



by Nancy Winfrey

Kitchen Chatter

Cool Spring Day Oven & Broil Recipes...

Carolina Seafood Salad

- 1 cup ripe olives, sliced
- 1 cup tomato juice
- 1 tablespoon grated onions
- 1/2 teaspoon salt
- 1/4 teaspoon celery seed
- 1/4 teaspoon sugar
- 1/8 teaspoon pepper
- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 1/2 cup mayonnaise
- 1/2 cup heavy cream, whipped
- 1 cup shrimp or crabmeat

Heat the tomato juice along with the onions and seasonings in a small saucepan for about 5 minutes. Soften the gelatin in cold water and dissolve in hot tomato mixture. Chill. Blend with mayonnaise and whipped cream when the tomato mixture has chilled but not congealed. Fold in the olives and pour into mold. When ready to serve, unmold the salad on lettuce and surround with shrimp or crabmeat or both and garnish with tomato wedges, if desired.

Shrimp Mold

- 2 cups cooked shrimp, chopped
- 1 cup celery, finely chopped
- 1 can tomato soup, undiluted
- 1/2 cup onions, finely chopped
- 1 cup mayonnaise
- 1 package (8-oz.) cream cheese, softened
- Salt and lemon juice to taste
- 2 envelopes plain gelatin

Dissolve the gelatin in 1/2 cup cold water. Blend the cream cheese and mayonnaise together. Heat the soup and then add the gelatin. Stir until dissolved. Add the cheese mixture and blend well. When mixture cools, add the shrimp, celery, onions, salt and lemon juice. Pour into oiled mold and chill.

Hundred Dollar Broccoli Casserole

- 2 packages frozen, chopped broccoli
- 1 envelope Lipton's dry onion soup mix
- 1 package (8-oz.) cream cheese, softened
- 1 carton (8-oz.) sour cream
- 1 small can water chestnuts, drained and thinly sliced
- 2 cups grated sharp Cheddar cheese
- Ritz crackers, coarsely crushed
- Butter

Cook the broccoli according to directions on package and drain well. Mash together the dry soup, cream cheese, sour cream and chestnuts. Add mixture to drained broccoli and blend well. Place in lightly buttered casserole dish and top with grated cheese and cracker crumbs. Dot with butter and bake in 275 degree oven for 30 to 35 minutes. Out of this world!

Green Rice

- 3 cups cooked rice
- 1 cup cooked chopped spinach
- 2 eggs, beaten
- 1 cup milk
- 1 teaspoon Worcestershire sauce
- 1-1/4 teaspoons salt
- 2 teaspoons grated onions
- 1/4 cup butter or margarine
- 1 cup grated sharp Cheddar cheese

Cook the frozen spinach according to directions on package and drain well. Toss the rice and spinach together. Add the eggs, milk, Worcestershire, salt and onions and toss gently to mix well. Pour mixture into well buttered baking dish and dot with butter and sprinkle with cheese evenly over the top. Bake in 325 degree oven for 30 to 35 minutes.

Baked Chcken Salad

- 1 can slivered blanched almonds (optional)
- 2 cups diced and cooked chicken
- 2 cups finely chopped celery

Add to:

- 2 cans cream of chicken soup
- 3/4 cup mayonnaise
- 2 tablespoons lemon juice
- 3 hard-cooked eggs, diced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon grated onions
- Crushed potato chips

Mix well and place in a generously buttered 9x13x2-inch baking dish and cover with the crushed potato chips. Bake in 350 degree oven for 45 minutes. Serves 12.

Sweet & Sour Chicen

You'll love it!

- 6 chicken breast halves
- 1 cup apricot preserves
- 1 bottle (8-oz.) Russian salad dressing
- 1 envelope onion soup mix

Combine the preserves, salad dressing and onion soup mix in a saucepan and simmer over low heat about 5 minutes, stirring constantly. Arrange chicken in a lightly greased pan and pour the sauce over the top. Cover and marinate overnight in the refrigerator. Do not drain. Uncover and bake in 350 degree oven for about 1-1/2 hours.

Chicken Worcestershire

It's One of my favorites.

