

The KITCHEN BEAT



In today's black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. The Kitchen Beat is designed to meet some needs of the various cooks of the modern black family.

A Delicious Surprise From Your Junior Chef

Sooner or later mother's "big-help" wants to make something all by herself. Why not make that first dish a delicious surprise for the entire family?

One ideal starter for your Junior Chef is *Frozen Pudding with Fruit*. The recipe is easy to follow, simple to serve, and great to eat. It calls for only three ingredients besides conveniently packaged Jell-o French vanilla flavor instant pudding and pie filling.

You'll probably find that your Junior-Chef will want to make this frozen dessert as often as you let her. You'll frequently give your "OK"

because *Frozen Pudding with Fruit* is perfect for "plain and fancy" meals. A bonus is that the fresh strawberries contribute significantly to the day's supply of Vitamin C and the milk provides calcium and phosphorus which are two essential minerals. The calorie counters in your family will be glad to know that one serving of frozen pudding contains 110 calories.

Frozen Pudding with Fruit

Recipe Courtesy
General Foods

- 1 package (4-serving size) Jell-o French vanilla or vanilla flavor instant pudding and pie filling
- 1 cup milk
- 1 envelope Dream Whip whipped topping mix
- 2 cups sweetened sliced fresh strawberries

Prepare pudding mix with 1 cup milk as directed on package. Prepare whipped topping mix as directed on package; blend into pudding mixture. Pour into 8-inch square pan. Freeze until firm. Serve with strawberries. Makes 3 cups pudding or 8 servings.

MUSHROOM STUFFING



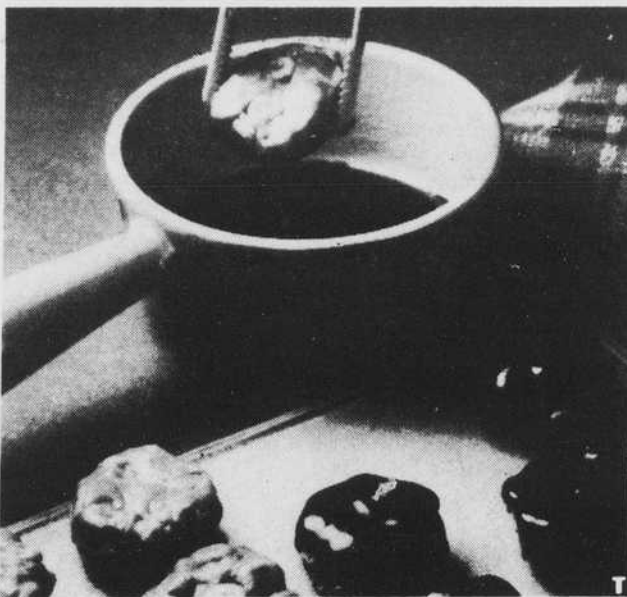
How long have you been promising yourself to try a stuffing that's a little different from your usual tried-and-true? Well, here's your chance. Mushrooms give it special elegance and barley makes an interesting change from bread crumbs or rice. This is a stuffing for all seasons, since fresh mushrooms are now available year 'round.

MUSHROOM AND BARLEY STUFFING

- 1 pound fresh mushrooms or 2 cans (6 to 8 oz. each) sliced mushrooms
- 1/2 cup butter or margarine, divided
- 1 cup chopped onion
- 1 cup diced celery
- 4 cups cooked medium-sized barley
- 3/4 teaspoon salt
- 1/2 teaspoon marjoram leaves, crushed
- 1/16 teaspoon ground black pepper
- 3/4 cup chicken broth
- 2 eggs, lightly beaten

Preheat oven to 350° F. Rinse, pat dry and slice fresh mushrooms (makes about 5 cups) or drain canned mushrooms; set aside. In a large skillet melt 1/4 cup of the butter. Add onion and celery; saute until tender, about 5 minutes; reserve. Melt remaining 1/4 cup butter. Add mushrooms and saute until golden, about 5 minutes. Add barley, salt, marjoram, sage, black pepper, chicken broth, eggs and reserved onion and celery. Spoon into a buttered 2-quart casserole. Cover and bake 30 minutes; uncover and bake until firm, about 10 minutes longer. Let stand about 10 minutes before serving. If desired, spoon unbaked mushroom and barley mixture into the cavity of a small turkey or large roasting chicken. Skewer or sew. Roast following your favorite directions. This recipe can be doubled or tripled. Yield: about 7-1/2 cups.

