



A Question of Taste

By Hilary Keating Callaghan

Recipe for a good day: Try these for breakfast

"Arise and greet the dawn. . . Most of us honor this exhortation in the breach. We don't greet anyone in the morning, least of all the dawn.

We are jolted awake by a rude alarm, then engage in a mad scramble to become socially acceptable and/or punctual. Coffee and doughnuts are grabbed somewhere in the process for sustenance. So much for the most important meal of the day.

The rationalization is that such fare is "better than nothing." It at least gives a burst of energy. Medical evidence, however, indicates that this breakfast is probably not "better than nothing." The spurt of energy is followed shortly by a decrease in blood sugar bringing in its wake lethargy, irritability, and a renewed craving for sugar, setting up a vicious cycle that may establish an eating pattern for the entire day.

HIGH PROTEIN foods, which digest more slowly, avoid this roller-coaster effect but, for too many people, high

protein breakfast foods are equated with bacon and eggs. The high cholesterol count of both these foods as well as the cancer-linked nitrates in bacon make their regular consumption potentially lethal.

Processed cereals also have come under fire in recent years and not all of the salvos have been fired by "health food nuts."

In 1970 Robert Choate, former government advisor on the hunger problem, published a scathing indictment of the ready-to-eat cereals. We pay top dollar for the purchase of grains which have been stripped of their high nutritional value and loaded with non-nutritive additives.

Many fortified, sweetened cereals yield the same nutritional benefits as a candy bar and a multi-vitamin supplement — and at a considerably higher price. Natural vitamins, minerals, trace elements and fiber are sacrificed in processing.

The lack of fiber in the American diet is evidenced in the increase of such

disorders as hemorrhoids, diverticulitis, and cancer of the colon.

NUTRITIONISTS are constantly exhorting Americans to consume more fiber in the form of fresh fruits and vegetables, seeds, nuts, and whole grains. Unfortunately, we have grown so dependent on processed foods that many of us literally don't know how to put this advice into practice.

Eating seeds, nuts and whole grains calls to mind a vague picture of a Johnny Appleseed figure eating out of a knapsack. How can we translate this picture into foods we can put on our breakfast tables?

The three following recipes take full advantage of these foods in their natural, nutritious state. Rich in vitamins, minerals, protein and fiber, they are a delicious reminder of how food used to taste before we tasted, sweetened, puffed, de-germinated and otherwise mutilated it beyond recognition.

FRESH FRUIT MUESLI

1 small apple, cored but unpeeled

½ medium banana
2 tbsp. raisins
½ cup rolled oats
2 tbsp. toasted wheat germ
½ cup plain yogurt
2 tbsp. chopped walnuts or soy grits
6 whole almonds

Dice the apple and banana and stir together gently with raisins in a cereal bowl. Sprinkle oats and wheat germ over the fruit. Cover with the yogurt. Sprinkle walnuts or soy grits over the top and stand the almonds on end. Makes one serving.

This is a very substantial breakfast but does not go down as heavily as granola is inclined to do.

Note: Soy grits, for anyone unfamiliar with them, are not as ghoulish as they sound. They are nut-like chips of toasted soy beans, high in protein and low in fat. Try substituting them for chopped nuts in baked goods or cereals or add a small amount to bread

doughs for an interesting, cracked-wheat-like texture.

COLIN'S BREAKFAST SPROUTS

1 medium apple, grated
1 tbsp. lemon juice
¼ cup alfalfa sprouts
¼ cup sunflower seeds
½ tsp. nutritional yeast (optional)
2 tbsp. dry milk powder
2 tbsp. toasted wheat germ
1 tsp. shredded unsweetened coconut (optional)

Sprinkle lemon juice over grated apple. Stir together with remaining ingredients in a cereal bowl. Makes one serving. Don't be put off by the idea of sprouts for breakfast. Alfalfa sprouts have a very mild, almost sweet, flavor that blends well with the apple flavor. They also add to the crunchy, moist texture of this dish.

STUART'S CHOICE

½ cup cracked wheat
½ cup coarse cornmeal
5 cups water or milk
¼ to ½ salt

Stir together cracked wheat and cornmeal. Combine salt and water or milk in a saucepan. Bring to a boil and pour cereal in slowly. Cook and stir for a minute or two, then cover and cook over very low heat (a double boiler is ideal) for 20 to 25 minutes. Makes 3½ cups.

