# Among sage's many uses is adding flavor to food

Wise cooks have long known the vir-tues of sage. A native of the Mediter-ranean and a member of the mint fam-ily, it was a highly regarded item in both Greek and Roman pantries and

both Greek and rhoman pantries and pharmacopoela. Among the palllative powers attributed to sage was the ability to soothe both nerves and stomach, and ancients as revered as Strabo, Hippocrates and Galen all admired the herb for its medicinal effects.

The Roman Apiclus, who penned one of the first cookbooks in history, recommended the use of sage in various dishes.

dishes.

And many Greeks, themselves anonymous, made annual offerings of sage leaves to Cadmus, the legendary herowhose deeds included the discovery of

sage's curative powers.

During the Middle Ages and after, sage was a standard ingredient in a wide range of dishes throughout Eu-

sage was a standard ingredient in a wide range of dishes throughout Europe.

It was among the herbs Charlemagne required, and the Crusaders believed that it was an effective remedy against poison and venom.

And the Druids, the ancient inhabitiants of the British listes, who believed sage to have the powers to revive the dead, would certainly have agreed with the German botainst Paulinia, who in the 1600s penned a volume of over 400 pages on the subject of sage, apply entiting it "The Sacred Herb."

Sage's cultury uses today are less widespread than its longlanding representation would lead one torget sausages, pountry, game and liver, fresh sage, the citrury effect all but disappears, leaving in its place a leasing musty seent.

The British traditionally serve duck accempanied by a sage and onion stuffing, and enjoy a special Derbyshire cheese streaked green by the juice of sage leaves.

Americans use sage chiefly in poul-

sage leaves.

Americans use sage chiefly in poul-

try stuffings, which is a shame, because it is far more versatile than that.

Provencal chest use sage in their traditional garlie soup, and to flavor to discount their state of the state

2 hay leaves ¼ tsp. cayenne pepper (optional) 1 cup seeded, peeled, and chopped fresh tomatoes, or 1 cup chopped canned Italian plam tomatoes ¼ cup Arborlo rice 1 cup fresh or frozen peas Salt and freshby ground pepper to taste ¼ cup freshly grated Parmesan

Heat the butter and olive oil in a large saucepan, add the onlons and leeks, and saute until they begin to color. Stir in the carrols and saute another few minutes. Add the remaining vegetables, except the peas and tomatoes, one at a time in the order listed above, sauteing each for a few minutes before adding the next one.

When all the vegetables have been added, blend in 6 to 7 cups of water, the parsley, badl, sage, bay leaves, and cayonne pepper (if desired), and simmer, covered, for 1 hour, stirring occasionally, Add water as required.

After cooking the vegetables for an hour, add the tomatoes and simmer another 15 minutes.

Sir in the rice and peas and cook until the rice is done. Adjust for sait and pepper. Serve with gratted Parmesan for those why want to add it.

FAGIOLI CON PEPERONI
(Beans with Peppers and Herbs)
Serves 6
1 cup dried white beans, or 2 cups
canned Italian white beans
1 they, flour (optionals
2 they, offer offer

1 medium carrot, finely chopped 1 stalk celery, finely chopped 1 hot pepper, fresh or dried, seeded and chopped

anopped
1 tsp. crushed dried sage
2 tbsp. finely chopped paraley
1 large red or green bell pepper, seeded
and dieed

¼ tsp. salt Freshly ground pepper to taste

Soak the dried beans for 8 hours or overnight in 3 cups of water with 1 tablespoon of flour. The flour softens the skin of the beans. Drain, rinse, and cook in 4 cups of water until tender, about 1 hour. Drain and set aside. As an alternative, cook in a pressure cooker for 25 minutes, drain, and set aside. If canned beans are used, omit soaking with water and flour and simply drain before assembling the rest of the dish. Heat the olive oil in a large saucepan or Irying pan, add the onlon, carrot, and celery and saute over a medium heat, sitring for 5 minutes. Serve hot.

MELANZANE MARINATE
(Marinated Eggplant)
For 4
1 eggplant (1½ to 1½ lbs.)

Salt
1 cup vegetable oll
1 cup vegetable oll
1 large gurlle clove, mashed
14 cup fresh parsley, chopped
8 cup fresh parsley, chopped, or
14 tap, dried sage
14 cup red wine vinegar

Wash and dry the eggplant, and cut crosswise into %-inch slices. Place the slices in a colander, sprinkle with 1 tsp. salt, and let drain for 30 to 40 min-utes.

. 2. Heat the oil in a large skiflet over medium-high beat. Dry the eggplant thoroughly with paper towals. When the oil is very hot, slide in the eggplant slices in a single layer. Fry quickly over high beat until tender and slightly hrowned. Drain on brown paper. Continue this process with the rest of the eggplant.

browned. Drain on the rest of the eggplant.

3. Place a layer of eggplant on the bottom of a shallow serving dish. Sprinkie with some of the garlic, some of the parlicy, and a little sage. Repeat the process with one of two more layers.

4. In a small saucepan thing the process with one of two more layers.

4. In a small saucepan thing the process with one of two more layers.

5. Cover the eggplant, and let marrinate for at least 12 hours.

Note: For best results this dish should be prepared a day in advance. It does not have to be refrigerated.

