

# Top tennis player is serious about nutrition

You have probably often wondered to yourself how much difference good nutrition makes or could make in your life. As an aid in answering this legitimate question, I thought it might be helpful to spotlight a typical good eater.

sort of a man-on-the-street interview. My random choice for this exercise was Phyllis Mayr.

A top area tennis player as well as a gourmet cook (an avocation shared by her husband), Phyllis is convinced that most serious athletes are very conscious of what they put into their bodies. They do not simply gorge themselves on empty calories. They are concerned enough about their appearance and performance to be serious about nutrition.

Phyllis herself has a passion for fresh fruits, vegetables, and salads — a passion which found expression in a luncheon she helped organize in honor of the 180 hostesses who will be assisting in this year's Tennis and Crumpets benefit.

**THE ANNUAL** benefit, which takes place the weekend after Labor Day (Sept. 7-9), is the largest single fundraiser for Children's Hospital. This year's proceeds will go toward the purchase of a kidney dialysis machine for the hospital.

Tennis players 21 years and older look forward to this as the sporting event of the season. Contestants pay a donation in order to play, in courts spread throughout Wayne and Oakland counties.

In honor of the "crumpets" half of Tennis and Crumpets, some area athletes involved with the benefit have generously shared their favorite energy-packed recipes. You will notice that none of their contributions is of the junk-food variety. These are, after all, serious athletes who recognize the value of proper eating.

The first recipe, for Eggplant 'a la creme, was not only contributed but created by Phyllis Mazur. A rich, cheesy casserole, it is a prime example of one of the rewards of any good, strenuous physical regimen — being able to indulge with a clear conscience in occasional high-calorie (but healthy) binges.

If you are not already engaged in such a regimen, perhaps you could embark on one today and celebrate by enjoying this for dinner tonight.

**IF YOU WOULD** prefer to defer such an indulgence until you have safely lost a few pounds, you might want to start with the "Vitamin-packed" dip which was created with weight-reduc-



## A Question of Taste

By Hilary Keating Callaghan

ing in mind. This recipe was submitted by Dave Moss, former football player and new NFL umpire (another typical example of what becomes of nutrition-conscious people).

Somehow, I have never pictured football players eating cottage cheese in order to keep their weight down but, then, I suppose it's comforting to know that football players have the same problems as we mortals have.

The final recipe, submitted by Lucia Zurkowski, is her version of the popular "trail mix." A nutritious combination of dried fruits, seeds, and nuts, this mixture began as the exclusive province of hikers and back-packers, providing them with a compact, high-energy food source.

This delicious snack idea quickly spread, however. Proof of its popularity is in its rapid move from health-food

to grocery shelves. Rather than relying on pre-packaged varieties, however, why not try Lucia's recipe and move on to create your own favorite blend?

### EGGPLANT 'a la creme

1 large egg-plant  
1 cup heavy cream  
1 cup grated cheddar cheese  
¼ cup diced green onion (green portion only)  
¼ cup seasoned croutons

Cut eggplant into bite-size cubes and cook 3 to 5 minutes in enough boiling, salted water to cover. Drain well. Mix the eggplant with the remaining ingredients and pour the mixture into an ungreased 1½-quart casserole. Bake in a preheated 350 oven until bubbly, about 20 minutes, or bake for 6 minutes on high in a microwave oven. Makes 4 side-dish servings.

### ZUCCHINI 'a la creme

Suggested variation:

3 medium zucchini (6 to 8 inches long)  
1 cup heavy cream  
1 cup grated Monterey Jack cheese  
1 small can jalapeno peppers, seeded and diced  
¼ cup diced green onion (green portion only)  
¼ cup seasoned croutons

Follow the same procedure as for "Eggplant 'a la creme" except reduce the cooking time for parboiling the zucchini to a maximum of 3 minutes. Cook only until crisp-tender.

