



Byrd's Kitchen

by Vivian Byrd

Recipes scaled down for twosomes or singles

Preparing meals for one or two people requires some calculating, since most recipes are designed to serve four or more.

For singles, frequently ingenuity is also required to convince oneself to opt for a full meal rather than another ham and cheese sandwich, toasted this time for variety.

It is easy to make one of any kind of chop. . . a dash of seasoning salt, pop it under the broiler, toss a quick salad and there is dinner.

And there is always the easy out of the frozen dinner. No thinking is necessary, no calculating or scaling down amounts of ingredients in a recipe. After a hard day at the office, that can be the way to go.

Of course, it gets boring. A woman I know who lives alone and has a busy schedule sometimes makes a pot of soup on Sunday and eats from it all week, that is, when she has time to come home to eat at all.

When she has more time, she likes to relax by whipping up an omelette and concocting

new and different fillings for them.

Dinner will be more enjoyable for one or for two if it is served at a table rather than in front of the TV. Try adding a pretty placemat and a candle. Candlelight is especially relaxing after a hard day.

SAVORY VEAL CUTLET

(Serves one)

1 medium-size onion, sliced
2 tsp. butter
1 veal cutlet, about 1-inch thick
Flour for dredging
½ tsp. salt
½ tsp. paprika
¼ cup sour cream

Saute the onions in the butter until golden. Coat the veal cutlet with the flour, add to the pan and saute on both sides.

Season the meat with the salt and paprika. Stir in the sour cream, cover and cook over very low heat until veal is tender. Do not allow mixture to boil.

BAKED PICKEREL

(Serves one)

¼ to ½ pound pickerel fillets
Salt and freshly ground black pepper to taste
2 tbs. butter
2 tbs. finely chopped onion
¼ lb. mushrooms, sliced
1 tsp. chopped parsley
1 large tomato, peeled, seeded and chopped
¾ cup buttered soft bread crumbs
1 tsp. grated sharp cheddar cheese

Preheat oven to 350 degrees. Place the fillets in a well-greased shallow baking dish and season with salt and pepper. Melt the butter in a skillet and saute the onion in it until tender. Add the mushrooms and cook until moisture evaporates.

Add the parsley and tomatoes. Season with salt and pepper. Pour over the fish. Top with the bread crumbs mixed with the cheese. Bake 30 minutes, or until fish flakes easily.

MUSHROOM STEW

(Serves one)

¼ onion, finely chopped
2 tsp. butter
¼ lb. mushrooms, sliced
¼ tsp. salt ¼ tsp. freshly ground black pepper
¼ cup milk
1 tsp. flour, plus ½ tsp. more, if needed
1 tsp. freshly snipped dill weed, or ½ tsp. dried dill
1½ tsp. chopped parsley
¼ cup plus 2 tsp. buttermilk

Saute the onion in the butter in a heavy skillet. Add the mushrooms, salt and pepper and saute five minutes. Mix the milk with the flour and add with the dill and parsley. Simmer 10 minutes.

Stir in the buttermilk and simmer five minutes longer. Serve over rice. All correspondence should be mailed to Vivian Byrd, the Eccentric Newspapers, 1225 Bowers Street, Birmingham, Mich. 48012.

Home inventory up-to-date?

The slower months of January and February might be a good time to take an inventory of your home and its contents.

If your home is damaged or destroyed by fire or some other disaster, you will need an inventory of the damaged contents.

Take stock now and start to keep an up-to-date inventory of every household furnishing and piece of property.

Fill in this inventory room by room, listing the date purchased and the original cost of each item.

If you start with the kitchen, you'll probably fill in such major items as refrigerator, stove, and chairs. But if your pantry stocks many canned goods, don't forget to inventory them as well.

Inventory all rooms, including: bathrooms, basement, attic, garage, storage room, and laundry room. Then itemize other belongings in such categories as paintings and pictures, books and manuscripts, jewelry and furs, silverware and china and bric-a-brac, linens and bedding, clothing for each family member, and hobby and sports equipment.

If you notarize this list, so much the better. Pictures are also a help when you have to make a claim, especially if you have a lot of jewelry and antiques.

Then keep this information in a safe place outside the house.

IF YOU DO have a loss in your home, file a claim by calling your insurance agent immediately.

You generally have 30 days in which to file a claim.

Update your previously written inventory by estimating present value, taking into consideration the increase represented by today's replacement costs.

You might deduct an amount for wear and tear. Then give your agent this list which includes all property damaged or destroyed.

Expect an adjuster to call on you to discuss your claim, and to investigate the circumstances.

The general rule is that if you are fully insured, you will receive payment

in the amount of what it takes to restore the house to its original condition. You can collect for lost contents an amount that is fair value for the lost items considering the age and condition they were at the time.

But you cannot receive payment in excess of the limits of the face value of the policy.

If your home was badly damaged, your insurance agent will help you take steps to preserve what's left of the house by putting you in touch with those firms that can board it up to protect it against vandals and weather.

If your loss is the result of burglary or theft, the police must also be informed.

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