



## Brunch—palate pleaser for family and entertaining

There is no mystery involved in determining from whence the word brunch was derived.

By combining the first two letters in Breakfast with the last four letters in LUNCH one is able to indulge in a most memorable treat.

At no time are one's eating tastes more definite than early in the day at breakfast. And lunch, for many, is a hurried, grab-on-the-fly affair.

So, when time permits, it stands to reason that the ideal method is to combine the two meals some time between 11 a.m. and 1 p.m. and serve a brunch.

Sunday entertaining at a brunch has become increasingly popular in recent years. In many homes a pleasant, leisurely late breakfast is a most relaxing and much looked forward to weekly function.

When guests are invited, entertaining is accomplished with a minimum of effort. The hour contributes to the free and easy atmosphere since family and guests are in no rush to return to the office and no one is clock watching because the hour is late.

ANOTHER PLUS is that the time of day does not dictate that several courses of food be served and guests do not expect it.

However, there are no hard and fast rules regarding brunch. If you wish to fuss, there are a few types of food that are inappropriate for a brunch.

If you are entertaining a large group, you will find buffet style service ideal. Make the meal as simple or as elegant as you wish.

Some prefer a simple and hearty meal of fruit or juice, eggs, rolls and cups of steaming, freshly perked coffee.

Others opt for a more lavish type of fare for their first meal of the day. Assorted fresh fruits in season, a mixture of smoked and cured fish, eggs with chicken livers and onions, hot pecan rolls and delicious cups of Cappuccino Caffe are excellent choices for those preferring a sumptuous repast for their combined breakfast-lunch.

There is one feature of a brunch which clearly distinguishes it from early morning breakfasts... alcoholic beverages. Screwdrivers, Bloody Marys, wines and, of course, champagne, are all excellent accompaniments.

Listed below you will find a menu and recipes for a lovely brunch which leans toward the elaborate. Use a few or all of the recipes to make it as simple or fancy as your taste dictates.

**SUNDAY BRUNCH FOR EIGHT**  
Oranges, grapefruit and banana slices (sprinkled with confectioners sugar)  
Assorted smoked and cured fish  
Eggs with liver and onions  
Cheese blintzes with sour cream

Farmers chop suey  
Assorted rolls, bagels and black bread or pecan rolls  
Jams, jellies, marmalades and cream cheese  
Cappuccino caffe (or coffee, tea or hot chocolate)

**ORANGES, GRAPEFRUIT AND BANANA SLICES**

Peel 6 oranges and slice thin. Arrange on doily-lined platter. Repeat procedure with 3 or 4 grapefruit. Peel 5 firm bananas; run fork times from top to bottom of bananas and slice thin. Arrange with other fruit. Dust with confectioners sugar and sprinkle with nutmeg and cinnamon (optional).

### ASSORTED SMOKED AND CURED FISH

Three-quarter lb. smoked salmon (either Belly or Nova), ¼ lb. smoked sturgeon (thinly sliced), 2 whole smoked whitefish, 4 small chubs. Fish may be purchased at fish store or fish department of most markets.

Arrange smoked salmon slices and sturgeon slices on leaf lettuce lined platter. Carefully remove tough layer of outer skin from smoked white fish. Cut into small wedges and arrange on the platter. Remove heads, skin and tails from chubs and discard. Cut into small wedges and add to platter of fish.

### EGGS WITH CHICKEN LIVERS AND ONIONS

Rinse ½ lb. chicken livers in cool water; drain on paper towel and cut each liver in half. Sauté 1 large onion, thinly sliced, in 1 tsp. butter until transparent, over low heat. Add livers and another tsp. butter and sauté until livers are brown on outside; set aside. Beat 14 eggs with 2 tsp. milk, 2 tsp. water, 1 tsp. salt, ½ tsp. pepper and 1 tsp. minced parsley flakes. Add 4 tsp. butter to pan with liver and onions over low heat. Add eggs and increase heat to medium. Scrape bottom of pan with spatula until large curds appear. Do not overcook.

