

Kitchen witch conjures up romance recipes

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same fellow for nearly two years. Neither of them was seeing anyone else, and Mary was reasonably certain that Steve really loved her.

However, whenever the subject of marriage even remotely entered the conversation, he would freeze up, back off and refrain from calling her for a week or more.

Finally, she came right out and asked him about his plans for the future, and whether they included her.

He said he loved her and didn't want to lose her, but he just wasn't ready for marriage yet.

Mary was nearly 30 and wanted to raise a family. She was ready for marriage, and Steve was the one she wanted as a husband.

Determined to get him, she decided to use a little kitchen witchery. She had cooked romantic meals for him in the past, with great results. But it was time now to set a more domestic mood.

AFTER CAREFUL preparation of a few "special dishes," she had a bonafide proposal in less than 30 days. Six months later, they were married.

Steve hadn't planned it that way, but late one night, after a snack consisting of cinnamon toast and hot chocolate, he just couldn't help himself. He proposed.

To this day, he believes it was all his own idea, and that he was the one who had chosen the time.

I just hope that Mary is wise enough to continue preparing "special dishes" now and then, to keep him in a home-loving frame of mind.

Your man may love McDonald's french fries, or Chi Chi's potato skins. And they're fine for the two of you to share when you're out and about.

But at home, feed him old-fashioned mashed potatoes (not out of a box), creamy potato soup or escalloped potatoes like you'll never find in a restaurant.

If he is on a fat-free diet, you can substitute margarine for butter and frozen liquid non-dairy creamer for milk or cream. If he can't have salt, use a good salt substitute.

But NEVER, NEVER, NEVER use anything but real potatoes. It's worth all the time and trouble it takes to peel them. If you really love that guy, and want to keep him at home.

SINCE IT is now October, apples and pumpkins are both in abundance. I recommend using these whenever possible, since either will induce thoughts of a happy home, and both combine well with cinnamon to further enhance domestic feelings.

You can always add a bit of nutmeg to your apple dishes for more affection, or a pinch of cardamom to inflame a little passion. If you so desire.

There are countless good apple and pumpkin recipes available that you can use to improve your marriage when your husband seems to be spending more time with his buddies than with you.

If you are single and don't want to be, but the man in your life just doesn't want to get married, try inviting him over to you place on Oct. 31 to help you pass out treats to the neighborhood children who come to your door.

After the last little hobgoblins have gone home with their loot,

sit down together at a candlelit table, and enjoy the following menu.

Magical meatloaf
Scalloped potatoes
Baked applesauce with raisins & rum
Gingerbread with whipped cream

Dilly bread (or good white bakery bread or rolls, served with dill butter)

Apple cider and/or his favorite hot beverage

The table should be set with fall colors. Astors, marigolds or mums arranged in a small hollowed-out pumpkin make a nice centerpiece. But don't make it so high that he can't look over it and see you're eyes.

Be sure to use great big napkins that either match or contrast nicely with your tablecloth. I frequently buy cloth from the sale tables, and make my own. They don't always have to be hemmed, either. Experiment a bit. If you find a good sale, you can even throw them away after one use. If you wish, since they often cost less than fancy paper ones.

MAGICAL MEATLOAF

1 lb. lean ground beef
1 envelope of Lipton Onion Soup Mix
1 tsp. onion seeds (use a mortar and pestle to grind it really fine, or throw it in the blender for a turn or two, and rinse it out with the milk you use in the recipe. Don't leave any behind. This is what makes the meatloaf magical.)
1 can (13 oz. size) evaporated milk

Mix all ingredients together. Shape into a loaf. Place in an ungreased shallow baking dish, and bake at 350 about 45 minutes.

SCALLOPED POTATOES

Prepare enough thinly sliced raw potatoes to fill a baking dish. Place potatoes in a brown paper sack with a little flour, and shake well until all slices are lightly dusted with flour.

Arrange a layer of potatoes in the bottom of greased baking dish. Sprinkle lightly with salt and pepper. Dot with butter, and barely cover with milk.

Add another layer of potatoes, and continue same procedure, until dish is filled.

Sprinkle top with Hungarian paprika, and bake at 350 degrees for one hour, or until potatoes are tender.

MEXICANA CORN

1 can whole kernel corn (drained)
2 tbsp. butter
1 tsp. minced onion
1/4 tsp. minced sweet red pepper
1/4 tsp. minced green bell pepper
1 tsp. sugar
1 tsp. fresh yellow marigold petals (or 1/4 tsp. dried petals)
a dash of hot sauce
salt and pepper to taste

Heat butter in skillet, add onions and peppers, and saute until onions are transparent. Add marigold petals, and mix well. Then add corn and other ingredients. Heat and serve.

