



Byrd's Kitchen

by Vivian Byrd

A favorite fall dish: stuffed pork chops

Cool, crisp autumn mornings, along with heralding a return to "regular" schedules rather than the free, easy days of summer, also signal a change in the kinds of meals most of us prepare.

Days when one's instincts turn to snuggling deeper into a toasty warm comforter rather than leaping out of bed to meet the day require heartier breakfasts and steaming dinners. Hot chocolate begins to appeal more than a tall, frosty glass of orange juice, and a thick, meaty soup comes to mind faster than a cold salad.

A favorite fall dish of mine is stuffed pork chops, particularly a sauced version, known as Stuffed Pork Kotleley, which I found long ago in a Ukrainian cookbook.

POCKETS ARE slit into the sides of 1-inch thick chops, a chore which the

butcher will be happy to handle for you. These are filled with an herb-flavored bread crumb mixture, then secured with toothpicks, skewers or string. A large needle and bright-red thread can make this job easier. Simply insert the needle through the two sides of the pocket opening and knot each stitch separately. They can be slipped and removed before serving.

A sour-cream sauce with a bite of Dijon mustard is spooned over the finished golden-brown chop. Boiled green beans, ever so lightly buttered, are all that is needed to complement this dish.

This recipe gives precise cooking times. The chops, however, should be watched to insure they do not get too dry. This accounts for the repeated instructions to cover during cooking.

The chives, parsley and celery can be chopped in a food processor. Also, if you do not have bread crumbs on hand,

place a few slices in the oven at a low temperature and dry thoroughly, then put through the food processor until the crumbs reach the consistency you wish for the recipe.

STUFFED PORK KOTLELEY

- Serves four
 - 4 center-cut loin pork chops, 1-inch thick
 - 1/4 cup strained fresh lemon juice
 - 5 tsp. unsalted butter
 - 1 cup fine dry bread crumbs
 - 1/4 cup finely cut chives
 - 1/4 cup finely chopped parsley
 - 1/4 cup finely chopped celery
 - 1/2 tsp. salt
 - 1/4 tsp. freshly ground black pepper
 - 2 tsp. vegetable oil
- SAUCE:**
- 2 tsp. butter
 - 1/4 cup sour cream
 - 1 tsp. all-purpose flour

- 1 tbsp. prepared mustard, preferably Dijon style
- 1/4 cup heavy cream
- 1/4 tsp. salt
- 4 thin lemon slices
- 2 tsp. finely chopped parsley

Have the butcher slit pockets about 3 inches deep into the sides of the chops. Or, slit them yourself with a small, sharp knife. Sprinkle the chops, including the inside of the pockets, with lemon juice and set aside.

Melt two tablespoons of the butter in a skillet over medium heat. Add the bread crumbs and, stirring constantly, brown lightly. Transfer to a mixing bowl and toss with the chives, 1/4 cup parsley, the celery, 1/2 teaspoon of salt and the pepper. Taste for seasoning. Pack the stuffing evenly into the pockets of the chops and secure the openings with toothpicks, small skewers or

with string as noted above. Combine the remaining two tablespoons of butter with two tablespoons of oil in heavy skillet large enough to hold the four chops comfortably. Place over high heat until a light haze forms above it. Add the chops and cook them for about three minutes on each side until golden brown. Lower the heat, cover the skillet and simmer for 10 minutes. Then turn the chops over and cook, covered, for 10 more minutes. Transfer the chops to a heated platter, cover with foil and keep warm in low oven.

Pour off the fat remaining in the skillet, replace it with two tablespoons of butter and set over low heat. In a small bowl, beat together the sour cream, flour and mustard and, with wire whisk, beat the mixture into the melted butter. Stir in the heavy cream and 1/2 teaspoon salt, and, whisking

constantly, bring to a boil. Pour the sauce over the pork chops with lemon slices and chopped parsley, and serve at once.

Money savers

All of you know the rules about not going to the grocery store hungry and taking a list along and not allowing ourselves to deviate from the list. But what else are you doing these days to cope with rising food prices? What rules have you created for yourself, what tricks have you learned? Have you created new, low-cost recipes for your family?

