

Snacks offer more

When the youngsters bound through the door at the end of a big day at school, they usually have one thing on their minds: food! Smart mothers know that after-school snacks are important and that they should offer more than just empty calories. For the child's nutritional well-being, snacks should be considered a part of a well-balanced diet and selected from the four food groups.

There are a variety of ways to transform foods from the meat group into fun snack items. Leftover cooked meats, ready-to-eat sausages and lunchmeats make great snacks when cut into bite-size pieces and served on wooden picks. Or offer the youngsters a meaty sandwich spread such as ham salad or liver sausage on crackers or celery sticks.

Leftover pizza also makes a fun after-school snack when reheated and cut into small pieces. Another idea: Add crumbled bacon to a favorite dip and serve with fresh vegetables such as cucumbers, slices of carrot and celery sticks.

This lobster is a triumph

Every buffet needs one spectacular dish. It should be attractive before the first serving is spooned out and still inviting after the third or fourth person has helped himself. And it should taste differently delicious.

It's no wonder that some creative person named this dish Triton's Triumph. It fulfills all the qualifications. Any sea god would be proud to claim it, especially Triton, since he is so often pictured with a shell in his hand.

The shells in this triumphant dish are those of the tails of the South African rock lobster. After the snowy white meat has been removed to be used in the preparation of the dish itself, the shells are discreetly placed to divide the dish into wedges to indicate the size of the serving.

And even as the delicious South African rock lobster mixture disappears from between the shells, a bright red star remains, to remind everybody that here was the star of the party.

The whole idea is a triumph for the hostess as well as for the mythical Triton. It's very easy to prepare, and probably all the ingredients are handy in the freezer, on the spice shelf or in the refrigerator.

Most important, this dish is a victory all around since it is undoubtedly one of the most delicious offerings that anybody can present to guests.

TRITON'S TRIUMPH

6 (4 oz. each) frozen South African rock lobster tails
1 cup mayonnaise
1 tbsp. prepared yellow mustard
1 tsp. capers
1/2 cup apple juice
1/4 cup curry powder
2 tsp. finely chopped parsley
1/4 cup minced onion
1/4 cup finely chopped celery
1 1/2 cups soft bread crumbs



The bright red shells are used to decorate, divide the portions, and call attention to, a South African rock lobster specialty on a buffet.

Drop frozen rock lobster tails into boiling salted water. When water reboils, boil for 4 minutes. Drain immediately and drench with cold water. With scissors remove underside membrane and pull out meat. Chop rock lobster finely and combine with remaining ingredients. Reserve six shells. Spread rock lobster mixture evenly into a buttered 9-inch pie pan. Decorate top with a star of reserved shells, shell side up. Bake in a preheated moderate oven (350 degrees) for 30 to 35 minutes or until hot. Yield: 6 servings.



Monkey bread popular

When I first tried monkey bread, I didn't realize that so many readers ate it regularly.

"My family enjoys this treat on holidays and for summer barbecues," writes Verna George of Canton, Mich. Verna follows a similar recipe that I used which includes yeast and flour.

"In the early part of 1983 (when) I saw the article I intended then to send you a monkey bread recipe," writes Catherine Silhan of Salina, Kan. "The recipe is very easy and delicious."

It's never too late for an easy, delicious recipe.

VERNA GEORGE'S MONKEY BREAD

5 cups all-purpose flour
3 envelopes active dry yeast
2 tsp. sugar
1 tsp. salt
1 1/2 cups milk
1/4 cup melted butter or margarine
1 egg
1/4 to 1 cup melted butter or margarine

In large mixing bowl, stir 1 1/2 cups flour, yeast, sugar and salt, set aside. Heat milk and melted butter until very warm, 120 to 130 degrees, and pour over flour mixture. Add egg and beat 3 minutes at medium speed; add 1 cup flour and beat 3 minutes longer. Stir in remaining 2 1/2 cups flour and mix

with wooden spoon until thoroughly blended. Lightly grease top of dough, cover and let rise until double, about 30 minutes.

Turn dough onto lightly floured surface and knead until smooth. Divide in half and roll each into 18-by-12-inch rectangles. Cut into 1/4-inch strips, then crosswise in 3-inch pieces. Dip each piece in melted butter and toss better skillet into 10-inch angel cake pan, cover and let rise until double, about 1 1/2 hours. Bake on bottom rack of preheated 425-degree oven about 20 minutes or until golden brown. Let cool in pan 10 minutes, serve in basket and let guests pull apart.

CATHERINE SILHAN'S MONKEY BREAD

4 tubes refrigerated biscuits
1/4 cup sugar
2 tsp. cinnamon
1/4 cup butter

Cut each biscuit in 4 pieces. Mix well 1/4 cup sugar and 1 tablespoon cinnamon, roll each piece in mixture and place in well greased angel food or Bundt pan, stacking evenly. Combine butter with 1 cup sugar and 1 tablespoon cinnamon, heat to rolling boil and pour over biscuits. Bake on lower rack of oven at 350 degrees 40 to 45 minutes. Let cool 5 minutes and invert over plate to remove.

Fall's finest: pork, apples

A change in seasons, a sharpening of appetites and we turn to heartier dishes with full, vigorous flavor, reminiscent of long-simmering country classics.

