

# Add spice to your life

You could sniff it in the air, read it in tea leaves, watch it growing from window boxes across the country — the sweet smell of the herbal renaissance.

Within the last decade, herbs, a staple of colonial America, have turned up in more kitchens, cosmetics and commercial products. Supermarkets are making more room for them on their shelves. Industrial chemists are discovering unsuspected natural resources in many of the common ones. The nation's largest tea company has added a "line of herbal teas. Herbs have become at least a billion-dollar-a-year business.

"People who didn't know anything about plants are growing herbs in their back yards. It's all part of the trend back to natural things," said Holly Shimizu, curator of the National Herb Garden, which opened in the nation's capital just three years ago and grows about 1,000 herbs.

By the pinch or bunch, herbs can kill

pain, repel insects, flavor foods, fragrance the air, fight cancer, condition hair, cause hallucinations, freshen breath, dye cloth, substitute for salt, soothe tired eyes and symbolize love.

A weedy herb known as the popper purge plant because it naturally repels the rodents has earned a new name: gasoline plant. It yields a milky latex containing hydrocarbons that can be refined into substitutes for crude oil and gasoline. The wild yam is now the source of a way oil used in everything from motor lubricants to shampoos and soaps.

**JUST WHAT are herbs?** Thousands of plants from the rose to the garlic, depending on definition. The most all-encompassing definition — any useful plant — would take in thousands of species.

The dictionary calls herbs plants that die down after a growing season and don't develop persistent woody tissue. But many herbalists expand that,

claiming that traditionally an herb is any plant valued for its flavoring, aromatic and medicinal qualities or coloring properties.

"Considered individually, every herb has its own biography, its distinctive characteristics, cultivation needs — and partisans," wrote Lonelle Alkman in an article on herbs in the March National Geographic magazine.

People probably come in contact with herbs most by mouth, tasting them every day in the foods they eat. Herbs season everything from haute cuisine to stews. The culinary arts that distinguish one nation's cuisine from another's are based largely on the wise use of herbs.

Americans' favorites are French tarragon, basil, thyme and dill, according to Shimizu. To White House chef Henry Haller, thyme is the "queen of herbs."

Basil, beloved of Italian cooks and called "herb royale" in France, was handed warily by European herbalists of the Middle Ages, who feared it as a scorpion breeder. Ordinary parsley, which the Romans believed would keep them sober, is known today to be a source of iron and vitamins A, C and E. Combinations of winter and summer savory, cumin, coriander, sesame and mustard seeds have become tasty substitutes for people on salt-free diets.

Rosemary, the evergreen symbol of never-fading love, is regarded by herbalists as invigorating and helpful in easing painful joints when used in warm-water baths.

"Smell it off," suggested Bankes' Herbal in 16th-century England, "it shall keep thee youngly."

# Well-balanced diet is essential for children

Good nutrition is important for all ages, but it is especially crucial for children. Their health and vigor depend on nutrient intake. A well-nourished child is more likely to reach genetic potential in physical, physiological and mental areas, while undernourishment can inhibit growth, delay maturation,

limit physical activity and interfere with learning.

For children to eat the foods they should, you'll need to serve them in appealing and appetizing ways. Children will find it easy to eat meat loaves, meat patties and meat balls.



pilot light  
Greg Melikov

# Baked tamale pie will be even better manana

"Enjoy your column . . . and have lots of your recipes in my file," writes Virginia Garretts of Salina, Kan. "I especially like the broccoli soup you got from a tea room. Yummy. Want to try your stew (with wine) recipe soon."

"If you have good recipes for any of the following, I'd enjoy seeing them in the paper."

"Monkey Bread. Millionaire Pie, Chicken Cordon Bleu, Chocolate Mousse, Cornish Hens, Tamale Pie, a Lithuanian cookie (I think) called Ears and Pretzel Pie."

I sent Virginia copies of two columns: Cornish hens, which appeared a year or so ago, and Cordon Bleu, in which chicken easily substitutes for veal.

While I thought I had a tamale pie recipe that I tried not long ago, I had no luck finding it in my files.

So I came up with a combination from several sources that includes a cornmeal crust. What's best is that baked tamale pie improves when served a day or so later: warmed covered in a skillet with shredded Cheddar cheese on top.

