

Chili pie — an autumn favorite

When the first cool winds of autumn begin to blow, one's thoughts often turn to chili, which is likely to be avoided during hot, summer months.

Spicy hot chili, made with beer and topped with dollops of delicious cornmeal dumplings, puts a new face on an old familiar friend. It's a great crowd-pleaser and it's economical, too.

Many time-honored recipes, passed down through generations of western chili-lovers, mix all the traditional seasonings with beer. Beer has been used as a meat marinade and sauce base for centuries. It tenderizes chili meat and adds a unique flavor that you won't find in any spice can. The alcohol in the beer evaporates during cooking, leaving an unmatched aromatic flavor.

Chili originated around 1850 in Texas. Trail cooks along cattle drives through barren prairies were responsible for providing grub to ravenous cowboys. Cooks threw whatever meat they had into the stew pot and flavored it with plenty of chili peppers. Chicken, buffalo, rabbit and rattlesnake all

found their way into countless chili recipes.

One enterprising trail cook ensured his spice supply by planting small gardens of peppers and other spices in mesquite patches along the cattle drive trail. By the time he returned, the spices were ready to harvest and dry in the sun.

MANY FOLKS today still dry their own chili peppers, by hanging on cast-iron racks and hanging them in a dry place. This provides a ready supply of fresh spicy peppers and is an attractive decoration as well. Whether you dry your own or use canned spices, you'll find that beer adds a unique taste to the spicy goodness of chili.

Beer can also brighten a variety of other foods. A new historical book published by Adolph Coors Company, "A Taste of the West from Coors," is full of delicious ideas for mixing food and beer. The book costs \$7.95 and can be

bought in local bookstores or ordered by sending check or money order to Coors Cookbook, P.O. Box 10237, Des Moines, Iowa 50336.

The book's 113 recipes, compiled from more than two years of research throughout the West, show western food lovers how to marinate, bake, mix and flavor foods with one of the oldest cooking ingredients known to man.

Try Chili Pie with Cornmeal Dumplings (a recipe from the book) and you'll see. It's easy, nutritious and delicious. Served with a tossed green salad and a stein of beer, it's a tasty meal you won't forget.

CHILI PIE WITH CORNMEAL DUMPLINGS

1 1/2 lbs. of beef stew meat cut into 1/2-inch cubes
1 cup chopped onion
1 1/2 1/2 oz. can of red kidney beans, drained
1 1/2 oz. can of beer
1 1/2 oz. can of tomatoes, cut up

1/4 cup tomato paste
1 4-oz. can chopped green chili peppers
2 cloves of garlic, minced
1 tbsp. chili powder
1 1/4 tsp. salt
1/4 tsp. ground cumin
1/4 cup yellow cornmeal
1/4 cup all-purpose flour
1/4 tsp. baking powder
2 tsp. cooking oil
1 beaten egg
1/4 cup milk

Place meat, onion and kidney beans in bottom of ungreased 3-quart casserole. In bowl combine beer, undrained tomatoes, tomato paste, undrained chilies, garlic, chili powder, 1 tsp. salt and cumin. Pour over meat. Bake, covered, in 350-degree oven for 2 hours. Combine cornmeal, flour, baking powder, and 1/4 tsp. salt. Stir in oil, egg and milk. Drop by tablespoonful onto hot stew, forming 8 dumplings. Bake, covered, 30 minutes more or till dumplings are done. Makes 8 servings.



Store processed meats carefully

Consumers have many questions regarding safe at-home storage of processed meats. How long will processed meats keep in the refrigerator? Can they be frozen? Should processed meat purchased in the deli be rewrapped?

To preserve flavor and quality, the National Live Stock and Meat Board states that processed meats must be handled carefully at home. Place these

meat products promptly in the coldest part of the refrigerator, which is normally 36 to 40 degrees F. Optimum temperatures for storage of meat products is actually 28 to 32 degrees F.

Opened packages of processed meats and loosely wrapped packages from a delicatessen can be kept in the refrigerator for one week. It may be possible

to store unopened vacuum packages for longer periods depending on the freshness date on the package.

Once the processed meat package is opened, the quality of the product starts to deteriorate. So any leftover product should be wrapped in a moisture/vapor-proof material, such as a sealable plastic bag, to seal out the air. Processed meats packaged in resal-

able cartons can be kept in their original packaging if the container continues to seal properly.

Freezing processed meats can lead to loss of quality because the seasoning speeds up changes in flavor during freezing. However, they can be frozen at 0 degrees F., or colder, for up to two months.

