

Byrd's Kitchen

by Vivian Byrd

Pampering will get them every time - try it

Valentine's Day is the time to dye your heart red and pin it on your sleeve. Go ahead, be mushy. Your lover, spouse, partner (or whatever label fits the person you feel most romantic about) will love it. Pampering will get them every time, whether it is a man or a woman.

Plan now to bake something in the tradi-tional red and white colors of the day. Like Cherry Coconu Bars. Phylis Tarnowski, a homemaker who also works part-time for a Southfield law firm, sent along the recipe and after sampling, I can tell you they are won-derful.

CHERRY COCONUT BARS

- 1 cup flour 3 tbsp. confectioners sugar 1 cup granulated sugar 14 cup flour

- ½ cup quartered maraschino cherries ½ stick butter or oleo
- 2 eggs, slightly beaten 1/2 tsp. baking powder
- 1 tsp. vanilla ½ cup coconut

Heat oven to 350 degrees. Measure flour by dipping method or by sifting. With hands, mix 1 cup flour, butter and confectioners sugnituitli smooth. Spread thin with fingers in ungreased pan 8x8x2. Bake about 25 minutes.

Stir rest of ingredients into eggs. Spread over top of baked pastry, no need to cool. Bake about 25 minutes. Cool. Cut into bars. Makes

Note: If you use self-rising flour, omit baking powder and salt.

THINK ABOUT THOSE evenings you have arrived home from a hard day at the office or elsewhere and been greeted before you could

get your coat off with little voices demanding, "I want my dinner NOW!"

It is one of those times when we all reach for convenience foods. In half an hour the rotini with sauce and garlic bread below can be ready. Just add salad or coleslaw and a glass of milk for a balanced meal that kids will love.

ve. But have a glass of wine with yours. You

MIKE'S ROTINI WITH SAUCE

MIRE'S ROTHNI WITH SAC 1 lb. hamburger 15 ½ oz. jar Ragu Spaghetti sauce 1 tsp. dried basil 1 tsp. dried parsley

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IDAHO

BAKERS

I tsp. dried parsiey
Salt and pepper to taste
I lb. box of rottin
Brown the meat and pour off fat. Add spaghetti sauce, salt, pepper, basil and parsley.
Simmer approximately 10 minutes. Cook rottini separately to package directions. Dratin.
Serve on a platter with sauce spooned over the

U.S.D.A. PRIME

WHOLE BEEF LOINS

Center cut

PORK

CHOPS

HORMEL'S FINES

Grocery

JON'S PARMESAN GARLIC BREAD

JON'S PARMESAN GARLIC BERAD

Slice Italian bread 4:-inch to 1-inch thick. Spread evenly with softened butter. Sprinkle to taste with finely chopped fresh garlic (or garlic satl), paprika and grated parmesan cheese. Broil in a conventional oven until coasted golden, watching carefully so as not to burn. Or. pop into a toaster oven, at setting for medium-dark toast. Serve at once.

AN EASY WAY:

People who prefer all-natural peanut butter sometimes complain about the oil separating and rising to the top. To make a simple jod of mixing it together again; push an iced-tea spoon through the peanut butter to the bottom of the jar. Grasp the jar in one hand and slowly rotate the spoon handle until the peanut butter has mixed and softened enough to stir. Correspondence should be addressed to Vivien Byrd, the Eccentric Newspapers, 1225 Barcers Street, Birminghum, Michigan. 38008.

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Beef stew for chilly days

Now is the time for creative cooks to line up new variations of beef stew for chilly days. For instance, the popular flavors of Oriental cuisines can be incorporated in this recipe for Change-of-Pace Beef Stew. Beef is joined by cell-ry, mushrooms and green pepper in a gravy that is seasoned with soy sauce and ginger. In keeping with Oriental tradition, cornstarch is used to thicken the cooking liquid, and the vegetables are cooked just to the tender-crisp stage. Rice, of course, is the logical choice for an accompaniment. In this case, Fried Rice Balls will be a lively addition to the menu.

CHANGE-OF-PACE BEEF STEW

- 2 lbs. beef for stew, cut into 1-inch pieces 2 tbsp. cooking fat ½ tsp. salt ½ tsp. ginger 1 medium onion, chopped

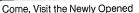
- 1 medium onion, chopped
 1 cup water
 3 tbsp. soy sauce
 14 cup water
 2 tbsp. cornstarch
 2 cups thinly sliced celery
 14 lb, fresh mushrooms, sliced 1 small green pepper, cut in strips Fried Rice Balls

Brown meat in cooking fat in large frying pan. Pour off drippings. Sprinkle salt and ginger over meat; add onton, I cuptacted and to possuce stir to combine. Count and to possuce stir to combine. On the combine to the control of the combine with consistency of the country of

Fried Rice Balls 3 cups cooked rice 1 egg, beaten 2 tbsp. snipped parsley 1 tbsp. butter

4 tsp. salt ¼ tsp. sait ¼ cup bread crumbs Fat for frying

Combine rice, egg, parsley, butter and salt in top of double boiler and cook over hot (not boil-ing) water for 3 minutes until blickened, stirring constantly. Remove from heat; cool. Shape into 6 to 8 halls, about 1½ inches in diameter. Roll halls in bread crumbs and fry in bot deep fat (375 degrees) 2 to 3 minutes, or until lightly browned. Yield: 6 to 8 rice balls.



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