Birds of an apple set a pretty table

Chef and restaurant owner Ben. Peariman begins today to provide helpful hints and recipes for our Shopping Cart readers. Peariman has worked in various restaurants and food services for 10 years and was also a chef-instructor in the Detroit and Royal Oak public schools for 15 years. He dos scrued as educational writer for the scrued as educational writer for the "Hospitality" magnatine. He is a graduate of professional cooking programs at Los Angeles City College and the Culinary Institute of America in Hyde Park, N.Y. Peariman is the chef and owner of Benjie's Family Restaurant, 2650 Orchard Lake Rood, Sylvan Lake. What does spring mean to you'l Blossoms, warm winds, longer days — or Mother's Day dinners, graduation buffets and bridal showers. Much of the worry and work in preparing for these special occasions can be minimized by sevena and ple, fresh

dishes enhanced by food sculpture.

Eye appeal is so very important in food presentation. Interest and appetites perk up when food is dressed up in its Sunday best.

Most people are familiar with the more elaborate ice carvings, butter sculpture, and salads molded in aspicean at banquets and best prepared by professionals.

Less familiar are food sculptures

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Less familiar are food sculptures prepared from common fruits and wegetables and well within the skills of the average person cooking at home for family or firends.

An apple bird is a good choice for the novice and can make a big hit perched on top of a fresh and crisp vegetable platter or soaring above fresh sliced cantalope, peach wedges, mounds of cherries, grapes and bananas.

A step-bystep method for preparing an apple bird follows.

Try to select apples that are longer and cylindrical in shape. The Red



Washington Delicious is a good choice.
Avoid apples that are bruised, as the bruise will show up in the wings, head or neck. To begin with, chose as large an apple as possible to make carried and the state of the

• Next, cut a wedge ¼ inch wide by ¼ inch long (at a 45-degree angle) going lengthwise on the react center of the apple. Remove the wedge.
• Carefully cut a 1/16 inch slice on each side of the cut-out wedge and remove the second wedge. Countime this process three more times, a total of 5 wedges.
• True the apple on its side, find the center between the top wedge and lottons of the apple and repeat the above self-wedge of the wedge and the self-wedge of the s

order as cut and place in the semi-wedge.

The bird is ready for the center of a cheese tray or on top of your favorite pork roast or holiday ham.

To make birds soar, cut a cabbage in half. Insert two wooden shish kabob skewers into bottom of the bird and then in the cabbage.





AMERICAN CHEESE \$199 LB.	ITALIAN SAUSAGE \$199 LB.	\$1.50 OFF LARGE PIZZA EXPIRES 5-16-82
HARD SALAMI \$199 LB.	SWISS CHEESE \$2 ⁴⁹ LB.	COLBY CHEESE \$199 LB.
TURKEY BREAST \$149 ½ LB.	FAMOUS BRAND BACON Sliced \$169LB.	BOLOGNA \$149 LB.
EVERY MON. DONUTS \$ 149 DOZ. LIMIT 2 DOZ.	EVERY BUY ONE TUES. ITALIAN BREAD, GET ONE FREE!	EVERY BOILED WED. HAM Limit \$ 189 LB.





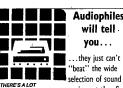


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