Fresh peas make these Italian dishes sparkle

Many Americans identify spaghetti and meathalls, voal parmesan and pizza as favorite Italian foods, but these dishes are not as quintessentially Italians we have come to believe.

Even the carefully tended sauces that simmer for hours in the kitchens of Italian-American bouseholds are considerably different from the lighter tomato sauces used in traditiona. Italian cooking.

tomato sauces used in traditiona. Ital-ian cooking.

In her new book "Italian Fist & Fresh" (Harper & Row, 815,95), Julie Dannenbaum provides a sampling of these two related, yet distinctly sepa-rate, cullnary traditions.

Having spent the past nine summers as a cooking instructor at the Grittl Palace Hotel in Venice, Dannenbaum has had extensive contact with Italian

chefs, and this association has given her a first-hand knowledge of regional Italian cooking.

DANNENBAUM DISCUSSES the similarities and differences between the styles of cooking she observed at Gritti and the Italian-American cooking that she was exposed to during her childhood in Philadelphia.

She also discusses their connections to a common culture and a common way of cooking, and she shows that Americanized Italian food has evolved after years of gradual adjustments and "tinkering" with recipes.

It is evident that Dannenbaum has a love for both types of Italian food. Dan-nenbaum reminisces about learning

from Italian chefs as warmly as she re-counts fond memories of the pungent smells that emanated from the bome of Mrs. Pellegrino, an Italian-American neighbor from whom she first learned of the joys of Italian food. Dannenbaum proclaims that, whether "in Italy or America, Italian food is fun food."

HER RECIPES can be made in an hour or less, which makes for relaxed meal preparation as well as enjoyable dining and, uithough she sometimes offers information on the origin of a recipe, or an explanation of the origin of a recipe, or an explanation of the differences between Italian and Italian-American preparation methods, Dannenbaum presents both cooking styles with email rusto.

nenhaum presents both cooking styles with equal gusto.

Dannenhaum's recipe for Fettucine with Shrimp and Fresh Peas, reprinted here, is an ideal way to take advantage of fresh peas that are at their peak during the late spring and early summer or fall. Also reprinted is a recipe for Chicken Breasts with Sausage which combines the delicacy of tender chicken breasts with the distinctive flavoring of sweet Italian sausage.

CHICKEN BREASTS WITH SAUSAGE whole chicken breasts, skinned, coned, and halved

2 tbsp. oil 1 small onion, chopped 1 garlle clove, chopped ½ lb. sweet Italian sausage, casings re-moved

moved
% cup fresh bread crumbs
1 thsp. chopped flat-leaf parsley
1 tap, chopped rosemary
Salt and fresh pepper to taste
4 thsp. butter

Flatten the 6 pieces of chicken by pounding with a wet mailet or pound between sheets of wax paper or foil. Heat the garlic in a skillet. When hot, add the onlon, garlic, and sausage meat. Cook, while stirring with wooden spatula, for about 5 minutes, or until the sausage is cooked through. Using a slotted spoon, remove the mixture to a bowl. Pour off the fat.

Mix the bread crumbs, parsley and resemany with the sausage. Season with sail and pepper, with the comment of the fat. Mix the bread crumbs, and the control with the foram subsides, saut the chicken peices, a few at a time, about 2 minutes a side.

Melt the butter in the same skillet. When the foram subsides, saut the chicken peices, a few at a time, about 2 minutes a side. So we have a side down. Lay the season a board or countertop and divide the filling evenly. Lay cheese on each. Roll up the chicken, tucking in the edges. Tie to secure or fasten with toolbpicks. Lay in a baking dish, seam side down.

Add the wine and lemon tuice to the

toothpicks. Lay in a baking dish, seam side down.
Add the wine and lemon julce to the skillet. Boil up to deglaze. Swirl around over heat for 1-2 minutes. Pour over the chicken. Bake at 350 degrees for 15-20 minutes. Remove strings or toothpicks.
Serves 6.

FETTUCINE WITH SHRIMP
AND FRESH PEAS
1½ lbs. shrimp, peeled and develned,
shells reserved
1 lb. peas, shelled
1 small onion, finely chopped
½ cop sileed mushrooms
¼ cop dred mushrooms
¼ cop dred yermooth

Place the shrimp shells in water to cover. Bring to a soil Cover and cook on moderate heat 20 minutes. Strain. Reserve 1½ cups of stock:
Place the peas in a saucepan with just enough water to cover. Bring to a soil, reduce heat to moderate, and cook 10 minutes, or until barely tender. Add the shrimp to the peas (it may be necessary to add more water but do not add too much). Cook until the shrimp are just poached, 2-3 minutes.

Strain and reserve the juices. Place the shrimp and peas back in the pan.

In another saucepan, place the onlons, mushrooms, dry vermouls, reserved shrimp stock, and strained juices from shrimp and peas. Reduce over moderate heat to approximately 1 cup.

over moderate heat to approximately 1 cup.

Add the heavy cream and cook until the mixture coats the back of a metal spoon.

Combine the reduced mixture with the peas and shrimp. Reheat. Season with salt and pepper to taste. Serve over hot past.

