

Ideas for the upcoming strawberries

Andrea Harrison is a dietary technician who operates the dining room at Oakland Community College. Her column will appear biweekly in Shopping Cart, alternating with Ben Peartman's column, which began last week.

by Andrea Harrison

MY FAVORITE TIME of year is coming when Michigan strawberries will be in the produce departments of local grocery stores, my neighbor's back yard and the "you pick 'em" strawberry farms.

There is nothing like eating a big, red, juicy Michigan strawberry. They are good wrapped in crepes, whipped up in a mousse, spread on toast, crackling with cereal or smothered with whipped cream.

Besides being delicious, strawberries are low in calories and nutritious. One cup of strawberries has only 55 calories and 13 carbohydrates — more than the RDA recommendation of vitamin C and a good source of vitamin A.

about half of them would make it to most kitchens.

When growing strawberries, choose a good variety from a reputable nursery. Choose sandy soil over clay and avoid areas that have heavy weeds or a history of disease problems. Fertilize with well-decomposed manure. Or, in place of manure, spread a complete fertilizer (8-8-8 or 10-10-10). During the first year of planting strawberries, concentrate on establishing good healthy plants and keep the patch well weeded. A normal yield for strawberries is 1 1/2 pound per foot.

Alternatives to fresh strawberries are your favorite grocery store or fruit market. But for larger savings and a fun family outing, drive out to a strawberry farm, pick your own strawberries. Pick plenty for baking, canning, freezing, and good eating.

freeze plenty of strawberries and enjoy them all year round.

An easy way to freeze strawberries in their natural state, (no sugar added): Wash and remove hulls. Place on a cookie sheet, then place in freezer. When strawberries are completely frozen, place in a ziplock freezer bag and put back in freezer.

The strawberries will be individually quick frozen for your convenience. And the natural appearance of the strawberries will remain very similar to that of fresh strawberries.

FREEZER JAM

- 1 qt. strawberries
 - 4 cups sugar
 - 1 box Sure-Jell pectin
1. Remove hulls and crush strawberries.
 2. Have fruit at room temperature, stir sugar into fruit.
 3. Let stand 10 minutes.
 4. Mix 1/4 cup water with Sure-Jell in small sauce pan.
 5. Bring to boil stirring constantly for one minute.
 6. All at once stir in fruit to the Sure-Jell mixture.
 7. Continue stirring for 3 minutes.
 8. Immediately ladle into containers leaving 1/2 inch space at top. Wipe jars with damp cloth.
 9. Cover the lids. Let stand 24 hours. Store jam in freezer.
- Makes 4 1/2 cups.

STRAWBERRY CHARLOTTE

1 pint fresh strawberries, hulled

- 3 eggs
- 1/4 cups sugar
- Juice of a 1/2 lemon
- 1 envelope gelatin
- 1 cup heavy cream, whipped until it holds a soft shape

To finish 1/4 cup heavy whipping cream whipped until it holds a soft shape. 1 package lady fingers. Charlotte mold or a spring form pan. 2 qt. capacity; pastry bag and star tube. Lightly oil the mold.

Pure the strawberries in a blender or work them through a sieve. There should be one cup puree.

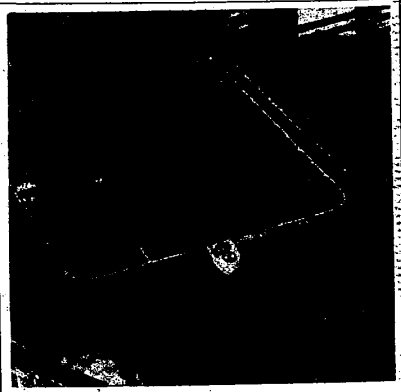
Put eggs, egg yolks and sugar in a bowl and beat until mixed. Set the bowl over hot, not-boiling water and beat until mixture is thick and light and leaves a ribbon trail on itself when the beater is lifted. Take from the heat and beat until cool. If using an electric beater, no heat is needed.

Add enough water to the lemon juice to make 1/4 cup, sprinkle the gelatin on top and let stand 5 minutes or until spongy. Melt over a pan of hot water and stir into the egg mixture with the strawberry puree. Chill over a pan of ice water, stirring, until it starts to thicken. Fold in the lightly whipped cream and pour at once into the prepared mold.

