



Easy to make, fun eat, these honey crunch apples are a treat everyone will love.

It's apple time again

With the changing season comes fall's abundance of apples. Crisp and crunchy, red, green or yellow, this seasonal bounty is a boon for dessert makers.

Busy cooks have long known that great-tasting homemade apple desserts can be a breeze to prepare. With the help of the marshmallow creme to streamline preparation, lightly sweeten and insure smooth texture of creamy fillings, all kinds of autumn apple treats can be ready in no time.

The familiar honey aroma of apples and cinnamon will fill the air temptingly as Apple Upside-Down Cake bakes. Super-moist and rich, it boasts a cinnamon-flavored apple-nut filling topped lightly sweetened with marshmallow creme. Serve this versatile cake as a harvest dinner finale or a special weekend breakfast treat.

A "spirited" dessert with sophisticated flavor, Branched Apple Bars showcase the season's apple crop. The crispy, golden oatmeal crust holds a rich and creamy cheesecake filling made with cream cheese, marshmallow creme, apples and a splash of brandy. Serve the bars warm from the oven or chilled, for make-ahead convenience.

APPLE UPSIDE-DOWN CAKE
 1 cup margarine
 1 cup sugar
 2 eggs
 1 tsp. vanilla
 2 cups flour
 2 cups flour
 1 tsp. baking powder
 1 tsp. baking soda
 1 cup sour cream
 1 7-oz. jar marshmallow creme
 1 tbsp. lemon juice
 1 1/2 tsp. cinnamon
 2 cups peeled apple slices
 1 cup chopped nuts

Heat margarine and sugar until light and fluffy. Add eggs, one at a time, mixing well after each addition. Blend in vanilla. Add combined flour, baking powder and baking soda alternately with sour cream, mixing well after each addition. Combine marshmallow creme, juice and cinnamon, mixing with electric mixer until well blended. Layer half of apples, nuts, marshmallow creme mixture and batter in well-greased 10-inch tube pan. Bake at 350 degrees, 1 hour. Immediately loosen cake from rim of pan; invert onto serving plate. 10 to 12 servings.

Variation: Substitute greased 13 x 9-inch pan for tube pan. Spread

half of batter on bottom of pan. Top with apples, nuts, marshmallow creme mixture and remaining batter. Bake at 350 degrees, 45 minutes. Cool; cut into squares.

BRANCHED APPLE BARS
 1 1/2 cups flour
 1 cup old fashioned or quick oats, uncooked
 1/2 cup packed brown sugar
 1/4 cup margarine
 1/2 cup chopped nuts
 1 8-oz. pkc. cream cheese, softened
 1 7-oz. jar marshmallow creme
 2 tbsp. brandy
 3 cups apple slices

Combine flour, oats and sugar; cut in margarine until mixture resembles coarse crumbs. Stir in nuts. Reserve 1 cup crumb mixture; press remaining mixture onto bottom of greased 13 x 9-inch baking pan. Bake at 350 degrees, 15 minutes.

Combine cream cheese, marshmallow creme and brandy, mixing at medium speed on electric mixer until well blended. Stir in apples. Spoon over crust; sprinkle with reserved crumb mixture. Bake at 350 degrees, 25 minutes. Cut into bars. Serve warm or chilled. 1 1/2 dozen.

Keeping it hot

Seafood lovers use the grill

Don't give up the backyard barbecue although it's the first day of fall. There are plenty of grilled meals to make before winter buries the barbecue under the snow.

Fortunately, for fish and grill lovers, the harvest of prime Alaska halibut can be enjoyed for many more weeks. This choice seafood from the deep blue waters of the coast of Alaska is ideal for barbecuing as it holds its shape so well and is complemented by a variety of sauces and seasonings.

Due to an expanded harvest, Alaska halibut will be in excellent supply during 1986 and at a good value to the consumer. In some urban areas it will be available fresh at certain

times during the summer. Halibut can be purchased in the form of steaks or roasts and sometimes cut into boneless filets (fillets).

Alaska halibut is prized for its pure white color, delicate flavor and adaptability to a variety of cooking methods. It is an excellent source of complete protein and other nutrients, is low in fat and has few bones.

