

Mamaw's Kitchen

By Regina Poynter Hoskins

In 1975, Will accepted a job as a teacher of English as a Second Language from a school in Guadalajara, Mexico. That's where we met and became good friends with Gil and Gloria.

GLORIA'S PIZZA BURGERS

Gloria fixed these for us the first time we had a meal prepared by her at their home in Mexico. I've had the recipe in my file box since then (1976). It is a great way to stretch a pound or two of beef.

2 pounds lean ground beef
1 small onion, chopped
1/2 small green bell pepper, chopped
1 can cream of mushroom soup
1 can tomato soup
Chopped black olives
Hamburger buns OR English muffins
Cheddar cheese, cubed
Brown beef; add onion and green pepper. Cook till tender. Stir in both cans of soup. Add olives; simmer 30 minutes. Allow to cool slightly. Spoon some mixture onto bun or muffin halves. Top with cubed cheese. Toast in oven till cheese melts, about 10 minutes at 350°.

GIL'S BEAN DIP

I have had this recipe since 1976 also.
1 can (14 ounce) refried beans
1 small can Ortega chilies
chopped
1 cup sour cream
2 or 3 tablespoons red chili powder
1/2 teaspoon garlic salt
Combine all ingredients and heat to boiling point. Turn down heat and simmer five minutes. Serve warm with taco chips.

LEMON GLAZE CAKE

We didn't get to enjoy this cake until 1981 when we visited Gil and Gloria in Hollister, California.
1 package yellow cake with pudding mix
4 eggs
1 package (3 ounce) lemon Jello®
3/4 cup oil
3/4 cup water
GLAZE:
1 cup powdered sugar
1/2 cup lemon juice
Preheat oven to 350°. Mix above ingredients two minutes at medium speed of mixer. Bake in greased and

floured 9 x 13 pan for 25 to 30 minutes or until springs back when touched. While cake is baking, mix powdered sugar and lemon juice. When baked, prick hot cake all over with fork and pour lemon mixture over it. Chill well before serving.

MARY ANN'S 14-DAY SWEET PICKLES

Day 1: Wash cucumbers, pack into jars and cover with brine water—1 cup salt to gallon of water. Let stand 7 days.
Day 8: Wash cucumbers and put back in jar. Cover with boiling water. Let stand 24 hours.
Day 9: Drain and cut into desired shape. Add alum (about 1 teaspoon to a gallon of pickles). Cover with boiling water and let stand for 24 hours.
Day 10: Drain and cover with boiling water. Let stand 24 hours.
Day 11: Drain. Mix 2 1/2 quarts sugar, 1 bag pickling spices and 2 1/2 quarts vinegar; bring to boil and let boil a few minutes. Pour over pickles. Let stand 24 hours.
Day 12: Drain; add 1 quart sugar to liquid. Boil and pour over pickles. Let stand 24 hours.
Day 13: Drain; add 1 quart sugar to liquid. Boil and pour over pickles. Let stand 24 hours.
Day 14: Drain. Heat juice to boiling. Pack pickles in jars. Pour boiling juice over pickles; seal.

MARY ANN'S DILL PICKLES

Cucumbers, washed
Grape leaves, washed
Place a grape leaf in bottom of each jar. Cut tips off cucumbers and place in jars.
Boil next six ingredients for at least 5 minutes at a hard boil:
1 quart vinegar
1 quart water
3/4 cup sugar
1/2 teaspoon pickling salt
2 or 3 pods of fresh or dried dill
Pour over pickles and seal.
FRESH CUCUMBER SALAD
...stays in the refrigerator up to 2 months!
7 cups unpeeled pickling

cucumbers sliced thin
1 cup sliced onions
1 cup sliced green peppers
1 tablespoon salt
1 cup white vinegar
1/2 cup sugar
1 teaspoon celery seed
1 teaspoon mustard seed
Mix cucumbers, onions, peppers and salt; set aside. Put vinegar, sugar, celery seed and mustard seed in a pot and bring to a boil. Remove from heat and let cool for one hour. Pour mixture over cucumbers. Put in jars and store in refrigerator. Add more sugar for a sweeter pickle. I have also added some thinly sliced carrots.



Orlando native Tpr. Adam Hensley (center) received the Kentucky State Police Post 9 (Pikeville) Trooper of the Year Award from KSP Commissioner Rodney Brewer (left) and Justice and Public Safety Cabinet Secretary J. Michael Brown (right) on May 23 in Frankfort. A three-year veteran of the agency, Hensley is a 2004 graduate of Rockcastle Co. High School and a 2008 graduate of Lindsey Wilson College. He is the son of Ronnie Hensley of Orlando and Rhonda Johnson of Waco.

EKU teacher education program receives honors

Eastern Kentucky University's teacher education program has received national honors.

The University's undergraduate program to prepare students to teach at the secondary level ranks in the top 9 percent nationally, according to a report issued today by The National Council on Teacher Quality (NCTQ) and U.S. News & World Report. The joint report measures the level of quality and success of institutions that prepare 99 percent of the nation's traditionally trained new teachers. Of the 1,200 elementary and secondary programs for which NCTQ was able to assign an overall program rating, only 105 programs made the Honor Roll by earning at least 3 stars out of a possible 4.

The EKU program was one of only four programs at three Kentucky universities to make the Honor

Roll. Only two institutions nationwide – neither in Kentucky – earned 4 stars.

"As the product of eight years of development and ten pilot studies, the standards applied here are derived from strong research, the practices of high-performing nations and states, consensus views of experts, the demands of the Common Core State Standards (and other standards for college and career readiness) and occasionally just common sense, such as our insistence that student teachers be trained only by effective teachers," the report stated. "(The standards) are entirely consistent with the recommendations of the National Research Council in its 2010 report.

"Breathing new life into teaching requires that we begin at the beginning: who gets in and what kind of training is provided." Eastern's other teacher

education programs all received 2 or 2 1/2 stars, still ahead of hundreds of institutions nationwide. For

more information about programs offered by the EKU College of Education, visit coe.eku.edu.

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