### VITAMIN-PACKED DIP

1 carton (16 oz.) ½ to 2 percent-fat cottage cheese  
1 tomato, diced small  
1 green pepper, diced small  
¼ cup diced green onions (green portion only) onion salt to taste  
Salt to taste  
Dash Tabasco sauce  
Pepper to taste  
Paprika  
Fresh vegetables for dipping (sugar snap peas are especially delicious)

Stir together the cottage cheese, tomato, green pepper, green onion, onion salt, salt, pepper, and Tabasco sauce. Mound the mixture into an attractive serving bowl. Sprinkle a small amount of paprika over the top. Serve as a dip with fresh vegetables. Makes about 2 cups. Any leftover dip may be combined with a can of water-packed tuna

fish, drained, and a small amount of mayonnaise for a delicious hot-weather salad.

### TRAIL MIX

1 lb. raisins  
1 lb. blanched almonds  
1 lb. raw sunflower seeds  
1 lb. raw pumpkin seeds  
Raw cashews or pecans (optional)  
Small bits of dried fruit (optional)  
Unsweetened coconut (optional)

Stir all the ingredients together in a large wooden salad bowl. A long-handled brass kitchen utensil helps scoop up portions. If not used immediately, store in the refrigerator in quart-size containers.

This is high in protein and energy and makes a wonderful snack! Makes about 4 lbs.

## It costs you less to eat in the U.S.

The price of a square meal around the world?

According to the U.S. Department of Agriculture, this was the price of a pound of boneless sirloin in cities around the world recently — \$3.20, Washington, D.C.; \$3.30, Copenhagen; \$3.75, Bern, Switzerland; and \$15.70, Tokyo.

## Republican first ladies' favorite recipes recalled

Somerset Inn in Troy has done some research for the 1980 Republican National Convention. They have compiled favorite recipes of former (Republican of course) First Ladies. The Inn has shared the recipes with the Observer and Eccentric readers.

### ROAST WILD(OR DOMESTIC) DUCK

Ann Symes Harrison  
wife of William H. Harrison  
9th U.S. President

When the ducks are ready dressed, put in them a small onion, pepper, salt, and a teaspoon of red wine; if the fire be good, they will roast in 20 minutes; make gravy of the necks and gizzards, a spoonful of red wine, half an anchovy, a blade or two of mace, one onion, and a little cayenne pepper; boil it till wanted to half a pint, strain it through a hair sieve, and pour it on ducks. Serve them up with onions and sauce in a boat; garnish the dish with raspings of bread.

2 4-pound ducks  
½ lemon  
Ground white pepper  
Salt  
Large orange cut in four with skin on  
Garlic cloves  
Red Wine  
Lump of butter  
1 cup orange juice  
Orange marmalade

Remove gizzards, livers, hearts and necks. Scrub forti thoroughly inside and out, then rub half the lemon all over inside and out. Dry well on paper towel. Season inside with salt and pepper. Stuff quarters of orange into each duck. Add bruised clove of garlic, a small lump of butter. Tie up the duck carefully and arrange on a rack. Brush with melted butter. Pour a little red wine in the bottom of the roasting pan (save the rest for basting). Roast wild ducks 25 to 30 minutes in a 450-degree oven; duckling or domestic duck should be roasted in a medium slow oven 325 degrees for 35 minutes per pound (2½ to 3 hours for a 4- or 5-pound duckling). Only wild ducks are cooked at a high temperature and served rare.

Baste occasionally with a mixture of orange juice and red wine. Each time you baste, brush the butter with melted butter. Turn it on its breast for part of the cooking time. Ten minutes before it is roasted, brush duck with orange marmalade for a nice glaze.

For ease of serving, carve one duck carefully and arrange slices on a hot platter beside the uncarved duck, which may be carved at the table.