Estimated Cooking Time: 30 minutes. Estimated Total Preparation Time: 1 bour and 39 minutes.

LESS FOLKSY and more elegant is following recipe for Roasted Breast

LESS FOLKSY and more eigent is the following recipe for Rosated Breast of Veal with Herbs and Carrots. Reproduced from Pierre Francy's "Low Calorie Gournet" (Times Books) by Pierre Francy and Richard Flaste, it's a flavorful treat for the calorie-conscious person who enjoys eating well

ROASTED BREAST OF VEAL WITH HERBS AND CARROTS 1 garlic clove, chopped 1 bay leaf

1 bay leaf
14 tsp. dried thyme
14 tsp. dried rosemary
14 tsp. dried sage
1 4-1b, oven-ready breast of milk-fed

Head

Lettuce

% tsp. salt
Freshly ground black pepper (8 turns
of the pepper mill)
2 thsp. vegetable oil
2 onions (% lb.), cut into %-loch cubes
(rots (1% lba), trimmed and scraped,
cut into 1%-inch lengths (3 cups)

1. Preheat the oven to 400 degrees.
2. Chop very linely and blend together the garlic, bay leaf, thyme, rosemary, and sage.
3. Place the meat in a shallow reasting pan that fits it well. Rub the meat all over with the herb-and-garlic mixture. Sprinke it with salt and pepper and rub it with the oil.
4. Place the reasting pan in the bol-

and rub it with the oil.

4. Place the rosating pan in the bottom of the even and brown the meat on each side, about 10 minutes on a side. Pour off all the fat from the rosating pan. Place the colons and around the meat. Lower the even temperature to 375 degrees. Brown the colons for about 5 minutes.

5. Add the wine and chicken steat.

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376 degrees. Brown the onions for about 5 minutes.

5. Add the wine and chicken stock and cover tightly with foil. Cook for about 30 minutes. Add the carrots. Coveragain and bake for 30 minutes more. Skino away the fat and serve the meat with its own sauce and the vegetables. YIELD-8 servings.

Calories per serving; 938. Presentation: The meat should be carroed very thinly. Do this by silicing it on the bins over the bone. (This method leaves a lot of good meat between the bones, although I can offer no elegant way of eating it). An afternative is to cut down between the bone as with ribs. Place silices of the meat in the center of the plate, surrounded by the carrots and sauce! If available, a few whole haall leaves placed around the periphery of the plate add to the color.

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### A quiche quickly

Here's a party dish that combines the best of two favorities . . . the quiche and the Reuben sandwich.

19-inch frozen ple shell

19-inch frozen ple shell

10-inch frozen ple shell

10-inch frozen ple shell

20-inch frozen ple

## 3 eggs 1 cap evaporated milk 1 % tsp. Dijon mustard

Preheat oven to 375 degrees and place a cookle sheet on middle rack. Spread the chopped corned beef on bottom of the ple shell. Top with sauerkraut and Swiss cheese. Beat eggs with milk and mustard. Pour into ple shell and place on cookle sheet. Bake for 30 minutes or until filling is nicely browned. Serves three or four. For a copy of The Sauerkraut Book, featuring classic and contemporary recipes from around the world, write to Silver Floss, c/o Comstock Foods, P.O. Box 141, Newark, N.Y. 14513. Please include 50 cents for postage and handling and a Silver Floss label.

## Sardines in pita

Since flavor, not nutrition, is usually uppermost in the minds of the hungry, it's nice to know that the sardine is delicious eaten as is. It can also be turned into a rare treat like this sandwich below, a very contemporary recipe:

PITA PORT CLYDE
3 cans (3% oz.) sardines, drained (oil, mustard or tomato flavor)
2 hard-cooked eggs, chopped

2 hard-cooked eggs, chopped by cap mayonnaise 44 cap chopped celery by cup minced green pepper Salt and pepper to taste 2 or 4 pita loaves Lettuce Sliced tomato

Mix two cans of sardines with eggs, mayonnasie, celery, green pepers, salt and pepper. Halve and open pita bread. Line with lettuce, fill with eardinegg filling. Add silced tomato, while sardines from remaining can and alfalfa sprouts. Makes for services.

ings.

For more recipes write to: Naturally Nutritious,
P.O.Box 1769, Portland, ME 04104.

# Innovate

in space

The Space Shuttle has opened an entirely new era in space flight — and that includes a new system of feeding the crew.

Shelf life, storage temperature, volume and weight have been primary considerations in developing the food system for the Shuttle. But so have nutrition, variety and palatability.

Even in orthi, it shouldn't be hard to take shrimp cocktail, beef steak, rice pliaf, broccoil au gratin and butteractoth pudding. They were on one of the dinner menus during Columbia's first flight.

A recent Journal of The American Dietetic Association reveals fascinating details of the Shuttle food system and the Shuttle Galley to be installed when Operations Missions begin.

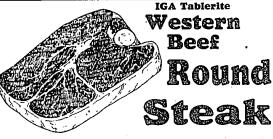
Comnie R. Stadler, a registered dietitian of Technology Inc., Houston, was team dietitian for the challenging job of providing a safe and entirtious food supply for Columbia that could be manipulated with ease in the null-gravity environment.

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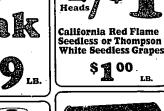
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