NEW RECIPE BOOKLET OFFERS ANYTIME SNACKS & DESSERTS



Peanut butter and chocolate are a popular combination for any sweet tooth. Add to these the great taste of a toasted-oat cereal and coconut for a crispy, chewy treat for family and friends.

The recipe for this delicious treat is called *Chocolate-Peanut Butter Swirls* and can be found in the new *Cheerios® ANYTIME SNACKS & DESSERTS* booklet. It also contains recipes for cookies and bars, special desserts and party mix snacks, including the popular *Nutty O's*. Free copies of *ANYTIME SNACKS & DESSERTS* are available on an individual basis until October, 1979, by sending name and address to: General Mills, Inc., Box 1500 - Dept. 815, Minneapolis, MN 55460.

CHOCOLATE-PEANUT BUTTER SWIRLS

- 1 cup peanut butter
- 1/2 cup powdered sugar
- 1/4 cup shredded or flaked coconut
- 1/2 cup light corn syrup
- 2 cups Cheerios® cereal
- 1 package (5.75 ounces) milk chocolate chips
- 2 tablespoons water

Mix peanut butter, powdered sugar, coconut and corn syrup in medium bowl. Stir in cereal. Shape mixture into 1 1/2-inch balls; flatten slightly. Heat chocolate chips and water in saucepan over medium heat, stirring constantly, until melted; cool. Dip tops of balls into chocolate. Place on waxed paper-lined cookie sheet. Refrigerate until firm, about 30 minutes. Store in refrigerator. About 2 dozen candies.

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary. © Reg. T.M. of General Mills, Inc.

FOR A SWEET VALENTINE'S DAY



While most people say Happy Valentine's Day with hearts and flowers, anyone who likes to make desserts might try saying it with strawberries instead. Especially when they top a luscious cheesecake, fresh red strawberries can be an ideal way to celebrate Valentine's Day with a sweetheart, family or friends.

You can shorten the preparation time for *Strawberry Valentine Cheesecake* by using a food processor, suggest home economists at Moulinex. Ingredients can be blended quickly and smoothly in La Machine and the luscious results will leave a sweet taste in everybody's mouth.

Delicious with coffee, or even a liqueur, *Strawberry Valentine Cheesecake* makes a perfect ending to any meal. And even if you don't plan an entire meal, the cheesecake is a scrumptious enough excuse to invite people over just for that.

STRAWBERRY VALENTINE CHEESECAKE

(10 to 12 Servings)

- 1-1/2 cups graham cracker crumbs
- 1/4 cup confectioners' sugar
- 1/3 cup melted butter
- 2 packages (8 ounces each) cream cheese, softened
- 2 eggs
- 2/3 cup sugar
- 1 teaspoon vanilla
- 1 pint fresh strawberries
- 1/2 cup currant jelly

Combine crumbs, confectioners' sugar, and butter in Dough Works component of La Machine. Press into bottom of 9-inch springform pan. Place cream cheese, eggs, sugar, and vanilla in Dough Works and process until fluffy. Pour onto crumb layer. Bake at 350 degrees 25 to 30 minutes, or until center is set. Clean berries and arrange on cooled pie, stem side down. Melt currant jelly. Cool slightly and drizzle over strawberries. Chill at least 1 hour. Cut in wedges to serve.

SOUTHERN CHESS PIE

- 9-inch unbaked pie shell
- 3 eggs
- 1 cup light brown sugar firmly packed
- 1/2 cup soft butter or margarine
- 1 tsp. vanilla extract
- 1 cup seedless raisins
- 1/2 cup coarsely chopped walnuts or pecans
- Whipped cream

Prepare pie shell, refrigerate until ready to fill. Preheat oven to 375 degrees. In medium bowl, with rotary beater, beat eggs slightly. Add sugar, butter and vanilla; beat until well blended. Stir in raisins and walnuts. Turn into unbaked pie shell; bake at 40 to 50 minutes, or just until filling is set in center. Let cool on wire rack. Serve with whipped cream.



The ancient Egyptians had a 360-day year, to which they annually added five more days that did not count as part of the year.

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