Cover and freeze until solid. Turn out of mold, wrap tightly and store in freezer.

To serve, remove from the freezer to refrigerator to thaw 1 1/2 hours before serving. Set on platter, spread the sides with some of the lightly whipped cream and arrange the lady fingers around the sides.

Stiffly whip the remaining cream, fill into the pastry bag fitting with the star tube and pipe rosettes around the charlotte.



Barbecue burgers with apricot sauce

It's time to fire up the barbecue grill. Here's a variation of that long-time favorite, the hamburger, that is sure to please the backyard crowd. This all-American favorite is given new zest and taste appeal with a barbecue sauce accented with apricot flavored brandy. Supreme Brandy Burgers will make your next cookout the outdoor event of the season.

SUPREME BRANDY BURGERS

- 2 shallots (or scallions) finely chopped
- 4 tbsp. butter
- 1 lb. ground lean chuck
- 1/4 lb. boiled ham, ground
- 4 tbsp. ice water

- 1 egg, slightly beaten
- Pinch of thyme
- Freshly ground pepper

SAUCE

- 1/4 cup beef consommé
 - 1/4 cup apricot flavored brandy
 - 2 tbsp. butter
- Saute the shallots in butter; add remaining ingredients. Wet hands and shape into patties. Refrigerate for one hour.
- Heat consommé, apricot brandy and butter in small saucepan. Place patties on grill and cook until desired doneness, basting several times with sauce.

FISHER FOODS

219 N. Eton Birmingham 649-6010

5713 Dixie Hwy. Waterford Plaza Waterford 623-7766

EXTRA SPECIAL

RIB STEAKS \$2.99 L.B.

WHOLE CHICKENS 59¢ L.B.

MEAT MARKET

CHUCK STEAKS \$1.99 L.B.

GROUND CHUCK PATTIES 5 Lb. Box \$7.99 L.B.

LINK SAUSAGE \$1.59 L.B.

CENTER CUT PORK CHOPS \$1.99 L.B.

WEDNESDAY & SATURDAY ONLY

GROUND ROUND 5 Lbs. or more \$1.59 L.B.

DELI

KOGEL HOT DOGS \$1.89 L.B.

KOGEL KNOCKWURST \$1.59 L.B.

BOILED HAM \$1.99 L.B.

GROCERY

Great Lakes CHARCOAL BRIQUETS #10 Bag \$1.99

Assorted Flavors DANNON YOGURT 2 for 99¢

WINE SALE EVERYDAY 10% OFF

Prices Good Thru 5-18-82

INTERESTED WHOLESALE AND CO-OP PROGRAMS? PLEASE CALL FOR MORE INFORMATION.

Prices good at Birmingham Store Only

Hours: Daily: 9-9, Sat. 9-7, Sun. 9-5

Dress up pork chops for entertaining

Just having spring in the air is reason enough to celebrate with a festive brunch. The relaxed atmosphere of brunch makes it a favorite no matter what the season.

For a brunch entree that will be as welcome as the first spring fever, treat guests to the marvelous flavor and yourself to the convenience of Smoked Pork Chop Platter. Meaty, satisfying smoked chops are dressed up in style for the occasion with crisp bacon curls and a watercress garnish.

Preparation of the chops couldn't be easier; they are simply broiled for 15-20 minutes. The bacon curls are easy, too, for the bacon is conveniently baked in the oven (no turning necessary), then wrapped around a fork to form curls.

You'll be able to readily identify smoked pork chops at the meat counter for they have the same muscle and bone structure as fresh pork loin or rib chops. Because these chops have been cured and smoked, they have a rosy pink color similar to that of ham.

SMOKED PORK CHOPS

- 6 smoked pork chops, cut 1/4-inch thick
- 6 slices bacon

Watercress, if desired

Prepare bacon curls by separating bacon slices; place on a rack in shallow pan (broiler pan may be used). Bake in a hot oven (400 degrees) 10-12 minutes. Immediately twist slices of bacon around fork to make curls; set aside. Set oven regulator for broiling. Place chops on rack in broiler pan so surface of meat is 3-5 inches from heat. Broil at low to moderate temperature 15-20 minutes, turning occa-

sionally, or until done. Garnish chops with bacon curls and watercress, if desired, before serving. 6 servings.