Ackroyd's

SCOTTISH BAKE HOUSE

SAUSAGE ROLLS 6 for \$2.75	ASSORTED PASTRIES \$3.29 per doz. (doz. packs only)
Pasties! Tues. & Wed. Beef or Chicken Delicious meat to satisfy every appetite Only \$2.25 for 3 Pkg. \$2.65	Ask about special prices for churches

Birmingham 300 Hamilton Rd. 540-3576
Redford 25508 Five Mile Rd. 532-1181

Apple juice: hot or cold

In the early 1970s, consumers discovered apple juice after many years of low consumption. All of a sudden, apple juice consumption soared and continues to be one of America's most popular all-natural beverages.

Apple juice has lots going for it besides being a natural beverage. It is as versatile as any product on the market. Apple juice is a satisfying beverage, served alone either hot or cold or use it with other ingredients to add flavor and a natural sweetness to foods.

APPLE BLOSSOM SODA
 1 cup chilled apple juice
 1/2 cup chilled cranberry juice cocktail
 6 tbsp. whipping cream
 Chilled club soda
 1 quart vanilla ice cream

Combine apple juice, cranberry juice cocktail and cream. If desired, tint deeper pink with a few drops of red food coloring. Pour equal amount into 6 tall glasses. Fill glasses to half-way mark with club soda. Stir to mix. Add 2 scoops ice cream to each glass. Fill glasses with club soda. Stir gently. Serve with straws and long spoon.

FROSTY APPLE SHAKE
 1 quart apple juice (chilled)
 1 pint vanilla ice cream (softened)
 1 1/2 oz. can crushed pineapple (optional)
 1/4 tsp. cinnamon or sprinkle with nutmeg
 Combine all ingredients in blender or with mixer until frothy.

For additional apple recipes, send self-addressed envelope to Michigan Apple Committee, 2720 E. Michigan Ave., Lansing, Mich. 48912.

Party trifle is simple to make

Apple Trifle is a simple-to-make party dessert with a dash of elegance. The lady fingers come from a package, the cream sherry from a bottle and flavored apples from a can. Making the custard sauce is really all that is involved in making this luscious dessert.

APPLE TRIFLE
 4 eggs, slightly beaten
 1/4 cup sugar
 Few grains salt
 3 cups milk, scalded
 1 tsp. vanilla
 1 pkg. lady fingers
 1/2 cup cream sherry
 1 can (21 oz.) apple pie filling*

Combine eggs, sugar and salt. Add milk. Cook over hot water, stirring constantly, until mixture coats the spoon. Chill. Add vanilla. Line bottom of serving dish with halved lady fingers; pour cream sherry over lady fingers. Top with apple pie filling. Pour chilled custard sauce over all. If desired, make a "fence" around inside rim of serving dish with remaining lady fingers, halved. Makes 8 servings.

*Not to be confused with pie-filled apples.

For additional apple recipes, send self-addressed stamped envelope to Michigan Apple Committee, 2720 E. Michigan Ave., Lansing, Mich. 48912.

YOUR MONEY ON YOUR LIFE.

When you give to the Red Cross, you take on a great responsibility, saving thousands of lives. Maybe even your own.

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon.-Fri. 9-9; Sat. 8-9; Sun. 9-5
We Feature Western Beef

Quantity Rights Limited

Not Responsible for Errors in Printing

WE'VE GOT THE FALL BAKING BONANZA!

IGA Tablette Western Beef

Full Cuts Table Trimmed or Thick Cuts

\$1.69 lb.

IGA Tablette Fresh Pork

Spare Ribs

Small, Lean Meat Never Been Frozen

\$1.33 lb.

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, November 17, 1985.

BONUS COUPON

Diamond Walnut Meats

\$1.99

Limit 2 - 1 lb. Pkg.

BONUS COUPON

Regular or Unbleached Gold Medal Flour

79¢

Limit 1 - 5 lb. Bag

IGA Tablette Western Beef

Holly Farms or IGA Tablette Fresh Roasters

\$88¢ lb.

Sundays Best

IGA Tablette Western Beef

Boneless Sirloin Tip Steak

\$2.29 lb.

Frozen

Banquet Dinners

79¢

11-12 oz. Pkg.

Bakery

Oven Fresh King Size Lumberjack Bread

79¢

24 oz. Loaf

Mr. Turkey

Ground Turkey

1 lb. pkg. 89¢

Tabletting Sliced Bacon

1 lb. pkg. \$1.39

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Peppi-Cola, Reg. or Diet, Caffeine Free, Light, Pepsi Free, Mountain Dew

3 Pack 1/2 Liter Btl.

\$1.79

IGA COUPON

40¢ OFF

1 lb. pkg. Sliced Bacon

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk

49¢

1 Can

Hi Dri Towels

49¢

1 Roll

Evaporated Milk