For great eating from the barbecue, brush the snowy Alaska halibut steaks with a tangy herbed butter sauce, then barbecue over glowing coals just until brown.

BARBECUED ALASKA HALIBUT
 1/4 cup each lemon juice and melted

butter or margarine
 1/2 tsp. grated lemon peel
 1/2 tsp. each tarragon, crushed, garlic salt and pepper
 lemon wedges
 parsley sprigs
 4 (about 6 oz. each) Alaska halibut steaks, thawed if necessary

Combine lemon juice, butter and seasonings. Generously brush both sides of steaks with mixture. Place on oiled barbecue grill about 3 inches from hot coals. Barbecue about 5 minutes on each side, basting frequently with sauce, until fish flakes when tested with a fork. Garnish with lemon wedges and parsley. Makes 4 servings.

Meatloaf is a classic

Ah... meatloaf. If you're searching for classic American foods you need look no further than the all-time family meatloaf. This main dish is the staple of many growing families because of its versatility, economy and ease of preparation. A basic meatloaf may be served either hot or cold, covered with or without a sauce, shaped in the standard loaf or a ring and given a regional or ethnic flavor by changing the seasonings.

Start with a basic recipe such as Classic Meatloaf. This version, which serves six, uses one and a half pounds of ground beef. It also contains a liquid — tomato sauce and a "stretch" — soft bread crumbs.

Other stretch ingredients that can be substituted include dry bread crumbs, cooked rice, ready-to-eat cereals, uncooked rolled oats or cracker crumbs. With drier ingredients the liquid may need to be increased by one-fourth cup.

Any seasoning may be added to a meatloaf, but in this classic version we suggest onion, Worcestershire

sauce, thyme, garlic salt and pepper. Then shape into a loaf and cover with a sauce of tomato sauce, brown sugar and mustard.

If you wish to give your meatloaf a southwestern or Latin flavor try two unique meatloaf variations — Four-Pepper Meatloaf and Picadillo-Style Meatloaf. For the four-pepper version simply add chopped green pepper and ground red and white pepper to the black pepper and other seasonings. And for the second version vary the seasonings by removing the thyme and adding chopped green pepper, raisins, ground cumin and oregano leaves.

CLASSIC MEATLOAF
 Preparation time: 15 minutes
 Cooking time: 1 hour
 1 1/2 lbs. ground beef
 1 can (8 oz.) tomato sauce, divided
 1 cup soft bread crumbs
 1 egg, slightly beaten
 1 small onion, finely chopped
 2 tsp. Worcestershire sauce
 1 tsp. dried thyme leaves
 1/2 tsp. garlic salt

1/4 tsp. pepper
 1 tbsp. brown sugar
 1 tsp. dry mustard

Reserve 1/4 cup tomato sauce. Combine ground beef, remaining tomato sauce, bread crumbs, egg, onion, Worcestershire sauce, thyme, garlic salt and pepper, mixing thoroughly. Shape beef mixture into an 8 x 4 1/2-inch loaf; place on rack on an open roasting pan. Combine brown sugar and mustard and blend with reserved tomato sauce. Spread over top of loaf. Bake in 350 degrees (moderate) oven 1 hour, 6 servings.

Variation for Four-Pepper Meatloaf: Add 1/2 cup finely chopped green pepper and 1/4 tsp. each ground red and white pepper to ground beef mixture. Prepare as above.

Variation for Picadillo-Style Meatloaf: Omit dried thyme leaves. Add 1/2 cup finely chopped green pepper, 1/4 cup raisins, 1 tsp. ground cumin and 1/2 tsp. dried oregano leaves to ground beef mixture. Prepare as above.



Buyers ask where's the lean

Leanness has become as important to today's consumers as taste and price when they're buying beef. Consumers are willing to pay slightly higher prices per pound for more closely trimmed meat.

How much red meat do Americans really eat? The actual amount of red

meat that Americans eat is less than previously thought. Bone, trimmable fat, and cooking losses are now taken into account to provide a more precise consumption figure. Until recently the only available data for meat consumption were carcass disappearance figures from the U.S.

Department of Agriculture. According to USDA per capita consumption of beef, based on carcass disappearance, was 105 pounds in 1984. But if bone, fat and cooking loss is accounted for, the per capita consumption of beef for that year was actually 45.6 pounds.

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