Send your ideas along to us and we will print them, giving credit to the source, of course. Your neighbors and all our readers would like to hear from you. Send your idea, or ideas, to Vivian Byrd, PO Box 1024, Birmingham, Mich. 48012.



A Question of Taste

By Hilary Keating Callaghan

Nutritionist bends the rules for class treat

It is an unfortunate fact of life that the dictates of society often run counter to the dictates of conscience. Fortunately, the damage done to the conscience when it is beset in such a confrontation is usually minor.

We even have a term for such a compromise of principle, "the social lie." The concept applies to behavior as well as to words. The social lie is justified when a rigid adherence to principle would cause more harm than simply waiving the principle in a particular set of circumstances.

Such a compromise must often be made by natural foods proponents. It is one thing to apply a set of nutritional guidelines when feeding one's family one a day-to-day basis. It is quite another to try to stick to these guidelines when special circumstances arise. Personal judgment must be used in deciding when to bend the rules.

Serving lentil-burgers in place of hot dogs to a Little League team would probably win few converts to vegetarianism. Serving ice-cold skim milk in place of Coke at a teen-age party would be equally counter-productive. If you have been appointed to bake and decorate the cake for a family birthday party and show up with a nice bowl of fresh fruit instead, your motives might be called into question.

When it is your grade-schooler's turn to bring a birthday treat to share with his class, it might be difficult to convince him that whole-grain crackers and natural cheese would be preferable to cookies or cake.

RATHER THAN trying to swim upstream on such occasions, it makes more sense to float with the current and save one's energy for battles in which there is a chance of success.

For example, you might send a sweet treat to school for a birthday celebration but work for legislation banning the sale of "junk" foods (such as candy, sugary pastries, soft drinks, french fries, chewing gum and potato chips) on school property.

Such legislation was successfully adopted in 1974 in Montreal. Change was immediately evident, with teachers reporting less absenteeism, longer attention spans and more calm in the classroom.

Although it might seem hypocritical to bow to social pressure and provide sweets for a birthday treat while at the same time working for such legislation, there is a basic difference between the two activities. The first treats "junk"

food as an acceptable break from normal eating patterns, as an occasional indulgence. Selling similar items daily in vending machines and cafeteria lines treats them as an accepted part of - or substitute for - daily meals with all the health and behavioral problems that accompany such a concession.

For those special occasions when a sweet dessert seems appropriate, it is still possible to salvage some nutritional value and avoid "junk" foods. Including dried fruits and nuts in cakes or cookies gives a nutritional boost. Substituting honey for sugar can also be of benefit nutritionally.

Although honey, like sugar, is comprised of empty calories, less of it is required to give the same degree of sweetness. Honey is about twice as sweet as sugar. Thus, in any recipe calling for a cup of sugar, a half-cup of honey may be substituted. Care must be taken in such a substitution, however. Since honey is a liquid, the amounts of other liquids in the recipe may have to be reduced.

Mary Alger, who has a great interest in nutrition, has kindly shared some recipes which she has adapted herself, substituting honey for sugar. These cakes are perfect for those special occasions when a conventional dessert is called for, allowing you to emerge from a delicate social situation with some shred of principle - and nutrition - intact.

ORANGE-OATMEAL COFFEE CAKE

- 1 1/2 cups orange juice
- 1 cup quick oatmeal
- 1/4 cup Puritan oil
- 1/4 cup honey
- 2 eggs
- 1/4 cup shredded unsweetened coconut
- 1/4 cup chopped walnuts
- 1 1/2 cups sifted whole-wheat flour
- 1 tsp. baking powder
- 1 tsp. soda
- 1/4 cup non-fat, non-instant milk powder
- 1/4 tsp. salt
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg

Bring orange juice to a boil; pour over oats and let stand while assembling remaining ingredients. Beat together oil, honey and eggs until light. Combine flour, baking powder, baking soda, milk powder, salt, cinnamon, nutmeg, nuts and coconut. Add the dry ingredients alternately with the egg mixture to the oatmeal. Beat gently until smooth.