### CHEESE BLINTZES

Sift 1 cup flour and 1 tsp. salt together. Combine 4 well beaten eggs, 1 cup milk and 2 tsp. melted butter; gradually add to dry ingredients beating until smooth with wire whisk. Heat heavy fry pan (6-in. size) and brush lightly with butter or margarine. Pour approximately 3 tsp. batter or just enough to make a very thin pancake. Tipping pan until batter covers the pan bottom completely. Fry on one side only until it blisters. Stack, fried side up, until all have been fried.

Put 1 lb. dry cottage cheese through strainer or colander. Blend in 4 egg yolks,

½ tsp. cinnamon, 1½ to 2 tsp. sugar and ¼ tsp. vanilla. Place a generous tsp. of filling in center of each pancake on fried side. Fold up sides, envelope fashion. Before serving, fry in butter or margarine, until browned on all sides. Serve with a dollop of sour cream for each blintzes.

NOTE: when making large quantities, it is a good idea to bake instead of frying prior to serving. Place in greased baking dish, dot with butter and bake in 350 degree oven for 30-40 minutes or until browned.

### FARMERS CHOP SUEY

Empty contents of 1-lb. carton creamed cottage cheese into decorative glass bowl. Thinly slice and halve 10-12 large radishes, chop 6 green onions (green included), and dice ¼ medium cucumber; add to cottage cheese. Salt and pepper to taste and add 6 oz. sour cream mixing and blending salad thoroughly. Cover with plastic wrap and refrigerate until serving time. Sprinkle surface with paprika before serving.

### ASSORTED ROLLS, BAGELS, BLACK BREAD OR PECAN ROLLS AND BUTTER

All the above carbohydrate-laden goodies may be purchased at a bakery or market. However, for readers who wish to prepare at least one of the goodies in their own kitchens, see recipe below.

### PECAN ROLLS (Makes 18)

2 cups sifted flour  
3 tsp. baking powder  
½ tsp. salt  
¾ cup milk  
4 tsp. shortening  
3 tsp. melted butter or margarine  
½ cup firmly packed brown sugar  
½ cup raisins  
1½ tsp. cinnamon

Sift together flour, baking powder and salt. Cut in shortening and add milk; stir only until dough holds together and is smooth. Knead on slightly floured board for a minute and roll out to ¼-inch thickness. Brush with melted butter. Sprinkle surface with brown sugar, raisins and cinnamon. Roll jelly-roll fashion and cut into 1-in. slices.

Grease muffin pans and make a mixture of the following: 4 tsp. butter or margarine, 8 tsp. brown sugar and cream well. Evenly distribute mixture into bottom of each muffin container. Place 3 pecan halves into each muffin container. Place 1 slice pecan roll, cut side down, into muffin pans. Bake 20 minutes in 425 degree oven.

### CAPPUCCINO CAFFE

Pour 4 cups hot half and half and 4 cups hot freshly brewed espresso (or double strength coffee) into coffee pot or kettle. Keep hot until needed. Fill cappuccino or demitasse cups (4 oz. size) with beverage. Sprinkle lightly with a pinch of nutmeg and cinnamon. Serve immediately after pouring. This amount makes 16 4-oz. servings.

**NEXT WEEK: HOLIDAY TIDBITS**  
Mrs. Stulberg, a West Bloomfield resident, is a food writer, lecturer and author of the cookbook for dieters, "The Happy Cooker." Letters, requests and recipes are welcomed. Recipes selected for column sharing will give complete donor credit and must be accompanied by name, address and telephone number. All column communications must be made by writing "The Happy Cooker," c The Plymouth Observer, 461 S. Main Street, Plymouth, MI 48170.

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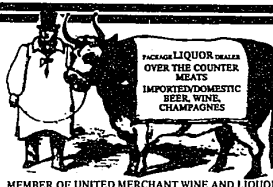
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