- 1 fryer chicken, cut up (or about 1-1/2 to 2 pounds chicken wings)
- 3 tablespoons cider vinegar
- 3 tablespoons Worcestershire sauce
- 1 stick butter or margarine, melted

Place the chicken pieces in a baking dish. Combine the melted butter with the vinegar and Worcestershire and blend. Pour mixture evenly over the chicken. Bake, covered, in 350 degree oven for about 45 minutes or until tender. Remove the foil and bake 15 minutes longer. Serve a side dish of rice and ladle the liquid the chicken was baked in over the top.

Honey & Soy Chicken Wings

- 3 pounds chicken wings
- 1 cup honey
- 1/2 cup soy sauce
- 2 cloves garlic, crushed or minced
- 2 tablespoons catsup
- Powdered ginger to taste or about 1-inch fresh, sliced

Cut the small wing tip from wings and discard. Place wings in a shallow baking dish. Combine the honey, soy sauce, garlic, catsup and ginger, blend, and pour over the wings. Bake in 350 degree oven for 1 hour. GREAT!

Fresh Crab Cakes

- 1 egg, slightly beaten
- 2 tablespoons all-purpose flour
- 2 tablespoons butter
- Juice of 1/2 lemon
- 2 tablespoons mayonnaise
- 1 teaspoon mustard
- Salt and pepper to taste
- Dash of Worcestershire sauce
- 1 pound crabmeat
- Cracker meal

Combine all ingredients-except the egg, salt and pepper and blend well. Beat the egg with the salt and pepper. Make crab mixture into cakes and roll each cake in cracker meal and then dip in egg and then roll again in cracker meal. Place in refrigerator a couple of hours before cooking to firm up. Fry in hot oil.

Crab Foo Yung

- 1 pound crabmeat
- 6 eggs, beaten
- 1 can (1-lb.) bean sprouts, drained
- 1/2 cup finely chopped green onions
- Dash pepper
- Foo Yung Sauce (recipe follows)
- 1 tablespoon toasted sesame seeds

Remove any shell or cartilage from crabmeat. Combine all ingredients except the Foo Yung Sauce and sesame seeds. Pour 1/3 cup crab mixture onto a hot greased griddle or skillet. Fry about 2 minutes or until browned on the underside. Turn and fry about 2 minutes more or until bottom is browned. Drain on paper towels. Keep warm. Pour Foo Yung Sauce over patties and sprinkle with sesame seeds.

Foo Yung Sauce

- 2 chicken bouillon cubes
- 1/2 teaspoon sugar
- 1-1/2 cups boiling water
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce

Dissolve cubes and sugar in boiling water. Dissolve cornstarch in soy sauce. Add to bouillon mixture and cook until thick and clear, stirring constantly.

Sandy's List

Free Ads
for items
\$500 or less...

Sell your stuff or find what you are looking for FAST with a FOR SALE or ITEMS WANTED AD FREE in Sandy's List which appears each week in The Pamlico News and on The Pamlico News web page.

Sandy's List guidelines:

Ads are guaranteed to run for one week, but may run until space is needed for new ads. When item sells, please email us so the item can be removed from Sandy's List. Deadline to place ad is Friday at 10am. Your ad will be published the following Wednesday. Single Items \$500 or less. Private individuals only – No businesses please.

To place your Sandy's List ad:

Fax to: 252-249-0857 Email to: sandyslist@thepamliconews.com You can bring your copy to our office at: 800 Broad Street, Oriental Mail your copy to: PO Box 510, Oriental, NC 28571, Attn: Sandy's List

Garelick Engine Bracket/Mount for 7.5 to 25 hp motors, \$50; Ryobi Model 780r/790r 2-cycle gas trimmer/brush cutter, like new \$50; Harley Davidson size 32 belt, brand new never worn, \$20; 252-249-3340

Foul Weather jacket and pants, med/large very good condition \$50 Call 252-249-0203

Basket Making tools with carrier plus patterns galore \$10 Call 252-249-0203

Used Sunbeam Carousel Rotisserie and Used Sunbeam Shish Kebob attachment for this rotisserie. \$45 Good condition, very clean. Instruction booklet is included for both. Works good. Call 252 745-5275.

