



A Question of Taste

By Hilary Keating Callaghan

Break out of the dull brown bag lunch routine

I attended a parochial elementary school. The nuns ran the school on the assumption that we were there for one purpose only — to learn. Consequently, we were denied many of the frills enjoyed by children attending the public schools.

One of those frills was a cafeteria. We ate at our desks, in silence. Milk was delivered first thing in the morning and left to sit in the halls for the four hours until lunch. At some point near the end of my academic career there, technology or the health department caught up with the school and milk machines were installed. No more souring, warm milk! Now it was frozen instead.

My sister, Maureen, ate the same lunch every day for all eight years of elementary school — a dry raspberry jam sandwich. My husband recalls eating the same lunch for an entire year in high school — three peanut butter sandwiches and two cartons of chocolate milk. Children like to eat like that. It must give them a sense of order and predictability.

As most children pass into adulthood, however, their palates expand as they seek a balance between variety and security in their food. Many adults, though, never expand their repertoires of brown-bag lunches beyond the level established when they were between the ages of 10 and 12.

For those ready to break out of that mold, a se-

lection of sandwiches suitable for packing:

SWISS - BEAN SPROUT SANDWICH

2 slices pumpernickel bread
2 slices Swiss cheese
2 or 3 large, fresh, spinach leaves, rinsed well and patted dry
2 slices tomato
1 thick slice red onion, separated into rings
½ cup alfalfa sprouts
1 tsp. minced red onion
1 tsp. mayonnaise

Layer the cheese, spinach leaves, tomato, and onion rings on one slice of the bread. Combine alfalfa sprouts, minced onion, and mayonnaise. Distribute over the top of the layered cheese and vegetables. Top with the remaining slice of bread. Makes 1 sandwich.

CHEDDAR - VEGETABLE SANDWICHES

8 slices whole wheat bread
½ cup chopped cabbage
¼ cup minced carrot
3 oz. Cheddar cheese, cut into ¼-inch cubes
1 ½ tsp. mayonnaise
½ tsp. salt
½ tsp. prepared mustard

Combine cabbage, carrot, cheese, mayonnaise, salt and mustard. Spread on four slices of the bread. Top with the remaining four slices. Makes 4 sandwiches.

CHICKPEA SANDWICHES

12 slices whole wheat bread
1 can (15 ½ oz.) chickpeas, drained and chopped
½ cup chopped green onion
3 tsp. mayonnaise
1 tsp. lemon juice
1 ½ tsp. dried basil
½ tsp. salt
½ tsp. freshly ground black pepper
lettuce leaves
1 can (16 oz.) bean sprouts, well-drained

Seasoned salt to taste
Seasoned pepper or lemon-pepper marinade to taste

Combine chickpeas, green onion, mayonnaise, lemon juice, basil, salt and pepper. Place lettuce leaves on six slices of the bread. Top with the chickpea mixture, bean sprouts, and two tomato slices per sandwich. Close the sandwiches with the remaining six slices of bread. Makes 6 sandwiches (from The Encyclopedia of Nutrition and Cooking

by the Culinary Arts Institute).

PAN BAGNAT

4 round hard rolls or miniature French rolls
Olive oil
1 garlic clove, halved
1 large tomato, thinly sliced
1 medium green pepper, cut into rings
12 black, oil-cured olives, pitted and halved
1 small red onion, thinly sliced
2 hard-cooked eggs, sliced
1 can (6 ½ oz.) white tuna, drained
4 radishes, thinly sliced
4 anchovy fillets
Red wine vinegar
Freshly ground black pepper

Cut rolls in half horizontally. Using a fork, pull out some of the soft interior. Brush the inside of the bread with the olive oil. Rub the cut surface of the garlic over the oil. Layer the bottom halves of the bread with the olive oil. Layer the bottom halves of the bread with the tomato slices, green pepper, olives, onion, eggs, tuna, radishes, and anchovies. Sprinkle vinegar over the top. Finish with a few grinds of black pepper. Close with the tops of the rolls. Refrigerate until serving time. Makes 4 sandwiches (from The Great Sandwich Book by Anita Borghese).



Byrd's Kitchen

by Vivian Byrd

Salad combines tender seafood and vegetables

There are still many warm days when a cool summer salad is just the thing for a refreshing lunch or dinner. Tender seafood and fresh vegetables shine in these easy-to-prepare meals.

The Far Eastern Salad below combines rice, anchovies, scallions, pimiento and tomato tossed together in an unusual and filling combination. Since anchovy for some is an acquired taste, you might like to try substituting coarsely chopped shrimp, chunks of cooked fish, or even chunks of roast pork.

Fresh vegetables purchased this morning from your local supermarket or vegetable stand can star tonight in a Red and Green Salad that highlights the bright colors and tastes of a summer garden.

