

Teach kids to cook with microwave ovens

Want to teach your kids to cook? Teach them to microwave at the same time. Children can learn microwave techniques as easily as they acquire conventional cooking skills. These two quick and easy recipes in dishes are a good introduction to basic microwaving. Both use baking mix recently introduced in a new package specifically for children. The baking mix is premeasured in one-cup packets, a boon to youngsters who find it difficult to accurately measure dry ingredients.

As a bonus, the packets are printed with food-related games and quizzes and packed in a box containing simple kid-level recipes.

1. Spread each bologna slice with mustard and mayonnaise. Arrange each in 6-oz. custard cup or microwavable coffee mug.
2. Cut tomato into 4 slices on cutting board. Place 1 tomato slice in each cup. Place cups in circle on microwavable dinner plate.
3. Mix baking mix, milk and basil in medium bowl with spoon until dough forms; stir vigorously 20 strokes. Drop by heaping spoonfuls into custard cups; sprinkle with croutons.
4. Microwave uncovered on high (100 percent) 1 minute; rotate plate 1/4 turn. Microwave uncovered until biscuits are no longer doughy, 2 to 4 minutes longer. Ease out of custard cups onto plate with fork. 4 servings.

- High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.
- QUICK CHICKEN PIES**
- Ingredients
- 1 can (10 3/4 oz.) condensed cream of celery soup
 - 1 can (8 oz.) peas and carrots, drained
 - 1 can (6 1/2 oz.) boned chicken, broken into chunks, or 1 cup cut-up cooked chicken
 - 1/4 cup milk
 - 1/4 tsp. pepper
 - 1 packet Bisquick baking mix
 - 1/2 cup milk
 - paprika
 - Utensils

- INSIDE-OUT SANDWICHES**
- Ingredients
- 4 slices bologna, about 4 inches in diameter
 - 2 tbsp. prepared mustard
 - 2 tbsp. mayonnaise or salad dressing
 - 1 small tomato
 - 1 packet Bisquick baking mix
 - 1/2 cup milk
 - 1/4 tsp. dried basil leaves
 - 1/4 cup crushed seasoned croutons
 - Utensils
- four 6-oz. custard cups or microwavable coffee mugs
- table knife
- sharp knife
- cutting board
- microwavable dinner plate
- medium bowl
- spoon
- fork

- 1 1/4 qt. microwavable casserole spoon
- small bowl
- 4 individual microwavable casseroles or 10-oz. custard cups
1. Mix soup, peas and carrots, chicken, 1/4 cup milk and the pepper in 1 1/2 quart microwavable casserole. Cover tightly and microwave on high (100 percent) 3 minutes; stir. Cover tightly and microwave until hot and bubbly, and about 3 minutes longer.
 2. Mix baking mix and 1/2 cup milk in small bowl until dough forms; stir vigorously 20 strokes. Spoon hot chicken mixture into 4 individual microwavable casseroles or 10-oz. custard cups; top each with 1/4 of the dough. Sprinkle with paprika.
 3. Microwave uncovered on high (100 percent) until biscuits are no longer doughy, 4 to 4 1/2 minutes 4 servings.

To reheat 1 to 4 servings: After microwaving pies, cover and refrigerate up to 24 hours. To serve, cover with waxed paper and microwave on medium-high (70 percent) as directed below, rotating casserole(s) 1/4 turn after half the time. 1 serving: 2 to 3 minutes
2 servings: 2 to 5 minutes
3 servings: 6 to 8 minutes
4 servings: 8 to 10 minutes

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.



Pot roast with all the fixings is just right for autumn.

Home-baked white bread, easy to make, tastes great

There's something about home-baked bread that makes everything it's served with taste better. And now, with quick rise yeast and your food processor, baking and cleanup are twice as easy — leaving you plenty of time to enjoy the fall season.

Quick rise is an all natural yeast that cures time in half, and since your food processor can produce a perfectly kneaded yeast dough in 60 seconds, preparation is a snap. Why not try one, or both, of the following recipes? They're sure to become favorites.

The hearty white bread baked with three robust ingredients is wonderful with soups, and will add special enjoyment to all your sandwich fixings. And the cinnamon rolls, just like grandma used to make, are perfect for breakfast with coffee, or as a snack any time of day.

Once you see how easy baking is with quick rise yeast and a food processor, you'll wonder why you never tried it before!

