



pilot light  
**Greg Melikov**

## Fresh is best; but frozen will do

The most memorable fish, without a doubt, were enjoyed two worlds apart.

First, there was the grilled sea snapper that fell off the bones at a waterside restaurant in Acapulco. Also, grouper fillets, lightly breaded, served at a brunch in a spacious Bahamian home in Nassau.

Both fish were fresh, which everyone agrees is best. However, it's not always possible to get fresh fish as often as we would desire.

Enter frozen fish. I'm reminded of the television commercial in which a supermarket work-

er is instructed to stack the display case. He does, but the boxes begin flipping around like a live catch, much to the amusement of his colleagues. Then the narrator remarks, "Possibly fresher than fresh."

That's absurd. But at our house we let the frozen fish thaw, rinse it off, wipe with paper towels and we're ready.

I usually bread grouper fillets, but they are delicious just broiled with a basting sauce. I also like to prepare a simple butter sauce on occasions.

You don't have to visit Mexico or the

Bahamas to enjoy fish. When you can't get fresh, frozen isn't too bad at all.

### BUTTERY BROILED GROUPEER

6 grouper fillets  
3 tsp. lemon juice  
¼ tsp. dry mustard  
¼ tsp. ground bay leaf  
¼ cup butter sauce

Place broiler rack in baking pan, lightly brush with salad oil and arrange fish on it. Combine lemon juice, mustard and bay leaf and brush fillets on top. Broil fish 4 to 6 inches from heat

source 5 to 8 minutes, turn over, brush with basting sauce and broil another 5 to 8 minutes. Top grouper with butter sauce. Serves 3.

### MAITRE-D'HOTEL BUTTER SAUCE

¼ cup butter  
1 tsp. lemon juice  
¼ tsp. salt  
1 tsp. finely chopped parsley

In small skillet, melt butter over low heat, stirring. Remove from heat, stir in remaining ingredients and serve over broiled fish. Yields about ½ cup.

## Serve this creamy soup hot or cold

One of the pleasures of growing up is knowing that carrots are good for us and enjoying eating them anyway.

Here, carrots come into their own co-starring with potatoes in a creamy golden soup. Loaded with vitamin A and potassium they're a nutritional plus for meals. These days there are so many interesting ways of using carrots: Grated or sliced with other ingredients in salads, cooked and spiced in a variety of pretty side dishes, as a naturally sweet flavor in soups and stews.

In our recipe the carrots are cooked with potatoes till tender, then blended with chicken broth and pureed in the blender. White pepper, allspice and lemon peel create the seasonings, whisked along with half and half. The soup teases the appetite as a first course, or becomes a main dish with cooked chicken chunks or hardcooked eggs added. It's also lovely served cold.

Glazed Carrots are a natural complement to chicken, pork or ham. The sunny seasonings are honey, lemon peel, ginger and garlic.

### CARROT AND POTATO SOUP

1 tsp. butter or margarine  
¼ cup chopped onion  
3 cups chicken broth  
1 tsp. sugar  
1 tsp. salt  
1 cup, grated lemon peel  
¼ tsp. ground allspice  
¼ tsp. ground white pepper  
¾ cups sliced carrots  
½ cup diced peeled potatoes  
1 cup half and half cream  
½ tsp. lemon juice

In a medium saucepan melt butter. Add onion; saute until transparent, about 5 minutes. Add chicken broth, sugar, salt, lemon peel, allspice and white pepper. Bring to a boil. Add carrots and potatoes. Simmer covered until vegetables are tender, about 10 minutes. Remove from heat. Pour half of the vegetable mixture at a time into the container of an electric blender; blend until smooth. Repeat with remaining vegetable mixture. Return pureed

vegetables to saucepan. Add cream; heat until hot. Stir in lemon juice.

### GLAZED CARROTS

2 cups sliced carrots  
2 tsp. butter or margarine  
1 garlic clove, crushed  
¼ tsp. ground ginger  
¼ tsp. grated lemon peel  
1 tsp. honey

2 tsp. lemon juice

Cook carrots in ¼-inch boiling salted water until tender, about 8 minutes. Meanwhile in a medium saucepan melt butter. Add garlic, saute for 1 minute. Add ginger, lemon peel, honey and lemon juice; mix well. Stir over low heat for 1 minute; remove from heat. Drain carrots; add to butter mixture. Toss gently to coat well.



**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



**Top Sirloin Steak**

**\$2.79**

(Boneless Whole Top Sirloin \*2.19 lb.)

IGA  
TABLERITE  
WESTERN  
BEEF  
Boneless

IGA TABLERITE  
WESTERN BEEF WHOLE

**Boneless Sirloin Tips**

**\$1.79**

For Roast, Steaks or Grinds  
(Boneless Sirloin  
Tip Steaks \*2.49 lb.)



