

# 2 residents earn prizes for busy people recipes

Phyllis Kowal of Southfield and Jenny Materny of Canton Township have been named winners in a nation-wide recipe contest sponsored by Kelly Services, Inc.

Their contributions will be included in a book, "Recipes for Busy People," scheduled for publication by Warner Books next spring.

Recipes were judged for taste and originality as well as for speed and ease of preparation.

A former Kelly Services employee, Mrs. Kowal is now a bookkeeper for a real estate firm. She has two daughters and a son. A collector of recipes, she hopes someday to write her own cookbook.

Here is Mrs. Kowal's recipe:

### CAULIFLOWER SALAD

(Preparation time: 30 minutes)  
1/2 small cauliflower, cut and sliced 1/4-in. thick  
1 carrot, cut in 2-in. strips  
1 stalk celery  
1/2 green pepper, cut in 2-in. strips  
2 oz. jar pimientos  
4 pitted green olives

Marinade:  
1/2 cup wine vinegar  
1/2 cup olive oil  
2 tsp. sugar  
1 tsp. salt  
1/2 tsp. oregano  
Pepper to taste

Combine all marinade ingredients with 1/2 cup water. Bring to a boil and add vegetables and then cook 3-5 minutes. Refrigerate until served. Drain when served. Can stay refrigerated for a week.

To increase amounts for 4-6 servings use:

- 1 1/2 cauliflower
  - 2 carrots
  - 2 stalks celery
  - 1 whole green pepper
  - 4-oz. jar pimientos
  - 6-8 pitted olives
- Some amount for marinade

Mrs. Materny is co-owner of a Ukrainian Folk Shop. The mother of five children, she joined Kelly Services two years ago. In her spare time she choreographs shows and writes.

Here is Ms. Materny's recipe:

### EASY PEROGI

(Preparation time: 15 minutes)

- 6 lasagna noodles
- 1 lb. cottage cheese
- 1 egg yolk
- Onion salt
- 1 1/2 cups mashed potatoes
- 1/2 cup shredded cheddar or American cheese

Butter or margarine  
Salt and pepper to taste

Cook noodles as directed. Drain and allow to sit in cold water to keep from sticking. In buttered pan, lay down 2 noodles lengthwise. Combine cottage cheese, egg yolk and onion salt. Pour in over noodles for first layer. Set in 2 more noodles. Combine mashed potatoes, yellow cheese and butter. Layer over noodles. Pat gently in place. Top with last 2 noodles, dab with butter. Cover and place in 375 degree oven for 1/2 hour. Uncover, turn off oven and let sit for 5 minutes to steam out. To serve, cut in blocks and enjoy with cold sour cream. Serves 4 for lunch or 2 for supper.



PHYLLIS KOWAL

## Holiday turkey prices should be lower in '79

Turkey prices this year should give holiday shoppers something to be thankful for.

"Wholesale turkey prices are lower than they were a year ago," says Allan Rahn, poultry economist at Michigan State University Cooperative Extension Service.

"Depending on how retailers handle these lower prices, consumers should pay less also."

THE PRIMARY reason for the lower prices is the record number of turkeys produced this year.

Production is up 11 percent over last year to 158 million birds, explains Rahn. This increased production has resulted in a 13 percent increase in frozen turkey stocks over last year.

"Another factor which helps to help to keep turkey prices lower is a

record pork production this year, says Rahn.

"Pork and turkey generally are considered as interchangeable substitutes for higher priced beef. Attractive pork prices, therefore, help to keep turkey prices down."

One factor which may tend to boost turkey prices is increased consumption. Per capita turkey consumption is up about 11 percent this year.

Rahn attributes the increase in consumption to two factors. It reflects the attractive protein value of turkey and the availability of many new turkey products, such as turkey hot dogs and lunch meats.

"It is difficult to predict all the ramifications of these factors, but holiday shoppers should be on the lookout for lower turkey prices than last year."

# Byrd's Kitchen

by Vivian Byrd

## If you bake a zucchini, you'll both be better off

A reader in Rochester who asked for some zucchini baked goods recipes started me off on a treasure hunt.

She makes zucchini bread and is interested in trying a recipe for zucchini cookies.

Although I found zucchini pancakes, zucchini fritters and a delicious and healthy wheat germ zucchini bread so far no cookie recipe has turned up.

It may be that zucchini is too liquid for cookie making, except possibly in a bar cookie. However, if any of you zucchini fanatics have found or concocted one, I would sure like to have a copy.

I did discover a muffin recipe which sounded adaptable.

Testing with the vegetable pureed in one batch and grated in a second quickly proved grating the better method.

Zucchini puree made the batter more liquid and changed the overall color to an unappealing green.

Cooked, that batch becomes heavy and chewy, the muffin and vegetable flavors a mishmash, indistinct from each other.

One confirming bite for me, the rest a treat for the garbage disposal.

