



Byrd's Kitchen

by Vivian Byrd

Help! It's Little League and soccer season again

Dear Mrs. Byrd:

Enclosed is my reconstruction of a recipe I clipped a few years ago from a newspaper in Chicago. The article said it was Rosalyn Carter's chili recipe. I lost the original but had made it often enough to remember the ingredients. We love it in a bowl, over rice or wrapped in a flour tortilla and made into a burrito. Hope you like it.

Barbara Michal,
Southfield

1/4 tsp. salt
1 tsp. pepper
2 1/4 tsp. sugar
2 tsp. crushed red pepper

In a large stewing pan or Dutch oven, brown round steak in a small amount of oil until it is a gray color, not completely browned. Stir in all other ingredients. Bring to a boil. Turn down heat and simmer uncovered for one hour, or longer according to taste. Serve hot topped with chopped onions and/or shredded cheddar cheese.

For Burritos: Buy three packages large flour tortillas. Follow directions on back of package for heating. Put 3 or 4 tsp. chili in middle of tortilla, top with shredded cheddar cheese and roll up per directions on back of package. Makes 36 burritos. They freeze beautifully. Wrap individually in aluminum foil.

I am an asparagus freak! In season, I cook asparagus at least twice a week. As you can probably guess, I'm running out of recipes. I have used the ones you printed a few weeks ago and enjoyed

them very much. Got any more ideas?

Nancy Harbor,
Livonia

We asparagus freaks have to stick together. Give this blue cheese sauce a try. The combination is a little different. **ASPARAGUS DELMONICO**
1/4 cup milk
1 8-oz. package cream cheese, cubed
1/4 cup blue cheese, crumbled
Dash of onion salt
2 lbs. fresh asparagus, cooked and drained, or 2 10-oz. packages frozen asparagus spears, cooked and drained
Makes 4 to 6 servings.

Heat milk and cream cheese over low heat, stirring until smooth. Blend in remaining ingredients except asparagus. Serve over hot asparagus. Top with additional blue cheese, if desired.

Help! It's Little League and Soccer season again and our dinner hours are being disrupted sometimes three nights

a week. I need something that will be ready to eat when we finally get back from the game, or from practices.

Linda Tanner,
Troy

Organization (when I can manage it) saves the day at my house. First, something the kids can nibble on as soon as they get home, such as celery sticks, cheese and crackers, anything short of junk food. Then, something that can go into the oven for a half hour while they clean up and settle down. The game has to be reheated during this time, so Mom has a chance to set the table. A timer on the oven sure helps out here as the dinner can be started before everyone gets home. Here is a recipe that calls for chilling overnight, which means I have to make it ahead.

CHEESY BEEF ROLLS
1 1/2 lbs. ground beef
1/4 cup dry bread crumbs

2 tbsp. barbecue sauce
1 egg
1/4 tsp. salt
1 cup (4 oz.) sharp cheddar cheese
1/4 cup dry bread crumbs
1/4 cup chopped green pepper
2 tbsp. water

Combine meat, bread crumbs, barbecue sauce, egg and salt; mix well. Pat meat mixture into 14x8-inch rectangle on foil or waxed paper. Combine cheese, bread crumbs, green pepper and water; pat cheese mixture over meat. Roll up jelly roll fashion, beginning at narrow end. Chill several hours or overnight. Slice into 6 servings. Bake in shallow pan at 350 degrees, for 25 to 30 minutes.

Who ever said you could cook anyway? I tried that pasta and tomato sauce recipe of yours. I put it on a serving platter and was walking into the dining room when our sheepshead,

Oliver, jumped up on me and spilled it all over my new yellow kitchen carpeting.

I quickly scooped it back onto the platter just as my husband came home from work. Oliver, with sauce still on his paws, jumped on my husband, ruining his new blue blazer. Now he (my husband) isn't talking to me. Oliver is sulking since his scolding and the dinner was awful. What kind of recipe is that to print???

Irate Reader

Delores and Phyllis: Next time use a typewriter; the two handwritings gave you away. But I loved getting the letter anyway.

Letters are welcomed and should be addressed to Vivian Byrd, The Eccentric Newspapers, 1225 Bowers St., Birmingham 48012. Please enclose a stamped, self-addressed return envelope if you are requesting a recipe.

Mexican food is one of my all-time favorites, and this recipe set my stove humming a Latin beat. We also changed the name to:

BARBARA'S CHILI
3 tbsp. oil
2 lbs. round steak, cut into bite-size cubes
2 12-oz. cans tomato paste
3 4-oz. cans chopped chilies
6 to 8 large cloves garlic, crushed
1 medium onion, chopped
5 cups water
3 tbsp. flour
1 tsp. oregano
3 tbsp. hot chili powder



Cooking scrambled eggs for 200

Dear Chef:

How could you cook scrambled eggs for a crowd of 200 people, so they won't dry up and get discolored? Can you bake scrambled eggs in large quantities? I understand cooking, but not in large quantities.

George Ploskonka

Scrambled eggs are easily prepared in quantity. Usually cream or milk is added, four ounces per dozen large whole eggs. Cooking may be in large greased pans in the oven, under a broiler, in a steam-jacketed kettle, in a baid marie, in a steam table, in individual skillets, in a steamer or double boiler or tilt skillet.

The heat at the start should be fairly high. Then it should be lowered rapidly as the eggs coagulate. Lift eggs from the bottom, allowing the uncooked portions to flow to the bottom and cook. Remove before they are completely cooked, for holding will give the eggs a chance to firm up before serving.

I'll try to answer your question on egg discoloration more briefly. First, eggs, especially whites, contain sulfur. If the sulfur joins with the iron in the yolk, iron sulfide is formed. Iron sulfide has a strong flavor and dark greenish color and is usually found in overcooked eggs. This may be corrected by adding a small amount of lemon juice to the egg mixture. The acid reaction will retard this development.

DEAR CHEF:

I just want to congratulate you on your new column. I am just about publishing my Lobster Newburg recipe for my wife, Mary Kay, and a good New England Clam Chowder Soup recipe for me and the kids.

Len Elise

LOBSTER NEWBURG
2 1/2 cups lobster meat
3 tbsp. melted butter



Lemon crumb squares are yummy

Lemony crumb squares make a light and easy dessert.

LEMONY CRUMB SQUARES

1 cup fine graham cracker crumbs
1/2 cup finely chopped pecans
2 tbsp. sugar
1/4 cup butter or margarine, melted
1 package (4-serving size) lemon flavor pudding and pie filling
1/4 cup water
2 1/4 cups water
1 egg, slightly beaten
1 tbsp. butter or margarine

Combine crumbs, pecans and 2 tbsp. sugar. Add

1/4 cup melted butter and mix well. Press two-thirds of the mixture firmly in bottom of 8-inch square pan. Bake at 375 degrees for 5 minutes. Cool.

Combine pudding mix, 1/4 cup sugar and 1/4 cup of water in a saucepan. Blend in egg and remaining water. Cook and stir over medium heat until mixture comes to a full bubbling boil and is thickened, about 5 minutes. Remove from heat. Add 1 tsp. butter. Cool 5 minutes, stirring twice. Pour into crumb-lined pan and sprinkle with remaining crumbs. Chill about 3 hours. Cut into squares. Garnish with thawed frozen whipped topping, if desired. Makes 9 servings.

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