### SAUCE FOR DUCK

2 tsp. salt  
Butter, melted and hot  
¼ cup calvados  
1 tsp. tomato paste  
1 tsp. potato flour  
1 tsp. meat glaze  
½ cup salt butter  
¼ cup sweet orange marmalade  
Juice of 2 oranges  
2 orange rinds, finely shredded  
2 tsp. finely chopped garlic  
¼ cup red wine  
¾ cup strong chicken stock  
¼ cup sherry  
2 teaspoons guava jelly  
Dash of pepper  
2 or 3 navel oranges, segmented

Brown livers in two teaspoons hot salt butter. Flame with ¼ cup calvados. Remove the livers from the pan and add another tablespoon of butter. Add finely shredded rind of the 2 oranges and the chopped garlic. Cook slowly, without browning, for three minutes.

Stir in, off the fire, the tomato paste, flour, meat glaze, ¼ cup butter, marmalade, orange juice, wine, stock, sherry, guava jelly and pepper. Cook livers into thin slices and put back into sauce. Add the skinned sections of the oranges. Do not cook any more after adding orange slices as they will disintegrate. Pour all this sauce over the ducks and garnish with little orange baskets.

### HICKORY NUT CAKE

Sarah Childress Polk  
wife of James K. Polk  
11th U.S. President

1 cup butter  
2 cups sugar  
4 eggs, separated  
1 tsp. lemon juice  
3 cups flour, sifted with  
2 tsp. baking powder  
½ tsp. salt

1 cup milk  
1 cup chopped hickory nuts (pecans may be substituted)  
1 tsp. almond flavoring

Grease an 8½-inch tube cake pan or Turk's head mold well, and flour it. Cream butter with one cup sugar. Beat eggs until light, beating in the remaining cup of sugar until light and lemon-colored. Fold in lemon juice and combine with the creamed mixture. Next sift in the dry ingredients alternately with milk. Stir in nuts and flavoring. Beat egg whites light, but not dry. Fold in lightly. Pour into cake pan, bake in moderate 350-degree oven for about one hour.

A caramel icing made with caramelized white sugar is recommended. Sprinkle with nuts.

### ICING FOR HICKORY NUT CAKE

1 cup sugar  
½ cup cold water  
2 egg whites  
1 tsp. vanilla  
1 cup chopped nuts

Make a syrup of the sugar and water, cooking to 238 degrees, the soft-ball stage. Allow to cool while egg whites are beaten. Now pour the syrup in a thin steady stream onto the beaten egg whites, beating the mixture until it is thick enough to spread over the top and sides of the cake. Sprinkle nuts on top and sides.

### ELECTION CAKE

Mary Todd Lincoln  
wife of Abraham Lincoln  
16th U.S. President

1 cup currants soaked overnight in a tightly closed jar in ¼ cup brandy  
1 tsp. sugar  
¾ cup scalded milk  
1 yeast cake  
¼ cup warm water  
1 cup flour, unsifted  
¼ cup butter  
1 cup sugar  
2½ cups sifted flour  
½ tsp. salt  
¾ tsp. mace  
1 tsp. cinnamon  
1 egg, whole  
1 tsp. grated lemon rind  
2 tsp. lemon juice

To the scalded milk add 1 tablespoon sugar, cool. Dissolve the crumbled yeast in warm water, and add to the milk. Add the unsifted flour, and beat until well blended. Let rise in warm place until it has doubled in bulk, about 1 hour.

Cream butter and sugar until very light. Drain brandy from currants. Place sifted flour, salt, mace, and cinnamon in sifter. Add egg to creamed mixture and beat until light. Stir in lemon rind and juice. Add yeast mixture and beat thoroughly. Add currants, reserving brandy, for later. Sift in flour, add brandy, beat well. Place in a tube pan or 9x5 loaf pan that has been well greased. Cover with a cloth and place in warm place away from draft. Allow to rise until double in bulk. This mixture rises very slowly and may take 4 to 6 hours to double in bulk.