Boat line. 200 feet. 3/4inch. Like new. \$60. Delta anchor. 22 pound. \$30. 252-571-9107

Nova Zoom 20 Walker blue, 300 lb weight cap. New! Paid \$160, selling for \$100. Call 638-9151 or 670-3626

Confederate Rose (Potted) \$15, Red Japanese Maple (Potted) \$35, fig bush (Potted) \$25, Walking Iris (Potted) \$10. Call 252-638-9151

New 55 Gallon Rain Barrel \$65 Call 252-638-9151

Wooden lettuce on plant herbs tray with handles-NEW \$30. Call 252-638-9151

Generac 5000watt generator. Tecumseh engine with 5 gal. Gas tank,6260 surge watts, cradle with wheels and handle. Don't wait... Hurricane season soon, \$275. (252)943-4447

Riding Lawnmower \$175, Push Mower \$150, Cement Mixer \$175, and Iron Wood Splitter \$350. Call 252-249-0209

Maytag Neptune gas dryer, set up for propane. Working perfectly when last used. Looks brand new. 745-5353

Welder, Lincoln stick welder model k1170, 225amp. Purchased new at Lowe's (\$330 with tax) in factory box, never set up or used. \$230 firm. 745-5353

Snapper LT100 lawn tractor, 23hp v-twin, 46" cut, new battery, good belts, tires,deck runs good \$500. 252-249-1566

Brand New Neutral Ceramic Tile, some in boxes, some loose -- 52 12x12 pieces and 168 6x6 pieces plus 26 decorative pieces. \$100.00 Leave message at 252-745-8023.

Computer Items: Asus X54C Laptop, 4GB, Windows 7, \$125. Samsung B2030 20" Monitor, \$50. Epson Artison 835 Printer, Wi-Fi, Extra Ink, \$35. All in great condition. Make offer. 252-249-2945.

RCA RTD325W Home Theater, boxed. DVD 1080, Dolby, HDMI, AM/FM \$50. Offer accepted. 252-249-2945

Greenhouse hoops. 16'wide, heavy duty, enough for a 16x30 greenhouse, \$50. each...252-745-2011

Nitto Dura Grapplers 245/75R17 75% Tread. Lugs and caps. \$350 (252)649-4749

Coxreels fuel hose reel. Can be used for airhose or cords. Model# TSHF-550 \$40 (252)649-4749

35 Gallon Aluminum Fuel Tank. \$100 (252)649-4749

Volvo Penta Gauges. NEW! Call for details. (252)649-4749

Kenmore Fridge. Side by Side. Icemaker broken. \$25 (252)649-4749

Tread mill. Welso Cadence fold up, hardly used. 252-249-1690

Jenn-Air Stove/Range 30" wide x 28" deep-Good working condition. \$100 (252)670-7435

Antique solid red oak pedestal table, just refinished professionally, like new, no chairs. Top may be seperated for carrying in a car. Size is 48"x36" including the 12 inch extension leaf. \$150 OBO. Available in River Bend/ New Bern, NC. 814-207-7954 or 814-617-0986

Small Desk \$20 252-745-9027

Dining Room Table-6 Chairs-protective cover-1 leaf. Plus table cloths. \$200 252-745-9027

Large TV Cabinet with 2 side cabinets(w/ glass doors). \$200 252-745-9027

Electrolux Vacuum-serviced 1 year ago-w/ power nozzle. \$200 252-745-9027

2 tall stools \$20 252-745-9027

42" Huskee riding lawnmower good condition-serviced regularly, garage kept \$450.00 OBO callJean 252-514-3437

You pull it it's yours; 74 Yanmar SB, W/ Trans.; 1 CY; 8HP; 252-675-1902

FUJI SILHOUETTE BIKE. Woman's Carbon Road Bike. 47cm. Shimano components. Many upgrades. Mirror, Bottle Cages. \$500. Firm. 252.249.0761

CROSMAN AIR RIFLE: .177 pellets. CO2 powered. Extra clips included. \$50. 252.249.0761

WOMAN'S BIKE. Fuji Supreme. 21 Speed. Cateye Computer. Axiom Rear Rack.

Rear Light, Mirror, Bottle Cage. \$95. 252.249.0761

LAMPS: Variety of table lamps and floor lamps all in great and working condition. \$10 - \$15 each. 252-670-3958.

Comfortors/sets-Full size/All colors \$15.00 Located in New Bern. 638-9151 or 670-3626

Whirlpool-Stove-glasstop-1 back burner doesn't work. \$100.00 Located in New Bern. 638-9151 or 670-3626

Old Dolls-Vintage-some boxed \$5-\$20 Located in New Bern. 638-9151 or 670-3626

Seeking small white dog. Maltese/Poodle mix. Prefer house broken. Call 745-9277

OVAL Rug, \$125, burgundy, 6'7" x 8'6". excellent condition, wool. 745-5275

GUTTER GUARDS: 25 four foot reverse curve aluminum Gutter Genius (by Elko) covers for 5 inch standard gutters. Used, good condition with installation clips. \$150. Call (252) 249-7290 or (603) 496-4274.