This recipe is taken from "Laurel's Kitchen" by Laurel Robertson, Carol Flinders, and Browne Godfrey. The authors suggest that the boiling salted water or milk be poured over the grains in a pre-heated thermos and the mixture be allowed to sit in the capped thermos overnight. Thus, even on mornings when time is at a premium, a nourishing, hot breakfast can be enjoyed.



Top beef round roast and apple plum dumplings are hearty cold-weather fare.

They'll eat every bite of this top round roast

When selecting meat, today's cook is particularly careful to choose cuts which are economical yet tasty. The beef top round roast is an excellent selection. It is flavorful, juicy and economical.

It is easy to prepare since it roasts without fuss or frills. This leaves time free to spend with the family or to tend to other mealtime preparations.

This boneless, compact cut of meat offers an excellent return on the meat dollar with a yield of at least three servings per pound. When properly prepared to rare or medium and carved into thin slices, it is tasty and tender.

The cooking time can be estimated by calculating the number of cooking minutes per pound, or a meat thermometer can be used to determine the exact degree of doneness.

BEEF TOP ROUND ROAST

Select a 4 to 6 pound beef top round roast. Place roast, fat side up, on rack in open roasting pan. Insert meat thermometer so bulb is centered in the thickest part. Do not add water. Do not cover. Roast in a slow oven (325 degrees) to desired degree of doneness. Remove from oven when thermometer registers 135 degrees F. for rare; 155 degrees F. for

medium. Allow approximately 25 to 30 minutes per pound, depending on desired doneness. Allow roast to "set" in a warm place 15 to 20 minutes after removal from oven. Since roasts continue to cook during this time, they usually rise approximately 5 degrees in internal temperature, reaching 140 degrees F. for rare; 160 degrees F. for medium.

BEEF TOP ROUND ROAST (Microwave Directions)

Place roast, fat side down, on rack in microwave-safe dish. Do not add water. Cover with wax paper. Cook at 30 percent power (approximately 200 watts). Allow 18 to 22 minutes per pound for rare to medium. Cook roast for half the cooking time, rotating dish a half turn during this period. Turn roast fat side up, rotate dish a half turn and continue cooking, covered with wax paper, for remainder to time or until meat thermometer registers 5 degrees below doneness desired. Cover roast with oil tent and allow to "set" at room temperature 15 to 20 minutes after removal from oven. Since roasts continue to cook during this time, they usually rise approximately 5 degrees F. in internal temperature. They should reach 140 degrees F. for rare; 160 degrees F. for medium.

Ancient treat

Popcorn's popularity apparently goes back to ancient times. Scientists have found kernels that are nearly 4,000 years old. The Indians of the

Americas discovered popcorn before Columbus discovered America, National Geographic World magazine says.

THE DIAMOND MARKET

COMPLETE PACKAGE LIQUOR SELECTION

26020 W. 12 MILE RD. SOUTHFIELD (E. of Northwestern Hwy.) 354-2666 MON.-THURS. 9-11, FRI. & SAT. 9-12, SUN. 10-10

IMPORTED & DOMESTIC WINE

"A Unique Shopping Experience-A Cut Above the Rest!"

DAIRY FRESH DANISH IMPORTED CREAM HAVARTI CHEESE \$2.29 lb.

MUENSTER CHEESE \$1.59 lb.

U.S.D.A. CHOICE PORTERHOUSE OR T-BONE \$3.49 lb.

PEPSI-COLA ½ LITRE 8-pak \$1.69 + deposit

U.S.D.A. GRADE A WHOLE FRYER CHICKEN 59¢ lb.

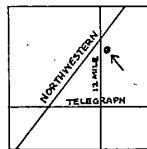
N.Y. STRIP STEAK \$4.39 lb.

WHOLE N.Y. STRIP (avg. 10-12 lb.) free slicing \$3.49 lb.

PERRIER WATER \$8.99 + deposit 12 23 oz. bottles or 79¢ bottle

NOVA SCOTIA LOX \$9.99 lb.

COMPLETE ONE STOP SHOPPING



HOME STYLE SALADS COLE SLAW POTATO SALAD 59¢ lb.

BONELESS CHUCK ROAST \$1.89 lb.

DELICIOUS GOLDEN & RED APPLES 49¢ lb.

CARROTS OR CUCUMBERS 15¢ each

FRENCH BRIE \$3.98 lb.

NATURAL TURKEY BREASTS \$3.29 lb.

PORK CHOPS CENTER CUT \$1.99 lb.

MELODY FARM LOWFAT MILK NO DEP. \$1.59 1 GAL. PLASTIC CONTAINER

ALL BRANDS CIGARETTES \$4.89 + TAX Carton