



from the  
**PAMPERED KITCHEN**

By Elizabeth Isenberg, Home Economist

**Cheddar Spoon Bread**

When planning the dinner menu, there is always the question whether to serve potato, rice, or even noodles as the accompaniment to the main dish. The makers of stuffing mixes want you to believe that possibly a scoop of stuffing is equally at home in place of the potato.

cookbooks published annually be your inspiration for trying new ideas in the year ahead. Good nutrition depends on a wide variety of food choices each week. If you are in a rut with planning your weekly menus, now is a good time to become inspired by some new recipes.

**CHEDDAR SPOONBREAD**  
Yield: 6-8 servings

- 1 1/2 teaspoons salt
- 1 cup hominy grits
- 1/2 cup cornmeal
- 3 tablespoons margarine
- 1 teaspoon sugar
- 1/4 teaspoon cayenne pepper (red pepper)
- 2 teaspoons baking powder
- 1/2 cup milk
- 4 eggs, beaten lightly
- 1 1/4 cups grated Cheddar
- 1/2 cup thinly sliced green onions.

In large saucepan bring four cups water to boiling, add the salt, and whisk the grits and cornmeal gradually. Bring to boil, and cook covered over low heat until very thick (about 15 minutes). Remove pan from heat and stir in the margarine, sugar, and cayenne and stir until the fat is melted.

Stir the baking powder into the milk and add the eggs and beat until mixture is combined. Add the grits mixture and blend well and stir in one cup of the cheese and the onions.

Spoon mixture into a greased two-quart baking dish or two soufflé dishes and bake at 350 degrees F for about one-hour. Sprinkle with remaining cheese and bake an additional 15 minutes or until puffed and golden; serve at once.

One important nutritional consideration in all of these items is that some choices are vegetable and some are grains; consequently the nutrients provided are different. When rice, noodles, barley, or stuffing are the accompaniment, one is offering a serving from the grain group of foods. It is recommended that everyone have at least four servings daily because this food group is a good source of B vitamins, iron, and some protein. If potato is the choice, then you are offering one of the four mandatory servings daily from the fruit and vegetable group, the main provider of two vitamins, namely A and C as well as assorted minerals. Yet in the minds of the public, all choices are interchangeable because they are viewed as the "starchy" item in the diet.

The most accompaniment made as a spoonbread. By definition, this is a quick bread popular in the southern states and usually found in old Virginia cookbooks. This is a baking powder bread containing cornmeal, eggs, shortening, and milk. The soufflé-like product is soft enough to be served and eaten with a spoon. It traces its origins to the Indian porridge, suppan, and thus still retains the consistency of a porridge or pudding.

The following spoonbread is enriched with hominy grits and some grated cheddar. It is a marvelous partner for baked ham but would go equally well with most main dishes. It illustrates that there are many ways to implement the grain group in distinctive ways. Let food sections of family magazines and the countless



**STUDENT ACHIEVERS**—Students at A.A. Kingston Middle School in Potsdam were honored recently for their achievements in scholastics, citizenship, and extra-curricular activities. Honored in Block II at the school were, from left, Anne DelBorgo, Amy Pierce, Melissa Robar, and Timothy Kmack.

**Economic Development Conference Planned**

The North Country Regional Economic Development Council has agreed to co-sponsor, together with Potsdam College of Arts and Sciences and the New York State Department of Commerce, an economic development conference at SUNY Potsdam on April 10.

The conference, the first annual such meeting, is according to Potsdam College President Humphrey, "an important step in the ongoing efforts to provide public service to Northern New York and to act as a facilitator for the exchange of information on the economic well-being of the region."

The conference will feature a presentation of the North Country Strategy that is now being prepared, at the request of Gov. Cuomo, by the Department of Commerce with the assistance and input of the Regional Economic

Development Council.

According to Curran Wade, chairman of the North Country Regional Economic Development Council, "The April 10 conference is the first opportunity that the people of this region have had to express their views on a state strategy prior to its actual implementation. This approach is a first for the state and the region."

He further stated, "The residents of the North Country have a unique opportunity to have input into state policy and are cordially invited to participate in the conference. To assure that participants at the conference will have ample opportunity to review the proposed strategy, we have arranged to have a copy of the final draft proposal sent to all those who pre-register for the conference."

**Murphy Lectures At Conference**

TROY, N.Y. — Troy attorney David R. Murphy, of the firm of Lee, LeForestier, Malone & Hanft, P.C., 33 Second St., recently lectured at the Municipal Law Section meeting of the New York State Bar Association held at the New York Hilton Hotel from Jan. 23 through Jan. 26.

