeze them, bake them, fry them, give them to friends and neighbors and still they have more of the squash than they know ways to prepare it.

Charlotte Albertson, resident of Harveys Lake during the summer and winter resident of Wynnewood, about 20 miles from Philadelphia, has a few suggestions on how to prepare zucchini for Post readers.

The wife of Dr. Richard Albertson, who is associated with Lankenau Hospital, Charlotte was raised in Scranton but spent all of her summers at the family home at Harveys Lake.

Ten years ago she and her husband purchased the home and now the Albertsons and their three children, Mary-Kristin, 17 months; Peter, six; and Ann-Michelle, 10, spend summers at the lake. They also come up weekends during the fall, come back for snow skiing, and look forward to the Christmas holidays when they spend about two and a half weeks at their lake home.

A graduate of Marywood Seminary and University of Pennsylvania where she

received a B.A. and Master's degree in English and communications, Charlotte became proficient in the culinary arts when she and five friends lived together while at Penn. She also gained experience while living at Harveys Lake during the summer.

The Albertsons now entertain extensively during the summer while living at the lake. Sometimes they have a house full of weekend guests and on other occasions they entertain friends from Philadelphia who come up for the day.

Following graduation from University of Pennsylvania, Charlotte taught in Lower Merion for nine years, some of those years following her marriage to Richard. For the past five years, she has conducted a cooking school "Kitchen Saucerer" in Wynnewood. In addition to her school there, Charlotte has conducted schools in five states. In October of this year, she will teach holiday foods, three classes in hors d'oeuvres and midnight brunches. In March, Charlotte will travel to Florida where she will teach classes for a gourmet food store.

Last February, she taught nine lessons with Tell Erhardt, ex-chef of the Marriott. He has since

opened his own restaurant, "Tell Erhardt's International Cuisine" at Chestnut Hill Hotel. He has already received a four-star rating. Many of his foods are German.

Villa Virella Restaurant in Blakeslee is a favorite eating place of Charlotte's and Virella also has taught with her. The restaurant is a family affair, owned by an uncle John Virella and all other members of the family doing the various chores. They serve only 40 people each evening, specializing in Northern Italian cooking. An eight course dinner is served requiring three hours of cooking. Dinner is by reservation only and since food is brought in fresh daily, the entree must be ordered by phone.

In October, Charlotte will have Annemarie, Jackie Kennedy's former chef, as a guest teacher at her school. Annemarie now has a well known cooking school in New York City. Of German nationality, she came to the United States when she was 18 to cook for Billy Rose. When Rose died, she went to the Kennedy's when they requested her to do so. Billy Rose's favorites were Chocolate Normandy and Roast Duck Madagascar.

Charlotte has studied in New York with Annemarie, J. Beard, author of about 20

cookbooks, and Julie Dannebaum, who has written two cook books and had a school for 14 years. She also has watched Polly Bergen and has had dinner with her. Polly, according to Charlotte, is a very successful cook in addition to her other talents and positions.

Charlotte has appeared on television with numerous of her culinary themes and in May did a cooking demonstration at Lake Louise. She uses such themes as Incredible Holiday Hors D'oeuvres, Fresh Feast for Fall, Dinner with Love for Very Special People, Gourmet Gifts, and others.

On Oct. 27, she will have as a guest teacher, Dorothy Sims, who has written a cookbook on "Culinary Arts for the Food Processor" and is planning a second one, an Oriental Cookbook for the Food Processor.

In her leisure time, Charlotte likes swimming, waterskiing and tennis. She likes to read and, you've guessed it, her favorite books are cookbooks. She is presently trying to develop an article on Philadelphia cookbooks.

She tries to gear herself to the instant gourmet cuisine because the average American woman is too busy so wants to

know how to take short cuts which result in tasty foods.

In sharing zucchini recipes, Charlotte reminds readers that zucchini is low in calories, comes in all sizes and is extremely heavy for its size. It has tender skin and should not be scraped or pierced. It contains a large amount of water which evaporates during cooking and can sometimes produce a watered-down casserole. Drain thoroughly by squeezing out moisture with fingers or sprinkle with salt, let drain 15-20 minutes in bowl, then rinse salt and dry on paper towels.

Wash the zucchini, says Charlotte. Do not peel before cooking because peels and fibers are excellent for roughage, refrigerate till using and cut off ends when using.

The zucchini is excellent for dozens of recipes including bread, cake, canning, preserving, dips, fritters, garnishing, purees, quiches, relishes, sauces (great over linguini), salads, souffles, soups, Southern fried, stuffed and in many vegetable combinations.

So if you have zucchini or if you have a friend who offers you some of this versatile vegetable, try one of the delicious recipes shared by Charlotte Albertson with Post

readers. They have been tried and proven to be really GREAT.

ZUCCHINI-HORSERADISH DIP
2 sm. zucchini, unpeeled, chopped fine (about 2 cups)
1 T. horseradish
¼ c. mayonnaise
¼ c. chili sauce

Mix all ingredients. Chill and serve as dip.