Pour into a buttered and floured angel-food cake tube pan. Bake in a preheated 350-degree oven for 35 minutes or until the cake pulls away from the sides of the pan and is nice and

brown (because honey cooking is always browner) and feels firm to the touch. Cool on a wire rack. Remove from the pan. Frost. Refrigerate.

- Frost with:**
- 8 oz. softened cream cheese
 - 2 tsp. honey
 - 1/4 to 1/2 tsp. almond extract
- Beat until smooth.

OATMEAL-BANANA SQUARES

- 1 cup oil
- 2 eggs

- 3 medium-sized, ripe bananas, mashed
- 1/4 tsp. salt
- 1 cup quick oatmeal
- 1/4 cup honey
- 1 1/4 cups sifted whole-wheat flour
- 1 tsp. baking powder
- 1 tsp. honey
- 1 tsp. vanilla extract

Measure oil, then honey (if you always do oil first it makes the honey easier to wash out of cup); add bananas

Curried Beef and Pineapple inspired by Indian cuisine

Curried Beef and Pineapple is a speedy skillet dinner inspired by East Indian cookery. It features ground beef, rice and the refreshing flavor of pineapple.

Curry powder and ginger combine to add flavor appeal in the recipe which can be put together in minutes. Family preferences should be used as guide to the amount of curry powder to use.

Since the beef in this recipe is browned and the drippings poured off, any ground beef can be used.

CURRIED BEEF AND PINEAPPLE

- 1 lb. ground beef
- 1 medium onion, halved lengthwise and sliced
- 2 tsp. coriastarch
- 1/4 tsp. salt
- 1/4 to 2 tsp. curry powder
- 1 tsp. ginger
- 1 can (8 ounces) pineapple chunks in juice
- 2 cups hot cooked rice

Brown ground beef and onion in a large frying pan; pour off drippings. Combine coriastarch, salt, curry powder and ginger; sprinkle over meat and stir. Drain pineapple into one-cup measure. Add enough water to the juice to make 1/2 cup liquid. Stir pineapple liquid and pineapple chunks into meat mixture. Cook slowly 5 to 6 minutes until thickened. Fold hot rice into meat mixture. Makes four servings.

and eggs. Beat well with a rotary beater. Add all the dry ingredients, then the oatmeal. Beat only until blended. Pour into a buttered and floured 12x10-inch jelly-roll pan. Bake in a preheated 350-degree oven for 15 to 20 minutes, until the cake is firm and pulling from the edges of the pan. Cool on a wire rack. Frost. Refrigerate.

- Frost with:**
- 2 8-oz. pkgs. cream cheese
 - 3 tsp. honey
 - 1/2 to 1 tsp. almond extract

Chopped pecans

Beat together cream cheese, honey, and almond extract until smooth. Spread over cooled cake. Sprinkle with chopped pecans.

Note: Most natural foods stores carry a good selection of honeys. If, however, you want to be very experimental, Variety Date and Nut (on Chicago Road between Van Dyke and Mound in Warren) carries more than 80 kinds of honey.

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Super shrimp dip has touch of horseradish

This delicious shrimp dip can be made ahead and chilled until party time.

SUPER SHRIMP DIP

- 1 10 1/2-ounce can condensed cream of shrimp soup
- 1 8-ounce pkg. cream cheese, softened
- 1/4 cup sour cream
- 1 tsp. horseradish
- 1 tsp. minced onion
- 1/4 tsp. Worcestershire sauce
- 2 drops hot pepper sauce
- 2 4 1/2-ounce cans tiny shrimp, drained, rinsed and chilled.

Blend all ingredients except shrimp. Chill. Serve with chips or crackers.

Top of the Ridge restaurant run by OCC students

Oakland Community College has a new restaurant, the Top of the Ridge. Students of the hospitality management and advanced culinary arts classes operate the eating place.

The students promise "excellent cuisine and elegant service at moderate prices."

Top of the Ridge is open from 11 a.m. to 1 p.m. Monday through Thursday for individual or group dining by advance registration only. For more information, call 478-9460, ext. 483.

The Orchard Ridge campus of OCC is on Orchard Lake Road in Farmington.