

Cookbook

Herb garden aids in this family's cooking

By CHARLOT M. DENMON
Staff Correspondent

Mrs. Marvin Mead of Dallas, better known to most people as Barbara, enjoys cooking, especially preparing recipes that include the fresh vegetables from the large garden planted and taken care of by her husband.

The former Barbara Mikolajchik, daughter of Mr. and Mrs. Edward Mikolajchik of Dallas, Barbara holds a degree in nutrition from College Misericordia. In the past she was employed by Custom Foods Services and also worked with the Commission of Economic Opportunity, directing the state canning kitchen in Nanticoke.

Barbara is now employed at Penn State Seed Company, Kunkle, and her husband, Marvin, is with the U.S. Postal Service.

Much as she enjoys cooking, Barbara said since she is working full-time, cooking has become a family effort with both her husband and her 12-year old daughter, Heather, helping prepare meals. In fact, she says Marvin is better at preparing dinners than she is.

Some of Barbara's recipes are original since she and Marvin often add different seasonings or other ingredients to traditional recipes. The Beef with Broccoli is actually a creation of her husband's and is especially delicious as well as easy to prepare.

The Carrot Cake makes a delicious but not too heavy dessert or is perfect for a snack. Spiced Pickled Beets are a favorite of family and friends and are great to have on hand since they add a special touch to dinner when friends drop in. The Apple Relish is just as delicious as it sounds and is a delicious side dish to serve with roast pork or roast veal.

Barbara has an herb garden which the family uses in preparing various foods.

The Meads enjoy doing things together as a family but Barbara also likes to read and raises beautiful African violets. She is also a member of the Dallas School District Vocational Advisory Committee.

With so many vegetables now available in home gardens or in the produce sections of markets, the recipes shared by Barbara Mead in this week's Dallas Post Cookbook column are not only tasty, and easy to prepare but very timely.

CARROT CAKE

1 3/4 c. sugar
1 1/2 c. vegetable oil



Dallas Post/Charlot M. Denmon

Picking squash

Heather Mead, daughter of this week's Dallas Post cook, Barbara Mead, picks yellow squash and broccoli from her dad's garden to be used by her mother in preparing Sunday dinner. One of the dishes on the menu was Stir-Fried Beef with Broccoli.

2 c. cake or whole wheat flour
2 t. baking soda
2 t. salt
2 t. cinnamon
4 well-beaten eggs
1 t. vanilla
3 c. grated carrots
1 c. chopped walnuts

Mix together sugar and oil until thoroughly blended, sift together flour, baking soda, salt and cinnamon and add to oil and sugar mixture; then add eggs, vanilla, grated carrots and chopped walnuts to the batter. Pour batter into greased cake pan and bake in 350 degree oven for 35 to 40 minutes.

Topping:

3 T. melted butter
1 c. brown sugar
1/2 c. chopped nuts
1 c. coconut

Add enough milk to the above ingredients and blend until smooth. When cake is cooled, spread topping on cake and broil until slightly crisp. Watch carefully so it does not burn.

STIR-FRIED BEEF WITH BROCCOLI

1 lb. flank or chuck steak
Slice meat across grain, at an angle, into thin pieces. Marinate for 30 minutes.

Marinade:

1 t. dry sherry
1/2 t. baking soda
1 t. cornstarch
1 t. sesame oil
1/4 t. sugar
Mix ingredients together and pour over meat.
1/2 lb. broccoli
Cut each flower into 2 or 3 lengthwise pieces

Seasoning Sauce:

2 T. cornstarch
1/2 c. water
1/4 c. chicken broth
1 t. soy sauce
1 t. salt
1/4 t. pepper
Mix the above ingredients together and set aside. Heat 6 tablespoons oil over high heat for one minute. Stir-fry marinated meat until lightly browned, remove from pan and drain well. Add 2 tablespoons oil to the same pan, add 1/4 t. crushed garlic and cook for 1/2 minute. Add broccoli and stir-fry for 5 minutes. Add seasoning sauce, stir fry until sauce thickens slightly. Return cooked beef, add small can well-drained chopped mushrooms, mix well, heat for one minute. Serve over rice.