Both of these salads are tossed with their own vinaigrette style dressing, which is made at the same time.

FAR EASTERN SALAD

Serves 4

½ cup raw long grain white rice,

boiled, drained and cooled
1 6-oz. can flat anchovy fillets, drained, rinsed under cold water and coarsely chopped
¼ cup finely chopped pimiento
1 firm ripe tomato, sliced ¼ inch thick and cut into ¼-inch dice
2 tbsp. red wine vinegar
½ tsp. dry mustard
1 tsp. salt
Freshly ground black pepper
6 tsp. olive oil
Chilled crisp lettuce leaves

Put the rice, chopped anchovies (or other seafood), scallions, pimiento and tomato in a serving bowl and toss together with a fork.

With a wire whisk, beat the vinegar, mustard, salt and a few grindings of pepper in a small bowl until the mustard has dissolved. Add the oil gradually and continue to beat until the dressing is smooth and thick. Taste for seasoning. Pour the dressing over the rice mixture and stir with a fork until the

ingredients are well combined. Serve on lettuce leaves.

RED AND GREEN SALAD

1 ½ tsp. salt
1 lb. fresh green string beans, trimmed and washed
3 tsp. red wine vinegar

½ tsp. dry mustard
freshly ground black pepper
½ cup olive oil
12 firm ripe cherry tomatoes
1 large red onion, peeled and cut crosswise into ¼-inch thick slices and separated into rings

Bring three quarts of water and ½ teaspoon of salt to a boil in a large enameled or stainless steel pan. Drop in the beans and boil briskly, uncovered, for about 10 minutes, or until they are tender but still slightly resistant to the bite. Drain the beans and transfer them to a serving bowl.

With a wire whisk, beat the vinegar, remaining salt, mustard and pepper together in a small bowl. Still whisking, slowly pour in the oil. Continue to

whisk until the mixture is smooth. Pour the dressing over the beans, and add the tomatoes and onions. Toss the ingredients together lightly with a wooden spoon, then cover the bowl with a plastic wrap and refrigerate for at least 2 hours before serving.

Letters and recipes are welcomed and should be addressed to Vivian Byrd, P.O. Box 1024, Birmingham, 48012.

Macaroni pizza nice for a change

Macaroni pizza is easy and a nice change. Begin by buttering a square 9-inch baking dish.

1 package (7 ounces) elbow macaroni
2 eggs
1 ½ cups milk
¼ tsp. pepper
1 tsp. oregano
1 can (8 ounces) tomato sauce
1 ½ cups (6 ounces) shredded Mozzarella cheese or Provelone cheese

Cook macaroni in salted water according to package directions; drain. In

a large bowl beat together eggs, milk and pepper. Add macaroni. Pour into baking dish. Baked in preheated 400 degree oven, 10 minutes or until set. Remove from oven. Meanwhile, mix oregano into tomato sauce. Spread over baked macaroni. Top with cheese. Return to oven for an additional 10 minutes. Cut into serving portions. Yield: 6 servings. VARIATIONS: Sausage Pizza — after adding tomato sauce, top with ½ pound sausage meat, cooked and drained OR ½ pound summer sausage, cut up. Cover with cheese and return to oven.

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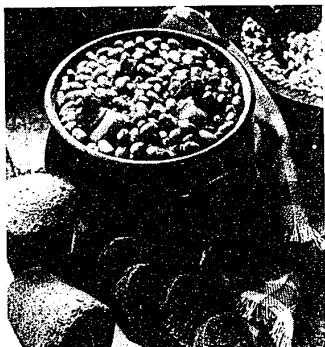
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BOSTON BROWN BREAD

Total cooking time: 16 minutes
1 cup all-purpose flour
1 cup whole wheat flour
1 cup yellow cornmeal
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
½ cup dark molasses
2 cups buttermilk or sour milk
1 cup raisins

Stir together the flours, cornmeal, baking powder, baking soda, and salt. Add molasses, buttermilk, and raisins. Mix well. Spoon ½ cup batter into each of five 8-ounce wax-coated paper drink cups, or five 8-ounce styrofoam drink cups. (Do not use hard plastic cold cups.) Cover each with plastic wrap. Cook at MEDIUM for 8 to 9 minutes, rearranging cups after 5 minutes. Cool 5 minutes. Remove from cups. Repeat with remaining batter. Makes 10 loaves.

MICRO TIP: Warm cookies with that "just out-of-the-oven" flavor don't always have to be homemade. You'll be surprised at how good store-bought or last week's baked cookies can taste when they've been warmed up in a microwave oven. Just place a couple cookies, uncovered, on a napkin and cook at HIGH for 25 seconds. If the cookies are frozen, cook at HIGH for 35 to 45 seconds. Great with a tall glass of milk!

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