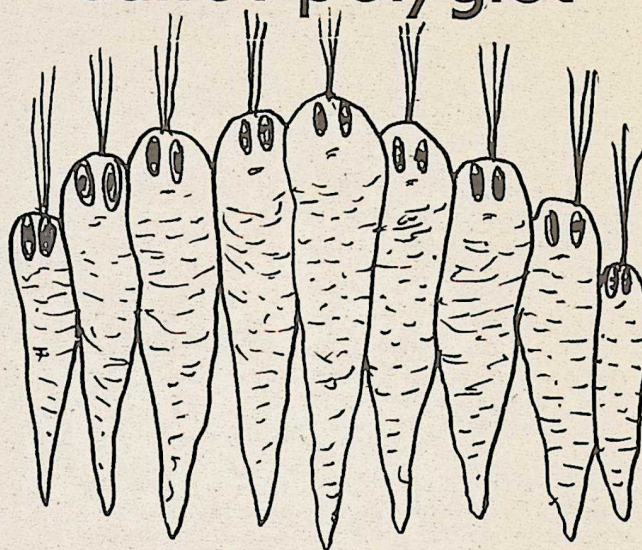


From Aunt Olivia's Kitchen

Carrot polyglot



by Lydia Lovell

Golden Carrot Casserole. Whenever she chose to use this recipe, she asked Uncle Henry to grate carrots and cheese for her, which he did with pleasure.

4 eggs, well-beaten
2½ C. raw carrots,
grated
2 T. salad oil
1½ C. milk
1 T. grated onion

1 C. whole-wheat bread
crumbs
1 C. grated Cheddar
cheese
1 can undiluted
mushroom soup
1 T. chopped parsley

In a large bowl, combine all ingredients and mix thoroughly. Turn into a well-greased casserole dish and set in a shallow pan of hot water. Bake at 350° for 30 minutes.

Sometimes, immediately after a hurricane makes disaster areas of gardens, immediate attention can rescue many above-ground vegetables. Then they must be used quickly for their keeping qualities are not enhanced by effects of storms. Combinations are not only delicious but **Vegetable Medley** can be prepared, cooked, and frozen in small portions, then reheated at a later date.

1 lb. carrots, peeled and sliced
2 C. fresh lima beans
1 medium zucchini, sliced
1 medium yellow squash, sliced
½ C. sugar
1 T. plus 1 t. cornstarch
2 t. salt
1½ C. orange juice

Steam carrots 10 minutes. Add lima beans and both squashes. Steam another 15 minutes until beans are just tender. If freezing for future use, drain and pack into freezer containers. Prepare sauce fresh when vegetables are defrosted and are being reheated. In a small saucepan, combine sugar, cornstarch, and salt. Mix well, stir in orange juice, and cook over medium heat, stirring constantly, until thick and bubbly. Drain hot vegetables, combine with sauce, and serve immediately. Yield: 8 servings.

When Aunt Olivia chose to have baked pork chops for dinner, often as not she topped four thick loin chops with sliced onions after arranging meat in a single layer in a baking dish. Chops and four good-sized baking potatoes went into the 350° oven at the same time. . . about an hour and a quarter before dinnertime. While meat and 'taters cooked, Aunt Olivia prepared **Lemon-Orange Carrots**. . . a perfect complement to pork.

2 C. sliced fresh carrots
½ C. orange marmalade
4 t. lemon juice
2 T. margarine

In a medium saucepan, boil carrots until tender in ¼ C. water, boiling off all the liquid. Watch carefully so carrots do not burn. Add marmalade, lemon juice, and butter. Stir to coat carrots with glaze. Serve warm.

Often, as I go through Aunt Olivia's files of recipes, I wish I could ask her about the sources of some because they are obviously old ones, acquired, perhaps, when she was but a

4 T. margarine
1 medium onion,
chopped fine
1 green pepper, chopped
fine
2 lbs. carrots,
cooked and mashed
8 oz. sharp Cheddar,
grated

½ t. salt
¼ t. pepper
2 T. margarine
1 C. bread crumbs
¼ C. chopped parsley

In a small skillet, melt 4 T. margarine; saute onion and green pepper until tender. Remove from heat and set aside. In a large bowl, mix carrots, cheese, salt, and pepper. Toss with sauteed vegetables. Turn into a buttered casserole. In same skillet, melt 2 T. margarine; toss with crumbs and parsley. Cover carrots with crumbs. Bake at 350° for 25 minutes.

While Uncle Henry relished Carrot Delight, Aunt Olivia was well-aware that his preference among baked carrot dishes was

A summer such as the one just past must have been seen before. . . yet I've no recollection of any previous late spring lasting well into July. . . and autumn arriving almost, it seemed, before August was half-finished. Not that I'm complaining; for me, the two best, prettiest, and happiest seasons are spring and fall. Winter is to be endured so that spring may be adequately appreciated. Summer is lovely except during dog days which sometimes stretch from mid-July to August's end. This year, however, if dog days came at all, I hardly noticed.

If I could turn to Aunt Olivia and Uncle Henry and ask, "Did you ever see such a summer? So cool, so dry, so sunny and bright, yet with just enough rain for the gardens that we scarcely needed to water?" I'm sure they'd remember one like it. They'd tell of a storm that brought gales of wind shortly after hurricane season opened, just like that one which brushed us with its tail this past July. They might believe such a storm, coming at mid-summer like that, portended others would follow in its wake. With September come, now as then, we keep a weather eye out for signs, preparing to batten down if necessary.

Forest trees and understory bushes may be damaged or killed when hurricane winds dump brackish rains over foliage intolerant to salt. Oaks wither and white pines die. Gardens suffer when brine-laden downpours and high winds whip blossoms, fruit, and leaves from plants and shrubs. Sometimes all that remains of a garden are those vegetables with their heads in the ground. . . onions, potatoes, turnips, parsnips, beets, and carrots. Even if all that are left are these, they can be put to a variety of uses.

Take carrots, for instance; perhaps Aunt Olivia was unusual among good cooks for she had more ways to fix carrots than you could shake a stick at, and not one but was a winner of high praise. If you're hungry for a change from plain boiled carrots, try **Carrot Delight** next time you plan a dinner for six.