Murphy is the son of Mr. and Mrs. Richard Murphy, Potsdam. Murphy's presentation was entitled, "Defending Certiorari Proceedings — A taxing Exercise," and dealt with tactical and substantive problems facing attorneys who defend assessment reduction cases

for New York municipalities. Murphy and attorney Harry O. Lee of the Lee, LeForestier firm are co-authors of the leading textbook on New York property tax litigation entitled "Review and Reduction of Real Property Assessments in New York," published by Clark Boardman, Ltd. of New York.

Murphy's lecture was co-sponsored by the New York Bar Association and the Municipal Resource Center of the Pace University School of Law. Murphy lives in North Greenbush with his wife, Nancy, and daughters Sara and Kathryn.

**Applications Available For Job Training Program**

The St. Lawrence County Office of Economic Development's Employment and Training Unit will be accepting applications for Job Training Partnership Act training programs which will better qualify economically disadvantaged adults and youth for unsubsidized employment.

Applications will be taken in the balcony of the Potsdam Public Library from 9 a.m. to noon and 1 to 5 p.m. on Feb. 14.

Training programs will be held in vocational occupations, on-the-job training with private employers and special programs for people 16-21 years of age.

For further information regarding the outreach schedule, call Kay Sullivan at 379-2291.

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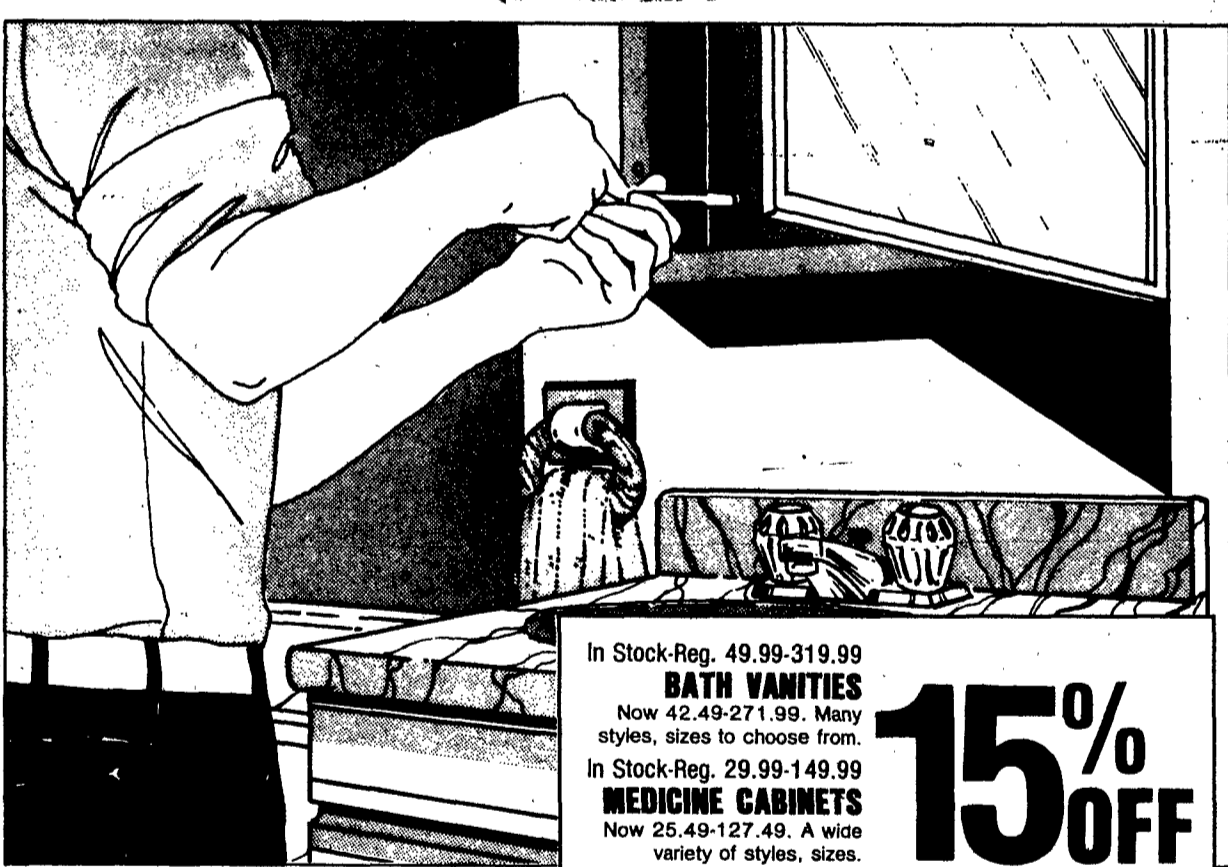
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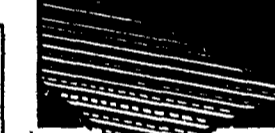


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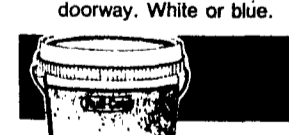
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