SPRING FRUIT COMPOTE

- 1 medium pineapple
- 1 pint strawberries, hulled
- 1 cup chablis
- 1 large banana
- 1 kiwi fruit

Pare and core pineapple. Cut into 1/2-inch slices, then into chunks. Place pineapple chunks and strawberries in a 2-quart bowl, mixing gently. Pour chablis over pineapple and strawberries; chill 2 to 4 hours. Just before serving, peel banana and cut into 1/4-inch thick slices. Gently stir into pineapple and strawberries. Pare kiwi fruit and cut into 6 slices. Garnish fruit compote with kiwi fruit. Makes six servings.

American Red Cross

Time on your hands?

We could use those hands.

Join us.

A Public Service of The National Board of The American Red Cross

Bravos for Aunt Ethel.

She made that tiny little part stand out and took her bows to thunderous applause.

I was born in a tough little town where the people worked hard for a living. My family loved to sing and dance and a trip to the theater was something that wouldn't go down easy.

"Listen, Pop, it's what I want to do. I know I can be good at it and I'm not really interested in working in the mill. I was trying to explain to my father why I felt I had to leave home and get some money for acting school in New York."

I'd been bitten by the acting bug in high school and was determined that acting was going to be my career.

My father shook his head and explained to a pained voice, "Now look, son, if you wanted to be a doctor or maybe a lawyer, I could see digging up every cent I could lay my hands on to help you through school and all, but an actor?"

He put his hand on my shoulder and continued, "It's not a job for a grown man. Playing make believe all your life. I wish you'd think about it some more."

Aunt Ethel seemed to be the only one in the family with any interest in the theater at all. She'd been the star of all the high school plays and was big in the local playhouse that had existed before it closed for lack of interest.

She came to see me in every play at school and was very encouraging.

"Tell you what, James," she said, "I've been on the Payroll Savings Plan at work since I was a young girl and I've got lots of Savings Bonds put aside. Now I'll make you a loan to go to New York and get some training. I know you've got more talent than almost anyone I've ever seen. I could hardly believe such a generous offer. Well, the people around here don't agree with that. Besides, I couldn't take all your savings on that kind of gamble."

She shook her head and said, "You won't fail. And when you get where you're going, you'll pay me back in full." Then she smiled, "Maybe you can give me a front row seat to one of your big hits... as a bonus."

After a lot of arguing I finally agreed and spent some hard years in New York before I got lucky.

And I really did get lucky. Being in the right place, in the right part, at the right time, and all of a sudden I was on my way. All the hard work began to pay off. And I paid off Aunt Ethel.

But that was just money. I wanted to give her that bonus, so I had her flown into New York for a small part in my new play.

Last night we opened to rave reviews. Aunt Ethel still has the magic. She made that tiny little part stand out and took her bows to thunderous applause.

"Hyon had never returned a card, but just gave me this night, it would have been payment enough," she sobbed as we sat backstage after the final curtain.

Knowing Aunt Ethel, she probably meant it.

When you join the Payroll Savings Plan and buy U.S. Savings Bonds, you play a part in helping your country. You also help yourself.

BROWN STREET MARKET

WHERE SERVICE & QUALITY OUTSELL THE REST

Make us your neighborhood grocery stores — complete & convenient —

CHICKEN SALAD \$2.39 lb. reg. \$2.89

COLE & POTATO SLAW 69¢ lb. reg. 89¢

FRESH SEA SCALLOPS \$4.99 lb.

HAAGEN DAZS ICE CREAM \$1.49 pint reg. \$1.89

LIVE LOBSTERS • FRESH FISH • QUALITY MEATS • PRODUCE

Hot or Mild ITALIAN SAUSAGE \$1.79 lb. reg. \$2.19

Large CHICKEN BREASTS \$1.39 lb. reg. \$1.89

STROH'S \$8.69 24-pak cans reg. \$9.29 + tax + dep.

X-tra Fancy Red DELICIOUS APPLES 69¢ lb. reg. 89¢

BEER, WINE & LIQUOR • PRIME & CHOICE MEATS • FRESH PRODUCE

Prices Good Thru May 22, 1982

407 W. Brown at Chester Birmingham • 642-0450 OPEN Mon-Fri 10-8 Sat 10-7 Closed Sunday

130 W. Fourteen Mile at Pierce Birmingham • 644-6060 OPEN Mon-Sat 9-9 Sun 10-4

Take stock in America.