BAKED APPLESAUCE WITH RAISINS AND RUM

6 tbsp. sugar
1 tsp. flour
1 tsp. cinnamon
1/4 tsp. salt
8 cooking apples, pared and sliced
1/2 cup of raisins that have been soaked overnight in rum, brandy, or bourbon — in a tightly capped jar
2 tbsp. butter

Mix together all dry ingredients. Sprinkle over the apples and raisins. Toss lightly to coat. Place in a greased casserole dish. Dot with butter. Bake at 350 degrees for 45 minutes, or until apples are tender. Serve hot or cold.

DILLY BREAD

1 pkg. dry yeast
1/2 cup warm water
1 cup creamed cottage cheese
1 tbsp. butter
2 tbsp. sugar
1 tsp. instant minced onion
2 tsp. dill seed (not dill weed)
1 tsp. salt
1/4 tsp. baking soda
1 egg
2-2 1/2 cups flour
Soften yeast in warm water. Heat cottage cheese and butter together until lukewarm. Combine sugar, onion, dill seed, salt, soda, and egg in a bowl. Beat with a wooden spoon.
Add cottage cheese and butter mixture. Beat well. Add yeast. Beat very well. Then add flour gradually to form a stiff dough.
Cover with a towel; set in a warm place and let rise until double in size.

Punch down and turn dough into a well-greased one-pound coffee tin, a loaf pan, or twelve muffin cups. Let rise again until light (about 30 minutes).

Bake in 350 degree oven (25 minutes for coffee tin, 40-50 minutes for loaf pan, or 15 minutes for muffin tins).

DILLY BUTTER

(Use with regular good quality white bakery bread, if you don't make the dilly bread. Use regular butter with the Dilly Bread.)

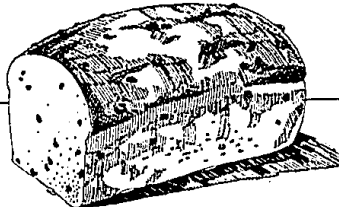
Work one teaspoon dill weed (not dill seed) into 1/4 pound butter or margarine. Shape nicely into a little dish, crock, or butter tub.

GINGERBREAD

2 cups flour
1 cup sugar
1 egg
1/4 cup shortening
2 tbsp. molasses
1 cup buttermilk
1 tsp. ginger
1 tsp. baking soda
1/4 tsp. salt

Combine all ingredients, and mix well. Pour into a greased 9 x 9 cake pan. Bake at 350 degrees for 30 minutes. Serve hot, topped with whipped cream.

NOTE: If you run into any problems with any of these recipes, or if you have any questions about suitable substitutes for any ingredient, call Gundella at 427-1072, and I will be glad to talk with you.



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Cooking up magic

Continued from Page 1

The title of this column is borrowed from the little dolls known as Norwegian Kitchen Witches. They sit astride brooms, and are made to be hung — with great ceremony and ritual — on the wall of the kitchen for luck and good fortune.

Common in all Scandinavian countries, they may be made of any material. Originally, however, they were fashioned from fruits, vegetables, or sheep's wool harvested by a member of the household.

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Sara Lee Announces Retail Expansion

Kitchens of Sara Lee announced today the scheduled opening of their first retail outlet store in the Detroit market. The Store is located at 31255 Southfield Rd. and will open Nov. 2, hours 9 to 7, Monday through Friday, Saturday 9-5, and Sunday 11-4 with Thursday as Senior Citizens Day.

The store will carry the entire Sara Lee retail line which includes: a variety of pound cakes, cheese cakes, croissants, muffins, bagels, pies, a variety of dessert cakes and much more.

The store will also carry Sara Lee's food service line. This is a product that is sold to fine restaurants everywhere. This product line includes fancy dessert cakes, like chocolate chocolate tori and chocolate mousse, just to name a few. The food service line also includes larger quantities of items like croissants.

Sara Lee will make available its bakery deli line. This product is sold to fine bakeries and delis everywhere. It includes muffins, crumbcakes and bagels. This product is available in a variety of quantities.

Headquartered in Deerfield, IL, Kitchens of Sara Lee has about 20 outlet stores, mostly in the Chicago and area.

Kitchens of Sara Lee Companies, based in North America, Australia and England produce more than 200 types of premier frozen bakery products sold through retail, food service and bakery/deli outlets in over 50 countries worldwide.

Kitchens of Sara Lee is a wholly-owned division of Sara Lee Corporation, with annual sales of approximately \$1 billion. Sara Lee Corp. is a food and consumer products company headquartered in Chicago, IL, and Winston Salem, North Carolina.

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