50 caliber Black Powder Rifle for sale with Scope and loading supplies and some Ammo. Good condition. \$130 252-322-8381

Casio Key lighting Keyboard w/Karaoke \$35. Hundreds of DVD's \$2, books \$1 & \$2. Cd's. 50 cents each. Wooden book shelves \$15 each. Local address. (248)924-1681

NIKON D70s SLR digital camera with lens,cards & carry case. \$300 252-249-1655

STAMINA 1205 precision rower, like new. \$135 252-249-1655

SPACEMATE folding stepper, ilike new. \$95 252-249-1655

POSTURE PUMP disc hydrator, professional model. \$35 252-249-1655

36 Inch Round Oak Cocktail table \$60 252-249-2545

Stanley Professional Air flooring hammer with 3000 nails. \$340 252-249-2545

Invacare Bench for Shower or Tub. 400 lb. weight cap. Adjustable height \$75 252-571-6058

Invacare Lightweight transport wheelchair. New \$150 252-571-6058

TV stand, 31 1/2 wide x 19 1/2 deep 20 in tall. Pickled color. Like New. \$35.00 252-571-6058

10L x 10W x 6H a Stephens Pipe & STEEL Galvanized welded frame dog kennel with a lockable walk in gate (also welded pipe). East to assemble; easy to move; easy to add additional panels if desire to make larger. Call 252.249.0103 \$140 Like New Galvanized Welded frame

"9' FOREST FIR CHRISTMAS TREE, UNLIT Smaller 7 ft. adaptable. \$100 252-249-6528"

Legacy hunting bow in Case with arrows. Camo bag with 20 Decoys. \$100. 252-249 2029

High end, large capacity, Frigidaire Affinity clothes dryer. Used very little. 4 yrs old. \$80 252-670-7836

Electropedic adjustable bed: size - full/ double; firm mattress; very good condition; includes some linens. Great for someone recovering from surgery, needs to elevate head and/or feet, or has difficulty getting in and out of bed. Smoke free home. \$300.00. Text: 252-617-5942

Critter cage: 6ft (tall or long) x 2ft x2ft. Custom made. Not a bird cage. Good condition. \$125.00 Text: 252-617-5942

Trail bike: 24" derail needs adjusting. Fair condition. \$30.00 Text: 252-617-5942

Antique small cane chair dark in color and once used in tobacco barn as a chair. Asking \$75.00 252-249-2603, ask for Betsy.

Cherry Dining Table - 48" inches round with two leaves. Queen Ann legs. \$270. 252-249-1090.

Mahogany Low Boy Dresser and Mirror - three-drawer dresser and mirror with casters. \$275. 252-249-1090.

Volvo Station Wagon Cover - Gray, never used with bag. \$45. 252-249-1090.

81/2 HP Briggs & Stratton engine. \$50. Call 675-0354.

Radio Shack 40 Channel CB Base Station. \$50. Call 675-0354.

Radio Shack 40 Channel mobile CB radio. \$25. Call 675-0354.

New bicycle helmet - Airius, L/XL, \$10. Call 675-3128.

New Camera - Wanscam IP wireless/wired camera for network monitoring, \$25. Cal 675-3128.

Dark Cherry Mirror - Thomasville, traditional style. \$70. 252-249-1090

Baby Items - Stroller (\$35), wooden porta-crib (\$35), changing table (\$75), car seat (\$10), and toys. 252-249-1090

Kitchen Countertop - three pieces with back splash, white Formica, 25"x70", 25"x34.5", 25"x25" \$55. 252-249-1090

Craftsman 12" wood planer, belt driven type, no motor, \$100, 252-675-2759 or 252-745-5791.

Old style V.W. trailer hitch. \$10. 252-675-2759 or 252-745-5791.

Volvo lower end unit, in-out drive. \$100. 252-675-2759 or 252-745-5791.

