

Age: Over 50... 'nuff said

Hometown: I was born in Shreveport, but have lived in the Ivan community in North Bossier Parish for 29 years.

Hobbies: Crafting, painting, sewing, singing, reading, and philosophizing.

How long have you been cooking? When I married I had not one clue how to cook anything but breakfast. For 33 years I've been trying to get it right.

How did you start cooking? It was a matter of survival! We were hungry and I really couldn't have eaten another hamburger. One afternoon I attempted ham, black-eyed peas, rice, and cornbread. I made a pound pack of dried peas, but I didn't have a dutch oven so when the peas began to rehydrate I was scrambling to find pans. That was the night I learned that pyrex can NOT be used on a burner. That glass casserole of peas exploded all over my little kitchen. I got serious about cooking after that.

What do people say about your cooking? My evergrowing family enjoys my cooking and my sons and husband all have their favorites like fried chicken, beef tips, meat loaf, or chicken and dumplings.

What's your cooking philosophy? Never stop learning, try new foods often, and trust your senses.

Is there anything you would like to say to the public? There are too many chemicals going into our processed foods. Grow what you are able to, can what you grow, and scrub anything you buy

## November Spice Snack Mix

### Ingredients:

3 Cups Rice Chex  
3 Cups Cinnamon Chex  
1 Cup Pretzels  
(1 or 2 cups of anything else you like)  
1/4 cup brown sugar  
1/4 cup butter  
2 teaspoons cinnamon  
1/2 teaspoon ginger  
1/4 teaspoon allspice  
2 teaspoons vanilla  
2 Cups candy corn (plain or variety)  
1 Cup White chocolate chips

### Directions:

In a buttered 13 x 9 pan place cereals and pretzels.  
Melt butter in a small saucepan, add brown sugar and spices.  
Stir together over low heat until well blended. Add vanilla.  
Pour over cereal mix and bake for 45 minutes at 350 stirring every 15 minutes.

## **Kathryn Askew**

Written by Sean Green

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When completely cool, add candy.