WILL  
CUSTOM CUT  
FREE!

**SUPER QUICK  
DELI BUFFET**  
WED. & FRI. 11:30AM-1PM

WED. Carved Roast Beef Sandwich  
plus Ham and Turkey  
FRI. Carved Corned Beef Sandwich,  
Ham & Turkey

**\$3.95** with salad bar **\$4.95** with salad bar \*

Lunch has never been quicker or tastier.  
A great value!

**Holiday Inn**  
38123 W. Ten Mile Road,  
Farmington Hills, Michigan 48024

**Summer Camp**  
4 or 5 Week Sessions  
Beginning June 16

**Bloomfield Maple**

**MONTESSORI**  
6201 W. Maple, West Bloomfield  
144 E. of Henry Ford Hospital

APRIL 28 - TUESDAY  
MAY 1 - FRI DAY SESSION  
Full Montessori Montessori Program  
Cooking, Art, Field Trips

**FRESH HAMBURGER**  
from BEEF

**Ground Chuck**

**\$1.49**

5 lbs. or more lb.

**HOLLY FARMS GRADE A**

**Chicken Breast**

**\$1.49**

lb.

IGA TABLERITE  
Trimmed, Assorted,  
Sliced

**Pork Chops**

**\$1.49**

¾ Loin  
7/11 Chops lb.

**MARVEL GRADE A**  
OVEN READY

**Young Turkey Breast**

**\$1.49**

lb.

**IGA TABLERITE Turkey Drumsticks 49¢**

**Coca Cola, Tab, Sprite, Caffeine Free**

**\$1.79**

3 Pak 1/2 Liter Deposit

**Schwepps All Varieties 69¢**

1 Liter Deposit

**Orange Juice 89¢**

**2% Low Fat Milk \$1.69**

**Head Lettuce 2/\$1.00**

**Seedless Grapes 99¢**

**King Size White Bread 69¢**

**Swirly Q's \$1.99**

**Cheery Deluxe Crackers \$1.50**

**Honey to Bran 89¢**

**Bonus Coupon**  
Breyer's Yogurt  
**3/\$1**

**Bonus Coupon**  
FAMINE  
Saltine Crackers  
**39¢**

**Bonus Coupon**  
MAXWELL HOUSE  
Instant Coffee  
**\$2.99**

**SUMMERTIME SAVINGS!**  
**FREE FAME Sugar**

When you purchase these 4 items.

To receive your FREE FAME Sugar 5 lb. Bag up to \$1.80 present this coupon at the checkout counter with your purchase of all 4 items brands below:

- One package of Betty Crocker SuperMollet Cakes Mix
- One package of Betty Crocker Potatoes (any size or flavor)
- One package of Betty Crocker Hamburger Helper or Tuna Helper
- One tub of Betty Crocker Creamy Deluxe Frosting

Good week of July 8, 1984. Only at IGA Stores.

**IGA Coupon**  
Rolling Bars 50% off

**IGA Coupon**  
Extra Helping 30% off

**IGA Coupon**  
All Varieties 1 Liter 69¢

**IGA Coupon**  
Fabric Softener \$1.99

**IGA Coupon**  
Whole Watermelon 50% off

**IGA Coupon**  
Valveets Slices 30% off

**IGA Coupon**  
Kool-Aid \$3.99

**IGA Coupon**  
Ply 50% off

**IGA Coupon**  
County Line 30% off

**IGA Coupon**  
Valveets Slices 30% off

**MAILED DRUGS**

FARMINGTON - DRAKESTORE 31311 Grand River  
PHONE 471-0135 PACKAGE LIQUOR  
FARMINGTON - DOWNTOWN 21336 Farmington Rd.  
PHONE 478-6138 BEER • WINE

WESTLAND - 3400 FORD RD. Between Veeny & Wayne Rds.  
PHONE 726-2200 PACKAGE LIQUOR

**COUPON \$200 OFF**

ALL NEW CASH PRESCRIPTIONS

Your next new prescription or refillable prescription from another pharmacy.

SORRY MEDICAL AND BIRTH CONTROL NOT INCLUDED

MAX 100 COUPONS PER FAMILY

Promise  
Someone  
a Special Gift...  
Blood... The  
Gift of Life

American Red Cross

**NOW OPEN**

**Jan Drake's**  
Garden Cafe

Featuring...

**Sandwiches • Salads**  
**• Soups & Entrees**

**Hours:**  
Mon.-Sat. 11 am-9pm  
Sun. 11 am-5pm

**9 Mile & Greenfield**  
**in the Greenfield Plaza**