1 1/2 tsp. cinnamon

1/2 cup butter or margarine, melted

Glaze:

- 2 cups powdered sugar
- 3 tbsp. butter or margarine, melted
- 1/4 tsp. maple flavor
- 3 to 4 tbsp. hot coffee

Oven 375 degrees

24 rolls

Dissolve yeast with 1/4 teaspoon sugar in warm water. Set aside for 5 minutes. In food processor container with dough blade, add flour, wheat germ, potato flakes, dry milk solids, sugar, salt, and eggs. Heat water and oil to 110 to 115 degrees. Pour yeast mixture over flour in container. Process while pouring water mixture through the feed tube. Once a dough ball forms, process for 60 seconds until dough cleans the sides of the container. With lightly floured hands, remove dough. Place in greased bowl, turning to grease top. Roll up gently, pressing dough into roll with each turn. Pinch edges and ends to seal. Place in greased 9-by-5 or 8-by-4-inch bread pans. Cover; let rise in warm place until double, about 30 minutes.

Punch down dough. Divide into 2 parts. On lightly floured surface, roll or pat each half to a 14-by-7-inch rectangle. Starting with shorter side, roll up gently, pressing dough into roll with each turn. Pinch edges and ends to seal. Place in greased 9-by-5 or 8-by-4-inch bread pans. Cover; let rise in warm place until double, about 30 minutes. Bake at 400 degrees for 35 to 40 minutes until golden brown. Remove from pans; cool.

HEARTY WHITE BREAD

2 pkgs. quick rise yeast

1/2 cup warm water (110-115 degrees)

5 cups all-purpose flour

1/2 cup wheat germ

1/4 cup potato flakes

1/4 cup nonfat dry milk solids

2 tsp. sugar

1 tsp. salt

2 eggs, room temperature

1 cup water

2 tsp. oil

Oven 400 degrees. Dissolve yeast

Heart-warming roast draws family to kitchen

When there's a nip in the air and the leaves start to turn it's time to pull a pan out of the kitchen cupboard and prepare a heart-warming pot roast. That tantalizing aroma as it slowly simmers on the range is sure to draw the family into the kitchen on a crisp fall week-end.

The traditional way to cook a pot roast is by a moist heat cooking method called braising. It is used to soften the connective tissue in less tender and economical beef cuts like a boneless beef chuck shoulder pot roast. This provides a moist cooking medium to help reduce surface drying. The end result is a tender, juicy and flavorful meat entree.

Braising is also an easy, hassle-free cooking method. The first step to prepare an entree like Lemon-Basil Beef Pot Roast is to brown the beef in a small amount of oil. For added flavor put a garlic-basil paste onto the meat before browning. The next step is to remove any excess drippings before adding additional seasonings and a small amount of liquid to keep the meat moist.

Let the meat cook slowly for about two and a half hours either on top of the range or in the oven. Be sure to cover the pot roast tightly to hold in the moisture. If cooking on top of the range simmer the beef slowly; in the oven use a slow, 300 to 325 oven setting. In season vegetables like carrots and zucchini may be added to the pot roast during the last half hour and cooked until tender-crisp.

LEMON-BASIL BEEF POT ROAST

Preparation time: 15 minutes

Cooking time: 2 hours 40 minutes

3 to 3 1/2 lb. boneless chuck shoulder pot roast

2 cloves garlic

1 1/2 tsp. dried basil leaves, divided

1 tsp. salt

1/2 tsp. cracked black pepper

1 tsp. oil

1 cup water

2 onions, quartered

1 lemon peel strip (1/4 x 1 1/2 inches)

5 medium carrots, cut into 1-inch pieces

2 medium zucchini

1 tsp. each cornstarch and lemon juice

Mash garlic with French knife; combine with 1 teaspoon basil, salt and pepper to form paste. Rub surface of beef chuck shoulder pot roast with garlic mixture. Brown pot roast in oil in Dutch oven over medium-high heat. Pour off drippings. Add water, onions and lemon peel; cover tightly and cook slowly 2 hours. Add carrots; cover and continue cooking 30 minutes. Meanwhile cut zucchini in half lengthwise and cut each half into 1-inch pieces. Add zucchini and cook, covered, 7 to 10 minutes. Remove roast, carrots and zucchini to warm platter. Strain cooking liquid; skim and discard fat. Combine cornstarch, lemon juice and remaining basil; stir into 2 cups cooking liquid and bring to a boil. Boil 1 minute stirring constantly. Serve pot roast and vegetables with gravy.

Note: A boneless beef chuck shoulder pot roast will yield three 3-ounce cooked servings per pound.

Peanut butter and honey balls

Peanut butter is a childhood favorite, and the good news is that it's high in protein and has no cholesterol. It's a natural snack for youngsters of all ages.

This snack needs no cooking. It

can be prepared by children with minimal supervision.

PEANUT HONEY BALLS

3 tbsp. honey

1/4 cup peanut butter

1/4 cup nonfat dry milk solids

1 cup whole wheat flaked cereal crushed to 1/4 cup

No-Stick Cooking Spray

Mix honey and peanut butter. Gradually add nonfat dry milk, mixing well, until mixture is consistency of putty.

Shape dough into 1-inch balls. If dough is soft, chill before shaping. Roll in crushed cereal. Refrigerate until firm.

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