By contrast, the batch utilizing grated, well-drained zucchini turned out well. The batter baked into a nice yellow color, interestingly green leeked.

Serve them fresh and hot from the oven with lots of butter or margarine. They don't reheat well, so make only what you need immediately.

Below are recipes for the muffins and other "treasures" I found, with thanks to the reader who sparked the hunt and named the muffins.

### ZUCCHINI MUFFINS ROCHESTER

- (makes 16-18 muffins or one loaf)
- 2 1/4 cups all purpose flour
- 3/4 cup firmly packed brown sugar

- 3 tsp. baking powder
- 1 tsp. salt
- 1/4 cup butter or margarine, softened
- 1 egg
- 1 1/2 tsp. grated orange peel
- 1/2 cup milk
- 1/2 cup orange juice
- 1 cup fresh zucchini, grated and well-drained

Scrub the zucchini under running water, but do not peel. Snip off the ends. Grate and drain well. Set aside.

In a large mixer bowl, combine all ingredients except zucchini. Mix at low speed until blended; beat at medium speed 2 minutes. Stir in zucchini. Fill greased muffin cups 3/4 full. Bake at 350 degrees for 25 to 30 minutes.

Or, turn into 9-by-5-in. loaf pan, which has been greased on the bottom only. Bake at 350 degrees for 60 to 70 minutes, until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Can be frosted.

### ZUCCHINI PANCAKES

(makes 8 or 9)

Grate 3 medium zucchini into a bowl and drain them thoroughly. Stir in 2 un-beaten eggs, 3 tsp. flour, 2 tsp. grated Parmesan cheese, 1 tsp. chopped chives, 1/4 tsp. chopped parsley, a pinch of garlic powder and salt and pepper to taste.

If the mixture looks too liquid, add 1 tsp. flour. Drop the batter on an oiled griddle or skillet as for small pancakes and cook them until they are browned. Turn the pancakes and brown them on the other side. Serve hot or cold.

### ZUCCHINI FRITTERS

(Makes 6 servings)

- 3 small zucchini
- Salt

- 1 cup sifted all-purpose flour
- 1 egg, beaten lightly
- 1/4 cup milk
- 1 tsp. butter, melted

Wash zucchini and cut into crosswise slices 1/2-in. thick. Sprinkle with salt and let stand 15 minutes. Drain and wipe dry with a clean towel. Meanwhile, sift flour with 1/2 tsp. salt into a mixing bowl. Add egg, milk and butter and mix well. Dip zucchini slices in the batter, one by one, and fry until browned in deep fat preheated to 375 degrees. Drain on paper towels. Serve hot. These fritters may be fried ahead of time and heated in the oven just before serving.

### WHEAT GERM ZUCCHINI BREAD

- 1 1/2 cups plain wheat germ
- 1 1/2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 3 tsp. baking powder
- 1 tsp. salt
- 2 tsp. cinnamon
- 2 eggs
- 1 1/4 cups sugar
- 2 tsp. vanilla
- 3/4 cup oil
- 3 cups grated zucchini, well drained

Beat eggs until light colored and fluffy. Add sugar, vanilla and oil. Stir in zucchini. Mix together dry ingredients and gradually add to egg mixture.

Turn into 2 greased and floured 8-in. loaf pans. Bake at 350 degrees for one hour. Let cool 5-10 min. before removing from pans.

Questions, comments and recipes are welcomed and should be addressed to Vivian Byrd, The Eccentric Newspapers, 1225 Bowers Street, Birmingham, AL 38012. Please include name, address and telephone number.

## Tips on fresh fish

Ever wonder how to judge the freshness of whole fish before making a purchase?

Freshness in whole fish, no matter what the variety, can best be determined by looking square into the fish's eyes and at the gills.

If the fish is fresh, the eyes will be bright, clear and bulging.

Pass by any fish whose eyes are sunken in the sockets or which have a thick, opaque milky color.

The gills of a fresh fish, when lifted open, should reveal a clear, bright red, bloody mass — much like a fresh chicken liver. If the mass is brownish in color, the fish is not fresh.

If you still are in doubt, sniff the open gill because it should have a mild briny sea-breeze smell.

Traces of acrid fishiness indicate it is past its prime. Neither the fish, nor the market itself, should have that unpleasant pungent odor.

THE SKIN AND SCALES of a fresh fish will be smooth and shiny.

If the skin and scales are slimy, the fish has been out of water for too long. If the skin is slack, the fish quite likely has been frozen.

In any case, the fish should feel firm, and there should be no impression left when you press down on it with your thumb or forefinger.

If the fish is whole and the head has been cut off, beware. In fact, many markets sell some fish already cut into filets or chunks, or sliced into steaks, making it impossible to judge freshness by the eye or gill test.

You can still tell though. If the slice looks almost cooked, with lackluster, very white and opaque flesh which is separating into coarse-grained segments, pass it by.

Fresh fish should look translucent, pearly white, very fine-textured and with a high, slick shine — almost as though it were wet.

