Mustards vary from hot to mild

for instance, is a whole grain mustard that contains honey, tangerine, oranges, pincapple, white wine and wine vinegar. La Delicate would be a delicious addition to chicken, Jonna said.

a delicious addition to chicken, Jon-na said.

"Standard recipes can be made exciting and interesting by using a different type of mustard." he said. Instead of adding basic yellow mustard to potato saida, substitute a ferrman beer mustard or a Russian sweet-style mustard. Spread a little outhentic, brown stadium mustard or a biting, Cajun mustard on a hot drig. Dip a chunk of cheese in a honey mustard.

Plain sandwiches may be spiced up with creole mustard, one of the biggest-selling mustards at the Bottle and Basket, 190 N. Honter in Birmingham. Creole, a sharp, brown, grahy mustard, contains mustard and vinegar, which Bernie Cole, and mustard and winegar, which Bernie Cole, and mustard sanopkind of cold cut.

Mustard's smorgasbort of ingredients gives each one a slightly different tastes weet, spicy, tangy, hot or sharp. The condiment is produced in clies across the United States from New York to New Orleans and in most European countries. Some of these overlooked mustards include an Arizena sage mustard, sharp Baan Arizona sage mustard, sharp Ba-varian and sweet-and-tangy English

pub-style.
Jonna said that about half of the
Merchant of Vino's mustards are domestic and the other half imported.
"The domestic producers have really expanded their mustard horizons," he said.

THE MUSTARD PLANT grows profusely across the United States. It's a rapidly spreading plant not recommended for herb gardens.

Mustard is often considered a pesky weed by farmers. It's heavily cultivated for its seed in Santa Barbara County, Calif., and in several Western states. It thrives in cold, cool and temperate climates.

Mustard plants come in many varieties, ranging in height from 18 inches to four or five feet. The leaves are turzy and varied in color from yellowish to dark green. For leaves of bright yellow flowers, each of which looks like a miniature cross. Powdered mustard seeds range in color from a dark yellow to olive brown.

Mustard not only adds zest to any meal but holds medicinal purposes as well. Oil extracted from the mustard seed is used to make soap. A paste made from powdered seed can be used in a plaster applied to the white teally angle.

Send your recipe for turkey stuffing

Recipes have started arriving from readers, in answer to our re-quest for favorite recipes for turkey stuffing.

from readers, in answer to our readers, in answer to our guest for lavorite recipes for turkey stuffing.

Everyone who's submitted a recipe, so far, has quite a special way of making stuffing — with some interesting ingredients. We'll print as many of the recipes as possible during November.

But, If you haven't sent in your recipe yet, please do. Mail to: Taste,

Observer & Eccentric Newspapers. P.O. Box 3503. Birmingham 48012. One reader noted her recipe had been in the family for many years. We welcome traditional, family recipes, but you may submit a new reation, if you prefer. And, all the recipes received have been from women. Come. on, fellas, you can get in the act, too. Send us your recipe. We know you're out there cooking.

Mucky Duck more than a name

Continued from Page 1

"You can put it in a glaze and put it on ham or spread it on salmon steaks or pork chops." It adds zip to quiche when spread on the bottom of a quiche crust and its excellent when mixed with sour cream and lemon juice and served out and vinegar dressing to bright angio a garden salad. Mucky Duck also lends itself to sauces, Marshall said.

said. Marshall is working on a cookbook containing her favorite Mucky Duck

recipes.
"I love to cook so it just follows naturally to tell people about all the wonderful ways to use it."

MARTY FIGLEY, 55, of Birming-ham also enjoys making her own mustard but has yet to make her hobby a business. "I enjoy making mustard," she said. "My recipe is from a friend of mine and it's fantastic."

Figley, an active member of the Herb Society of America, began making her mustard more than five

ketplace.

Figley said her smooth mustard is an unusual blend of spicy hot and sweet hot, and goes with about ev-

fts base is mustard powder but it also containes four herbs and no salt or preservatives, she said.

Figley wasn't ready to divulge her mustard recipe, but she did share a mustard sauce she and her family love. "It's excilent with ham, lamb and on cheese," she said.