## BAKED TAMALES

2 medium onions, chopped  
1 garlic clove, minced  
2 tsp. cooking oil  
1 lb. ground pork  
1 lb. ground beef  
2 tsp. chili powder  
1 can (8 oz.) tomato sauce  
1 can (12 oz.) Mexican drained  
¼ cup sliced stuffed green olives  
3 cups water  
1½ cups yellow cornmeal  
1 egg, slightly beaten  
1½ cups milk

In large skillet, lightly brown onion and garlic in hot oil on medium heat. Add meat, chili powder and 1 teaspoon salt, occasionally stirring, crumbling meat with edge of large spoon until browned. Drain off grease. Reduce heat to medium low, add tomato sauce, corn and olives and cook covered 20 minutes, occasionally stirring. Bring water to rapid boil in saucepan, add remaining salt and gradually stir in cornmeal until mixture is fairly smooth, lifting off heat when it begins to splatter. Blend mixture with egg in large bowl and gradually beat in milk. Line greased 3-quart casserole with ½ of mixture,

spreading it with back of large spoon. Add filling. Smooth remaining cornmeal mixture over top. Bake in 375-degree oven 45 minutes to 1 hour until crust is golden brown. Serves 8.

## TAMALES

1 lb. ground pork sausage  
1 lb. lean ground beef  
1 garlic clove, minced  
1 cup chopped onion  
2 cups sliced celery  
1 can (1 lb. 12 oz.) tomatoes  
1 cup canned whole-kernel corn  
Salt to taste  
2 tsp. chili powder  
¼ cup yellow cornmeal  
1½ cups shredded small ripe olives  
1½ cups pitted American cheese

In large skillet, lightly brown sausage on medium heat, drain off grease, add beef and cook until browned, occasionally stirring. Stir in tomatoes, corn, salt and chili powder, cook 15 minutes. Slowly stir in cornmeal and cook until thickened. Stir in olives. Turn into greased 2-quart casserole, top with cheese and bake in 350-degree oven 45 minutes. Serves 8.

# Seafood is easier to get

Shoppers will be seeing more fresh ocean fish and seafood in retail supermarkets. That's especially good news for Michiganders and other midwestern consumers who are far from the sources of supply.

Several factors are responsible for the increased availability of fresh fish and other seafoods. Salt-water fish and seafood supplies have been increasing ever since America's 200-mile limit went into effect in 1977. The earlier three-mile limit was, and is, regulated by the individual states, but from three miles out to 200 miles out to sea, the federal government has jurisdiction over all fishing operations.

As supplies of seafoods and salt-water fish increased, technology was developed to maintain the quality of fresh seafoods an additional two or three days. This enables midwestern supermarket shoppers to get truly fresh seafoods that were previously unavailable.

FISH IS also becoming more popular with health-conscious Americans. Fish is high in protein, minerals and vitamins but relatively low in fats. The fat that is present in fish has a generous proportion of polyunsaturated fats.

A key dilemma that remains is how to familiarize American consumers with the abundance of seafood from domestic waters, particularly the less well known species.

Unfamiliar shellfish do not present too great a problem — zoological families are usually similar in edibility characteristics. A snow crab may not be exactly like an Alaskan king crab, but they both have a similar taste and texture.

Fin fish, however, are grouped according to body structure. This makes coho salmon a member of the trout family, English sole a flounder and walleye a perch. To help clear up the confusion, the National Marine Fisheries Service has developed edibility profiles that rate seafood on eating characteristics such as flakiness, color of flesh, moistness, flavor and fat content. Look for pamphlets giving storage, preparation and cooking tips where you shop for fish.

CONSUMERS who live 1,000 miles from the nearest ocean have relied on frozen and canned fish products. Fish sticks and fish portions are two of the most affordable and convenient frozen products.

Sticks are cut from frozen blocks, coated with batter, breaded, partially cooked and frozen. They are ready to heat and serve as purchased.

Portions are wider pieces, also cut from frozen blocks of fish. Raw portions must be at least 75-percent fish, while cooked portions and sticks must contain 85-percent fish (a maximum of 35-percent breading).

Uncooked, breaded shrimp must be 65-percent shrimp (a maximum of 35-percent breading). Cooked, breaded shrimp must be at least 50-percent shrimp in weight.

Canned tuna is the most widely used canned fish. The price of tuna is determined by the species, style of pack and the packing liquid. Flaked or grated light meat tuna in vegetable oil is generally the lowest-price pack. It is ideal for canapés and sandwiches (where tuna is blended into a paste).

# Beef is still popular

For many families today, ground beef can almost be considered a staple ingredient in the kitchen for it is used on a very regular basis. A recent survey found in the household serving beef that ground beef dishes were served 3.1 times in an average two-week period in 1981/82.

This compares with beef roasts that were served 2.1 times and steaks that were served on 1.9 occasions in the same time period. Ground beef's versatility, economical price and convenience all contribute to its popularity.

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1 lb. pkg. **\$1.49**

**McCORMICK**  
Free Cookbook  
Value \$3.95  
with purchase of 3 bottles of Gourmet Spices

**Pepsi-Cola, Diet Pepsi, Pepsi Free and Mountain Dew**  
½ Liter 8 Pack plus deposit **\$1.99**

**IGA TABLETITE**  
Hickory Smoked Picnics  
**69¢ LB.**  
Sliced Picnics **79¢ LB.**

**HYGRADE'S MEAT**  
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