STUFFED ZUCCHINI HORS D'OEUVRES

3 sm. zucchini, unpeeled, whole
4 oz. cream cheese, softened
3 slices crumbled bacon
1 clove garlic, minced
1 t. parsley, chopped
¼ t. black pepper

Cut off zucchini ends. Scoop out center, mix all ingredients. Stuff center of zucchini securely, chill. Cut in half inch slices. Serve.

ZUCCHINI QUICHE

10 oz. muenster cheese
4 c. grated zucchini, well drained

2 T. minced onion
2 eggs
10 oz. ricotta cheese
½ t. salt
few dashes pepper
non-stick spray (Pam)

Spray quiche or baking dish with non-stick spray.

Line dish with five ounces of muenster; mix zucchini, onion, eggs, ricotta, salt and pepper. Fill dish, top with remaining muenster. Bake at 375 degrees for 30 minutes.

ZUCCHINI PICKLES

3 med. zucchini, very thinly sliced
2 scallions, chopped
½ c. cider vinegar
½ c. water
1½ t. salt
dash pepper

Day before stir all ingredients in jar till well combined. Cover and refrigerate. Serve on toothpicks as hors d'oeuvres or makes a delicious salad served on lettuce bed.

CHARLOTTE ANN'S SUPER-EASY SKILLET ZUCCHINI
sliced zucchini
oregano
cheese slices
water

Place sliced zucchini in bottom of skillet, cover bottom with water. Cover with lid; cook five to eight minutes on medium high until transparent. Sprinkle with oregano. Just before serving cover with cheese slices, replace cover a few seconds and allow to melt. Serve immediately.

ZUCCHINI SOUP

3 T. butter
1 med. onion, chopped
3 med. zucchini, unpeeled in ½" slices
1 clove garlic, minced
1 t. curry
2 c. chicken broth
½ c. light cream
2 drops tabasco sauce
salt to taste

Melt butter in large saucepan, add onion and sliced zucchini. Saute over medium heat till tender (15-20 minutes). Add garlic, curry, chicken broth; heat to boiling. Simmer 10 minutes to blend flavors, puree in blender in batches, add cream, tabasco, salt to taste. Chill, serve ice cold.

WALNUT ZUCCHINI BREAD

1¾ c. sugar
3 eggs
1 c. oil
2 c. unpeeled, shredded zucchini
1 t. baking soda dissolved in
3 t. vanilla
3 c. flour sifted
1½ t. cinnamon
1 c. chopped walnuts

Grease and flour pans or line with foil allowing



Charlotte Albertson

overlap to later close and Bake at 325 degrees 50-60 minutes for three mini-loaves or 60 minutes for two 9x5 loaves.

Lake couple returns from Maharishi U.

Dr. and Mrs. James A. Stallone, teachers of the Transcendental Meditation program and originally residents of the Wilkes-Barre area, have returned to Harveys Lake to spend the summer.

Dr. Stallone is an educational psychologist and has been chairman of the education department at Maharishi International University in Fairfield, Iowa for the past two years. At M.I.U. Mrs. Stallone worked at developing a TM vacation program for mature and retired professional people.

During the month of August, Mrs. Stallone will be giving free introductory lectures on the Transcendental Meditation

program. The TM technique is a mental technique practiced for 20 minutes twice a day to provide deep rest.

On Wednesday, Aug. 10 at 8 p.m. Mrs. Stallone will speak about TM in the community room of the First Eastern Bank in the Dallas Shopping Center. The public is invited.

The following Wednesday, Aug. 17 at 8 p.m. an introductory TM discussion will be held at Harveys Lake at the Daniel C. Roberts Fire Hall, Pole 121.

Questions regarding the lectures may be directed to the center for the Transcendental Meditation Program, located on Pierce Street in Kingston.

Wednesday is pinochle day for Dallas senior citizens

The monthly pinochle party of the Dallas Senior Citizens held at the Center is thoroughly enjoyed by the members. Every Wednesday, however, we do have three dedicated and knowledgeable teachers, R. Poynton, M. Gaughan, and Clara Paltrineri, who cover the finer points of the game.

At this time we usually have three or four tables playing independent of the lessons. All those who feel that one pinochle party a month is not enough are urged to come on Wednesdays and join in the fun.

The August Covered Dish

Luncheon and Birthday Celebration will be held at Hanson's Picnic Grounds on Aug. 29th from 10 a.m. to 3 p.m. The center will provide the beverages and birthday cake. Each person is to bring a casserole. Those who come unprepared will be asked to donate \$2. Frank Rosavage will play his accordion and there will be darts, horseshoes, cards and bingo.

Reservations are being taken for the Bloomsburg Fair trip on Sept. 26th to see and hear Bobby Vinton and Jud Strunk. Reservations must be made and paid by Sept. 4.

Twice a day, something happens that helps keep your electric bill up.

Almost every day of the week, you probably use a lot of electrical appliances to make breakfast and dinner. You're not alone. Because twice a day, between 9 A.M. and noon, and then again between 5 and 8 P.M., everyone else seems to be using a lot of electrical appliances, too.

In recent years our total customer demand for electricity during these "peak-load" periods has increased. And, this is especially true in the colder winter months.