Bake at 375 degrees for about 45 minutes. Cool in pan briefly. Turn out on rack, allow to cool further, then brush with lemon or orange glaze.

### VEAL OLIVES

Julia Dent Grant  
Wife of Ulysses Simpson Grant  
18th U.S. President

Slice as large pieces as you can get from leg of veal; make stuffing of grated bread, butter, a little minced onion, salt, pepper and spread over the slices. Beat an egg and put over the stuffing; roll each slice up tightly and tie with a thread; stick a few cloves in them, grate bread thickly over them after they are put in skillet with butter and onions chopped fine. When done, lay them on a dish. Make your gravy and pour over them. Take the threads off and garnish with eggs, boiled hard, and serve. To be cut in slices.

### ROMAN PUNCH

1 quart lemon sherbet  
1 cup choice rum  
1 split of champagne, ice

In a chilled bowl, turn out lemon sherbet. Slowly mix the rum into it. Now quickly add the champagne which has been chilled. Serve in sherbet glasses. This amount will serve 10. It should be of a mushy texture, to be drunk, not spooned.

## Market Square of Birmingham

WINE & LIQUOR • PRIME MEATS • GOURMET DELI



### Ye Olde Butcher Shoppe



"IOWA SENDS US HER VERY BEST"  
TWO WEEK SALE!



U.S.D.A. PRIME  
**PORTERHOUSE  
and T-BONE STEAKS**  
\$3.99 LB.

U.S.D.A. GRADE "A"  
FRESH, WHOLE  
**CHICKEN BREASTS**  
\$1.19 LB.



U.S.D.A. PRIME  
**SIRLOIN  
STEAKS**  
\$3.49 LB.



U.S.D.A. PRIME  
BONELESS  
**ROUND STEAK**  
\$2.69 LB.

### Grocery

CHICUITA #1  
GOLDEN YELLOW  
BANANAS  
4 LBS. \$1.00

OPEN PIT  
BARBEQUE  
SAUCE  
18 OZ. Bottle 99¢

VERNORS  
Reg. & Diet  
12 oz. Cans  
\$1.79 6-pk  
\$6.50 Case

MELODY FARMS  
SKIM MILK  
½ GAL. 79¢

MENDOLSON  
EXTRA LARGE  
GRADE "A"  
EGGS  
69¢ DOZ.

A & W  
ROOT BEER  
Reg. or Diet  
12 Oz. Cans  
\$1.79 6-pk  
\$6.50 Case

**DON'T FORGET  
EVERY WEDNESDAY IS  
BEER SALE DAY**

"Buy the Case"

### Deli Specials

IMPORTED SICILIAN  
BLACK AND GREEN  
OLIVES  
In reusable  
Cont. Liner \$4.99 LB.



ALEXANDER & HORNUNG  
ALL BEEF  
BOLOGNA  
Sliced to Order \$2.69 LB.



ALEXANDER & HORNUNG  
GERMAN STYLE  
BEER SALAMI  
\$3.29 LB.



IMPORTED  
DANISH  
Creamy  
HAVARTI  
\$3.29 LB.



IMPORTED  
SWITZERLAND SWISS  
CHEESE  
\$3.99 LB.

## Market Square of Birmingham

1664 SOUTHFIELD RD.  
(AT 14 MILE) 644-4641

• Homemade Square Pizzas  
• Exclusive Distributor Alexander  
• Famous Sausage Products  
• Party Trays  
• Catering Specialists  
• Commercial & Industrial  
Accounts Welcome

• Gift Packages  
• Exclusive Distributor Smith's  
• Prime Beef "low priced but  
very best"  
• S.D.D. Package Liquor Dealer  
• Vintage Wine Dept.  
• Fine Grocery Delivery



Southfield Road  
- 14 Mile

Prices Good Thru Sunday, July 20, 1980

HOURS: Daily 8 a.m.-8 p.m. Sun. 10 a.m.-5 p.m. We reserve the right to limit quantities.