SPICED PICKLED BEETS

1/2 peck red beets
1 c. sugar
1 c. water
1 c. white vinegar
6 T. pickling spices (tied in small spice bag)

Cook beets until tender and skins slip off easily. Cut into desired shape or, if small, leave whole. Mix sugar, water, vinegar and spices in sauce pan, place over heat and bring to boil then simmer for 10 minutes. Pack beets in prepared canning jars, fill with brine, add 2-3 whole cloves to each jar. Wipe tops of jars clean, seal and process 15 minutes in a boiling water bath.

APPLE RELISH

15 large apples, peeled and cubed
1 lb. brown sugar
1 c. white raisins
1/2 c. chopped walnuts
1/2 c. red wine vinegar
1 t. cinnamon
1/4 t. nutmeg
1/2 t. allspice

In large pan, place apples, peeled and cubed, brown sugar, raisins, chopped walnuts, wine vinegar, cinnamon, nutmeg and allspice. Blend and bring ingredients to a boil for three minutes. Stir constantly, then remove from heat. Add and mix well one pouch liquid pectin (Certo). Pack into prepared pint or half pint jars. Process in a hot water bath canner for 15 minutes. Remove jars from water and cool. A nice accompaniment for roast pork or veal.

Back Mountain on the move

LARRY AND MONNIE HELMANN of Dallas, daughter Jackie and her friend Helena Hutsko of Shavertown spent last week in Nova Scotia. A highlight of the trip was going out in the ocean for a couple days on a "whale watch." The anticipation of watching for whales was exciting just thinking about it. I can't wait to hear if they saw any.

DAN AND GAIL KISTLER and sons David and Kevin of Shavertown spent several days last week enjoying the beach at Wildwood, New Jersey.

AN ATLANTIC CITY TRIP is planned for Saturday, September 6. The destination point is the Claridge Casino.

The bus will leave at 6:30 a.m. from the Lehman-Jackson Elementary School on Market Street in Lehman. You will arrive at Claridge by 10 a.m. and receive \$8 in coin and \$5 in deferred voucher and the cost is only \$21 to start.

You will leave Atlantic City at 6 p.m. and arrive back in Lehman by about 9:30 p.m. Interested? Hurry and send your check for \$21 to Charlene Cook, Box 22, Lehman, Pa. 18627 by Tuesday, August 26. For any other information, call 675-5700.

CONGRATULATIONS, BRIAN KISTLER! Brian, the son of Mr. and Mrs. Dan Kistler of Midway Manor, Shavertown, has been awarded a scholarship from Harbison-Walker at Pennsylvania State University, State College, for the academic year 1986-87.

Brian is returning to Penn State as a senior majoring in Ceramic Science and Engineering. He is employed at Stapinski's Pharmacy in Dallas during the summer and on all breaks. Congratulations, Brian, we all knew you were "a cut above average."

NICK AND CATHY WALTOS, Haddonfield Hills, Dallas, spent last week vacationing at Cape Cod.

The Waltos drove and they toured as they went, stopping in New York visiting the Roosevelt Mansion among other places of interest.

A favorite place was Sturbridge, Mass. That was great, I'm sure! It has so much of interest to see, they still use oxen on their farms and the original buildings still stand in Sturbridge Village.

GET WELL WISHES go to Mrs. Arline Updyke who had cataract surgery done last Wednesday. Mrs. Updyke is such a darling person, we all wish her a speedy recovery.

KAREN BANKS, Dallas, is spending this week vacationing at Virginia Beach with her brother and friends.

Karen will be leaving for Penn State University, main campus, where she will be a junior. Karen also works at Stapinski's during the summer and during college breaks.

REMEMBER CARL AND ROBIN BROBST? They used to live on Lehigh Street in Shavertown and had four beautiful kids. Now they are four bood-looking young guys.

The Brobsts now reside in Vero Beach, Florida. Their four children were in our area visiting for three weeks with Grandma Zosh in the Harveys Lake area.

Robin is now a deputy sheriff in Florida, beating out 13 men in her testing scores. Way to go, Robin! Carl is a supervisor in the construction business and all are well and really enjoy living in Florida.

It was also great to see Grandma Zosh, a lady we all love. She's their real Grandma, but a Grandma to everyone.

DR. EVAN AND CAROL THOMAS and family of Sutton Hills, Shavertown, spent last Wednesday enjoying the beautiful sights right here at home.