Serves 4-6.

Microwave basics

Any microwave owner may be overcome by the amount of microwave containers and accessories on the market today. But don't run out and buy every accessory that out and buy every accessory that looks and sounds terrific until you

tooks and sounds terrife until you know your needs.

Many of the basic microwave essentials will already be in your kitchen and suitable for microwave cooking. Always use your microwave owners manual as a guideline for testing these containers for microwave use.

BASIC CONTAINERS

• Glass measuring cups
• Glass ple plates

Glass custard cups
 Plates or platters

If you find that you want to do more complicated microwave cook-ing, here is a list of optional accesso-ries you may want to purchase:

Optional Accessories

Browning tray for cookin meats
Rack for meats
Fluted or tube bundt pan for mak-

ing cakes

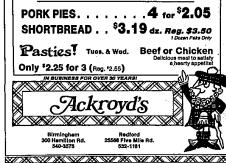
• Muffin ring for muffins, cupcakes

Quentity

ORCHARD-10 IGA

Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5 We Feature Western Beef

Not Responsible for Errors in Printing



THIS WEEK'S SPECIALS

This BBQ is taste pleaser

Here's a barbecue idea which will appeal to men!
Let dad prepare a beef barbecue in the backyard
for a wenderful and memorable meal. He will welcome the opportunity to share his culinary skills
with the rest of the family.
A slow charcoal fire cooks beef to its most flaworful, tender and juicy best by cooking at low to
moderate temperatures. Beef casily picks up the
smoky barbecue flavor to enhance its own flavorful
state. Some like their beef unadorned, but other
outdoor cooks add flavor variety with marinades,
sauces, wood chips or chunks.
The whole family will enjoy the following recipe.

TERIYAKI STEAK WITH ONIONS 11/4 lb, beef flanks steak

1½ ib, beef flanks steak
½ cup soy snuce
¼ cup dry white wine
2 thsp, brown sugar
1 tsp, grated ginger root
2 cloves garlic, minced
1 large sweet onion, sliced
I tbsp, butter or margarine

Combine soy sauce, wine, brown sugar, glager and garlie. Place steak in plastic bug. Add martinade, turning tores and the plastic bug. Add martinade, turning tores to 8 incurs (or overnight), turning at least once. Drain martinade from steak, and reserve. Broil steak over medium coals 10 to 15 minutes, to denoneas desired (rare or medium); turn once. Meanwhile, cook onton in butter in frying pan until soft. Stir in & cup reserved mariande; cook 4 to 5 minutes. Carve steak into thin silces. Serve with onlon. 5 to 5 servings.

More creative cookout ideas can be found in a booklet called: "Marrican Beef Cookouts." For a copy, send your name and address and 75 cents to the Meat Board Test Kitchens & Beef Industry Council, 444 N. Michigan Ave., Chicago, Ill. 50811.

'Thin' skin is first line of defense

Even If you're on the skinny side, your skin is your body's largest organ.

The average human epidermis measures about 19 square feet and weighs more than 7 pounds. Your skin is a fortress which protects you against loavding bacteria and viruses. It can do this because the outer layer is really made up of dead cells which don't become infected easily.

Below the top cells, which you slough off and replace by the millions each day, lie highly specialized cells which don't become include about 10 per layer than 11 you're a pid race, It's because you have less melania, or pigment, in your skin than someone with a swarther complexion.

A portion of your skin no bigger than a poesing stamp contains four yards of nerves and 25 nerve endings. In all, you have millions of these nerves and 55 nerve endings I annia through your skin, or dermis, each specially constituted the state of the control of the state of



COUPON SUPERIOR FISH CO. FRESH PACIFIC

SALMON STEAKS Reg. \$4.59 lb. \$4.29 lb.

SUPERIOR FISH



24065 ORCHARD LAKE RD.

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 August 4, 1985

Bounty ONUS COUPON

Boulener,
Microways or Asser

IGA BONUS COUPON

<u>\$Ã₩₽</u> (50)

≽(80°)

HITTER 172

IGH RONUS COUPON

Bakery

White Bread 69

Steak Buns..... \$109

NR 92-2

We've Got A Super Summer Sale!

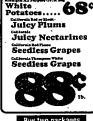


IGA TABLERITE WESTERN BEEF Boneless New York Strip Loins

Will Slice FREE!

LB.

Lowest Price in Weeks



Produce



SAVE \$1 AT THE CHECKOUT



Hefty S109 Garbage Bags Cocoa \$169

Del Monte Catsup

Velveeta Loaf Table Treat



GR COUPON SAVE 400 __ _ NR97-7 🗸

IGR COUPON \$100 SAVE (10) _ NR 100-10



Lieberman's Famous **Center Cuts Corned Beef Briskets**

Flat

Freshlike

Vegetables

Banquet Cream Pies .. 79 Jeno's Pizza Rolls . .

Stouffer Entrees 134



Spare Ribs



Louis Rich **Ground Turkey** 99¢ LB.



Drums **68**¢

Chef's Pantry Turkey Nuggets

Heat \$225

Beans

__ _ NR 96-6 🗸

Club Crackers