The results? Customer bills tend to increase due to the cost of operating special "peaking" generators—needed to meet the increasing demand for electricity at peak times.

Why? Most "peaking" units use oil—they're costly to operate—and, this added cost is reflected in your electric bill.

Once a day you can do something to help keep your future bills down.

And it's simple. Just wait till after eight o'clock in the evening to do most of those big energy-using chores. After dinner, relax—the dishwasher can wait an hour or two. Plan to do your baking on weekends if you've got an electric oven—and prepare meals to freeze for use during the week. Save up your laundry and do full loads after eight. And, try to schedule your family's bathing after 8 P.M.—baths don't use energy, but your electric water heater uses a lot!

Maybe you can think of even more appliances you can delay using until after eight.

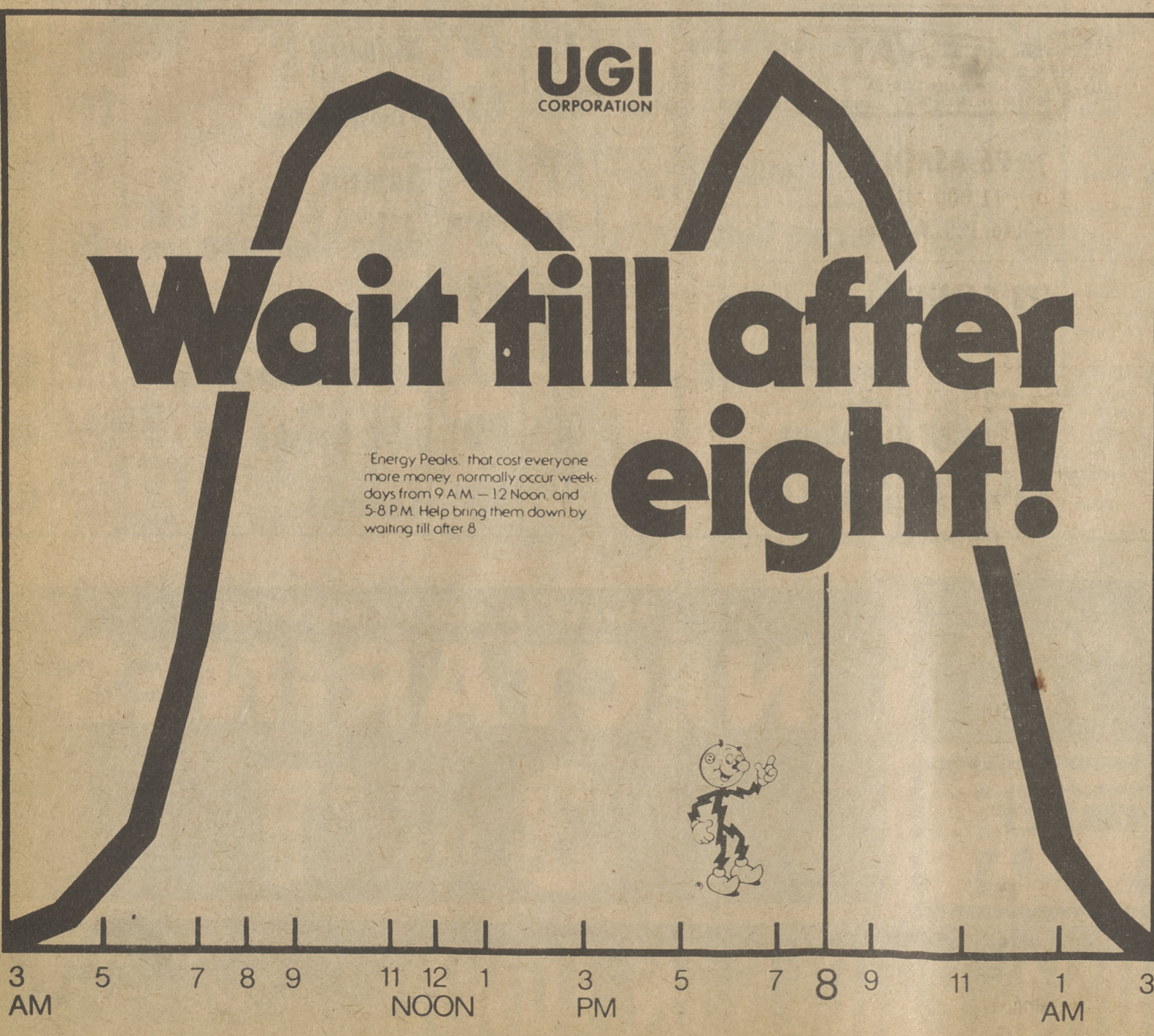
And today's the day to start!

Every family that waits till after eight can help cut down future peak demands for electricity. The need for future rate increases will tend to be reduced because we will not need as much new generating capacity to meet the increasing peak load.

Remember, the bulk of UGI's electricity is generated using less expensive coal. So, the use of electricity in off-peak periods costs less.

It may take a while before the impact from peak load reductions is reflected in our customers' electric bills. But, if we all start now, that change will come sooner.

So remember—always try to save energy! And one way to start is to wait till after eight!



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