Pork and apples, a seasonal favorite combination, is a great choice for an updated quick but full flavored skillet dish using today's lean, tender pork. Health conscious families will cheer the teaming of this combination with brown rice for added nutrition and great eating qualities.

Take care in selecting ingredients for these hearty dishes. The Spiced Pork Apple Spiced Pork Chops and Nutty Brown Rice should be pale pink, firm and smooth to the touch. Small carrots with brilliant color will provide an especially sweet taste.

Take advantage of lower beef prices while they last to make other hearty, satisfying dishes. The home economists of Uncle Ben's Inc. suggest a change-of-pace Mediterranean Brown Rice Skillet Stew as perfect for the season. Brown rice is especially suitable for skillet dishes with beef as the 50-minute cooking time is just right to simmer the meat to fork tenderness. In addition to contributing a subtle nutty flavor, the rich golden-brown rice stretches a small amount of beef to satisfy six hearty appetites. And, the rice will retain superior flavor and texture, so this skillet dish can be prepared ahead, then frozen or refrigerated for later enjoyment.

APPLE SPICED PORK CHOPS & NUTTY BROWN RICE

6 pork chops, cut 1 to 1 1/4-inches thick
2 tsp. vegetable oil
1 medium onion, cut into 1/2-inch wedges
1 1/2 cups water
1/2 cup apple juice
1 cup brown rice
1 tsp. salt
1/4 cup apple jelly
1 tsp. bourbon
1 tsp. cornstarch
1/4 tsp. ground cinnamon
1 cup shredded carrots
1/4 cup coarsely chopped walnuts

Trim excess fat from chops. Brown chops in oil in 12-inch skillet over medium heat, 5 to 7 minutes on each side. Remove chops. Drain off all but about 1 tablespoon of drippings. Add onion to skillet. Cook over medium heat until tender. Add water and apple juice to skillet. Bring to a boil. Stir in rice and salt. Return chops to skillet. Cover tightly and cook over low heat until all liquid is absorbed, about 1 hour. Melt jelly in small saucepan over low heat until smooth. Dissolve cornstarch in bourbon. Add to jelly with cinnamon. Cook over medium heat, stirring constantly, until mixture thickens. Remove chops; keep warm. Stir carrots and walnuts into rice. Arrange chops and rice on serving platter. Spoon sauce over chops. Makes 6 servings.

MEDITERRANEAN BROWN RICE SKILLET STEW

1/4 lb. hot Italian sausage
1 tsp. vegetable oil
1 1/2 lbs. boneless beef chuck or round, cut into 1-inch cubes
2 cloves garlic, minced
1 can (14 1/2 or 16 oz.) whole tomatoes
1/2 cup dry white wine
1 cup brown rice
1/4 lb. small whole onions*
1 tsp. salt
1/4 tsp. pepper
1/4 cup pimiento-stuffed green olives, thinly sliced
Remove sausage from casing. Cook sausage in oil over medium heat in large skillet until cooked through, about 5 minutes. Remove and set aside. Drain all but about 1 tablespoon of the drippings. Add beef cubes and garlic. Cook over medium heat until beef is browned. Drain tomatoes, reserving liquid. Cut tomatoes into wedges; set aside. Add enough water to tomato liquid to make 2 1/2 cups liquid. Add to skillet with wine, rice, onions, salt and pepper. Cover tightly and cook over low heat 45 minutes. Stir sausage, olives and reserved tomatoes into rice mixture. Cover and continue to cook over low heat until all liquid is absorbed, about 5 minutes. Makes 6 servings.
*2 cups frozen small whole onions, thawed may be substituted. Add to skillet with sausage, olives and reserved tomatoes.

ORCHARD-10 IGA

24065 ORCHARD LAKE RD.

Mon-Fri 9-9; Sat 8-9; Sun 9-5

We Feature Western Beef

Not Responsible for Errors in Printing

Busy Shopper

IGA TABLETTE Beef Steak Sale

Round Steak
\$1.59 LB.
FULL CUT
BOLD AS STEAK ONLY

Sirloin Steak
\$1.99 LB.

Steak
\$2.89 LB.

Chuck Steaks
\$1.39 LB.
BLADE CUTS

Liver Steaks
99¢ LB.
Center Cuts

Denver Steaks
\$1.99 LB.
ARM CUTS

FAME Sliced Bacon
\$1.59 LB.
1 LB. PKG.

FAME Bologna
\$1.39 1 LB. PKG.

FAME Beef or All Meat Wieners
\$1.19 1 LB. PKG.

HOLLY FARMS GRADE A Chicken Breast
\$1.49 LB.

IGA TABLETTE Bacon
\$1.49 LB.

CLAUSSEN Pickles
\$1.39 QT. JAR
Whole or Split

DOUBLE COUPON

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, December 4, 1983.

Bath Tissue
69¢ (40 sheets)

Golden Bananas
5 lbs. \$1

Florida Juice Oranges
\$1.49

Split Top Bread
59¢

Split Top Bread
69¢

Tomato Juice
69¢

Orange Juice
69¢

FAME Fries
\$2.29

FAME Vegetables
79¢

Spaghetti Sauce
79¢

Pineapple
79¢

Instant Coffee
\$3.99