## Bananas are easy dessert

Bananas are a fairly good buy right now, and you can use them for this easy dessert:

### BANANAS AU RUM

(Rum Bananas)

- 4 ripe firm bananas
- 1/4 cup butter
- 1/4 cup brown sugar
- Lemon juice
- 1/2 cup rum

Preheat oven to 450 degrees. Peel bananas and cut in half lengthwise. Melt butter in ovenproof baking dish. Add banana halves. Sprinkle with sugar. Bake 10 minutes (until sugar is melted). Sprinkle with lemon juice and bake briefly. Return to oven for 2 minutes. Warm rum. Pour over bananas. Ignite the rum. When flame dies, eat immediately.

## Colorful decorating

Use light colors in a small room to make it seem larger; paint the ceiling of a room in a deeper color than the walls if you want it to appear lower; paint it in a lighter shade for the opposite effect; study color swatches in both daylight and artificial light because colors often change.

Paint woodwork and trim of a small room in a color which is the same as the background color, or the room will appear smaller and cluttered; paint radiators, pipes and similar projections in a color which blends with the walls or they will be emphasized.

## VITAMINS 25% OFF\*

- All National Brands
- Thompson
- Radiance
- Solgar
- Plus
- Schiff

\*with this ad Offer Good thru Nov. 17th

## VIM & VIGOR Health Food Store

210 S. Woodward at Merrill (in the Continental Market) 645-0046 Open Mon.-Sat. 10-6

## "Let Us Do Your Thanksgiving Grocery Shopping!"

### Introductory Offer

Save 15% on delivery charge with this ad.

Limited Time Offer. Just jot down your grocery list, give it to us over the phone and we'll deliver it to your door... the same day.

We shop your order as though it is our own!

- Satisfaction Guaranteed
- Party Service

We'll deliver your liquor, pop, mixes, party trays... everything but the decorations.

Serving Farmington, West Bloomfield, Birmingham, Southfield and Livonia Senior Citizen & Handicapped Discounts

For more information 478-1442

## The Drama Of Wine

The transformation of the juice of freshly picked grapes into wine by fermentation is always a dramatic and critical step in producing a fine product. This past season our new fermentation cellars were in full operation and the results were far beyond our expectations.

Precise temperature control is all important to final quality. With white wines, juice must be fermented slowly (7 to 10 days) at exact temperatures to retain the delicate fruity flavor and fresh aroma of the grape when it was first picked. A few degrees over or under can make a big difference.

Our 34 new stainless tanks are individually temperature controlled to within one degree, giving us tremendous flexibility and control of every bath. New "de-jicers" also eliminate more solids before fermentation which means less filtration and better wine.

Twenty-six additional stainless storage tanks allow a delicate wine to be held before bottling without change. As an example, when our crop Pinot Chardonnay reaches optimum maturity in our wooden casks, it can quickly be removed before too much wood character is imparted to the wine. These new tanks allow us to remove the wine — but exactly when we remove it is a decision like many others in winemaking where taste and the "art of the vintner" make the difference between a good wine and a great wine.

Please write for our free monthly newsletter.

Sam J. Sebastiani

## Sebastiani VINEYARDS

EST. 1825 P.O. Box AA Sonoma CA 95476

## BETTY'S GROCERY STORE

naturally good food  
"We care about the food you eat."

- Full Line of Grocery
- Deli Juice Bar (carry out)
- Complete Vitamin Center
- Bulk Grainery
- Cosmetic Department
- Information Center and Book Corner
- Garden Fresh Produce (incl. Organically grown)

**SAVE** Old Mill STONE GROUND WHOLE WHEAT FLOUR 2# \$1.99 Reg. \$2.30 Expires 11-18-79

**Betty Says...** "Stone ground flour preserves B-vitamins and Vitamin E and is much less likely to turn rancid. Delicious in breads and cookies!"

**SAVE** Nature's Gate RAINWATER HERBAL SHAMPOO \$2.99 16 OZ. Reg. \$3.75 Expires 11-18-79

877 HUNTER BLVD. (between Lincoln & Maple) Birmingham • 644-2323

HOURS: Mon.-Wed.: 10-7 Thurs.-Fri.: 10-9 Saturday: 9-6 Sunday: 12-5

## FELDBRO Quality Meats

6720 ORCHARD LAKE ROAD • WEST BLOOMFIELD PLAZA ORCHARD LK. SOUTH OF MAPLE  
"Never a Bum Steer"

HURRY Order Now for the Holidays STRICTLY FRESH TURKEYS GEESE-DUCKS-ROASTERS-CAPONS all sizes CALL 626-4656

CHICKEN KIEV CHICKEN CORDON-BLU CHICKEN APPLE-ALMOND-RAISEN

ready to cook \$1.59 each

FELDBRO MEATS NEW HOURS: Monday-Saturday 9-4, Sunday 9-5 626-4656