Picnic lunch packed and all the kids in the car, the Thomas family drove to Rickett's Glen for the day. Hiking, fishing, swimming and walking the falls, all with a picnic at beautiful Rickett's Glen.

More of us should enjoy the natural beauty we have right here in Luzerne County.

THANKS SO MUCH to the Chase family for stopping in to see me again this week and clarifying a very important point we couldn't get together on last week.

The Chases recently moved to Sweet Valley from New Jersey and came to tell me they are new residents. However, as I explained last week, in their excitement, they failed to tell me their last name.

Fortunately, they returned this week and cleared up that point. Thanks again and welcome again!

UNTIL NEXT WEEK, if you're going on vacation - ENJOY!

(Jean Hillard, a Back Mountain resident, is a columnist for The Dallas Post. Her column appears weekly.)



Bazaar slated

Our Lady of Mount Carmel Church, Lake Silkworth, will hold its Annual Bazaar on Friday, Saturday and Sunday, August 22, 23 and 24. The bazaar will begin at 5 p.m. on Friday and Saturday and at noon on Sunday. On Friday, the Clarence Lukaszewski Orchestra will play from 7 to 10 p.m. On Saturday, at 5 p.m., a "Polka Mass" with the Polka Kats Orchestra will be held, followed by the "Hazleton Rips Cords" skydiving team who will perform a landing in the front church courtyard at 6:30 p.m. From 7 to 11 p.m., the "Polka Kat" Orchestra will entertain. On Sunday, from 2 to 6 p.m., "Jolly Joe and the Bavarians" will entertain and, from 7 to 11 p.m., the Kryger Orchestra will perform. A variety of ethnic food will be available as well fun, games and prizes for all ages. Members of the planning committee are shown here. From left, first row, Mary Davis, Peggy Radginski, Rev. Edward J. Zawodniak, Marie Pavlick, Mary Fedor. Second row, Ceil Piotrowski, Patricia Warnigaris, Barbara Gregorowicz, Sandy Najaka, Georgette Pavlick. Third row, Tom Rusnak, George Pavlick, general chairman; B. Bruce Najaka, Al Radginski, Jack Cordick, Ed Pavlick Jr.

Health Fair set

Nesbitt Memorial Hospital, in conjunction with the 1986 Luzerne County Fair Committee, will conduct a complimentary health fair September 5, 6 and 7 on the Fairgrounds, located on Route 118, Dallas-Lehman.

The Laboratory, Respiratory and Nursing departments will offer various screenings while the Physical Therapy department will conduct a slide presentation and offer literature. The Cardiac Rehabilitation department will have brochures and information on heart-related clinics available. The Obstetrics Department will have information available on various child-related topics and Nesbitt Memorial Hospital's Mother-To-Be Health Services.

The hospital will also conduct a bake sale and sell raffle tickets for \$2.00. One of the prizes available is an exercise bike donated by Nesbitt Memorial Hospital.

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Chicken recipe omitted last week

The following recipe was inadvertently omitted from last week's issue of The Dallas Post.

HONEY BARBECUE CHICKEN

1 3/2 lbs. cut-up chicken
1/2 t. salt
2 T. butter or margarin
1 clove garlic, crushed
1 onion, chopped
3 T. each soy sauce, honey, lime juice
1 T. dry mustard
1 pineapple
3 bananas, firm
1/4 c. rum, optional
Light barbecue coals and let burn to even heat. Place chicken pieces

on baking sheet, sprinkle with salt and bake at 350 degrees for 30 minutes. Melt butter, add garlic and onion and saute for two minutes or until onion is soft. Add honey, soy sauce, lime juice and mustard. Brush chicken with basting sauce, place over hot coals and grill until chicken is cooked thoroughly and glazed. Cover for 10 minutes, brush with sauce again and turn chicken to prevent burning. During final five minutes, add pineapple, cut in cubes and bananas to grill and heat through. Arrange chicken and fruit on platter. If rum is used, heat until warm, light and pour over chicken and fruit at table.

National chicken cooking contest set

When it comes to cooking chicken, no state has a monopoly on prize-winning recipes.

Contestants from every part of the nation have walked away with top honors in the National Chicken

Cooking Contest since 1971 when the first \$10,000 prize was captured by the Arkansas entry. Only Delaware can claim two national chicken cooking champions. Finalists from that state won the competition in 1972 and again 1973.

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