Triumph Spitfire auto parts: 1979 or late 1970s, hard top, transmission, front end motor and more. Call for prices, negotiable. 252-745-5791

Toshiba Satellite Laptop/with power cord, 6Gb ram Hhd 350 webcam wifi, OS win 7 Home prem. Intel celeron Processor works great \$200.00 PH. 252-876-5469

Gateway desktop with monitor, mouse, keyboard, slimline and processor. \$200.00 works great. 252-876-5468

Prestige touch tablet with case and keyboard android lollipop processor. \$50.00 252-876-5469

Heavy duty Monitor cord \$15.00, 252-876-5469

16 ft fiberglass extension ladder, \$60. Heavy duty aluminum ladder brackets, set of two, \$45. 252-675-0354.

Electric Outboard/Trolling Motor Package: Newport Vessels 55 short-shaft Electric Outboard/Trolling Motor Package Incl: Motor, Duracell Ultra E5 battery, battery case, in-line fused 12 VDC cable. Used only once so like new. Garage stored. \$225. Call Chuck at 252-249-1409

86 U-Haul and Lowes moving boxes, good condition. 11 wardrobes with metal bars, 13 large, 62 medium/small/book size. Broken down, easy to pick up. \$75. Call 949-280-5325 (Oriental)

Craftsman 22" Self Propelled mower, selling for \$100. Crusair Carry On air conditioner for boat, selling for \$300. Thermador gas stove/ electric oven, selling for \$250. Oak flooring 5" face, 3/4" thick, \$3 per square foot. Call 249-1715.

2 twin rollaway beds including new matching sheet sets. Excellent condition. \$25.00 each. 434-797-4215.

Classic Dahon folding bicycle for boat. Yellow in color and in good condition. \$150.00. Call 252 249-9838.

Cruising Guide to North Carolina by Claiborne S. Young, 5th Ed. Cover Price \$24.95, asking \$12.50. Janet at 386-559-4554.

GMCO's Waterproof Chart Book of North Carolina from Back Bay, VA to Little River, South Carolina. Cover \$34.95, asking \$18. Janet at 386-559-4554.

Dinnerware set, non-skid, compass rose design, 16 pieces, asking \$30. Janet at 386-559-4554.

OTR GE Microwave, 2011, SS, with bracket, M/N JVM1950. Excellent except "key pad shorted", you fix.. \$25 George 249.3264

Bantam Chickens for sale. Hens \$3! Roosters \$1 each! 249-0243

Two 46x30 glass top tables. Good condition, no screeches in the glass silver frame and legs in great shape. Asking \$20.00 each Silver Metal Legs Frosted Glass work top. (Ikea) call 252-675-9398

Harley-Davidson Woman's Leather Jacket and Chaps - \$350 675-9398

*Price must be included in ad. *The Pamlico News is not responsible for errors, email preferred



YOUR AD HERE

Advertise Here For Just \$25
And Get Your Business In Front Of
Hundreds Of Readers
Contact Your Pamlico News Advertising
Sales Representative Today!
252-249-1555

Share Your Recipes

Have a favorite recipe or your own version of one of Miss Nancy Winfrey's?
Send it to us at frontdesk@thepamliconews.com so we can share it with our readers.
Include all ingredients, quantities and detailed instructions.

JALAPEÑO LIME & GINGER SALMON

FROM PAGE ____ OF Mike's Place YIELD: 4 SERVINGS

INGREDIENTS:	DIRECTIONS:
1 tsp finely grated lime rind	1 Preheat oven to 350°F. Prepare the marinade.
1/4 cup lime juice (from about 2 large limes)	Whisk together the lime rind, lime juice, oil, ginger, and jalapeño. Set aside a teaspoon of the mixture. Place salmon steaks into a dish just large enough to hold them. Pour remaining marinade over salmon and turn to coat.
2 tsp vegetable oil	2 Marinate at room temperature for 15 minutes, turning once. (Do not marinate longer than 30 minutes or salmon will become mushy.)
1 tsp minced fresh ginger	3 Bake for 15 minutes. Turn oven to broil and broil 3-4 minutes. Fish should flake easily with a fork.
1 jalapeño pepper, seeded and finely minced	4 Remove to platter and spoon reserved marinade over salmon. Serve immediately.
2 (6-oz) salmon steaks or 4 salmon filets	

My favorite Salmon dish... awesome-amazing!
Mike Thigpen

MEAT / PARVE / DAIRY **MAIN DISH**