MUSTARD SAUCE

MUSTARD SAUCE
4 lablespoons dry mustard
2 tablespoons sugar
14 teaspoon sail (pilonal)
2 eggs well beate
4 tablespoons viuegar
1 tablespoons viuegar
1 tablespoons viuegar
1 tablespoon butter
1 tablespoon bu



Least tender cuts best for microwave

AP - Microwave-cooked meats can be timesaving, attractive and

Havorful.

Just match the right cut of meat with the right micro-cooking technique to get tender, jutey results everytime, says Better Homes and Gardons Step-by-Step Microwave Cook Book.

Dook. The best meats to micro-cook are the less tender beef cuts, such as dagued per coasts, stew meat or rolled riping roasts. Small cuts of lamb. perk and hom also work well, as do some sausages, ground meats and hacon. Large pieces (over 3 tas), and cuts that are usually broiled cook

nacon. Large pieces (with a loss) profiled cook best conventional) meat to cook in the measure choose pieces that are cleven in shape, size and thickness, when pieces are not the same thickness, the thinner, less dense parts cook faster. Trim off thick areas or tick under thin portions. It's a good idea to trim off any fat, because it attracts microwaves and may cause meat near it to overcook. Bones have the opposite effect, they sheld microwaves. Meat near large bones may cook slower. Prevent the meat from undercooking by removing large bones or turning the meat rover.

by the control of the small cuts of ham and tanto. Con-cuts of beef and pork, though, are more tender and evenly done if cooked on lower power levels.

new products

O SCHOOL FLAVORS
Official school ice creams are being produced by Country Freak. McDonald and London Dairy, working together with a single flavor house. For Mchlejan State University, there is Spartan Mint Fudge lees and green mint in white chocolate lee cream; for the University of Michigan, there is Michigan Matzen Borry, a Grombination of blueberry sauce and graham crust in cheesecake. Have heresident Delton arks, but here is Michigan worder lee cream. Country MSU graduate, us a cleen of the cream of the cream will be treated equally at the company's Livoniu and Grand Rapide plants.

Ids plants.

ELIFIN LOAVES
Single-serve snack breads are in the grocer's frecere case — new Elimin Loaves from Keebler. The loaves but and a man de arrot. The loaves may be microwaved, owarmed in an oven, or thawed before serving. Each box contains six individually wrapped, two-ounce servings of the home-style snack bread. Suggested retail price is \$2.19 per box. The loaves are made from natural ingredients — blueberries, walnuts and fresh spices — with no preservatives added.

Leave forests and parks clean.

Lower power levels also come in handy for thawing meats. The medium-low or defrost settings will defrost meats quickly.

When it comes to covering up meats, follow these quidelines. Cover most meats loosely with waxed paper during cooking to prevent spattering. One exception to this rule is pork. It should be tightly covered with plastic wrap or a lid so it cooks evenly to the well-done stage. Cover high-fat meats, such as bacon or sausages with microwave-safe paper towels to absorb grease. If cooking a high-fat meat for longer than five minutes, choose a baking dish that can withstand the high temperature

of the fat.

Microwave-cooked meats don't brown well as conventionally town the father of the father

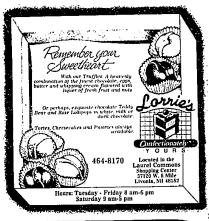
This Week's Specials thru Oct. 17, 1987

the meat in several places to make sure it is done throughouth.

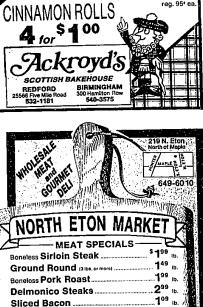
To prevent some meat portions from cooking before others, turn over large cuts, rearrange places or stir mixtures, according to recipe directions. If thinner portions of meat do finish cooking before the rest, shelde them with small pleces of foil so they won't overcook (check the owner's manual first to see whether foil can be used in the microwave even).

oven).
One final hint: When checking the meat, there may be a lot of liquid accumulating in the baking dish. These juices lengthen the cooking time, so spoon them off occasionally.

THERE'S A BARGAIN WAITING FOR YOU IN TODAY'S CLASSIFIEDS







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PASTIES