

Medieval dishes are fit for modern mealtime

Here are a few medieval dishes sure to liven up any 1988 dinner table. They will be served tonight during an eight-course medieval feast at Detroit's Hotel St. Regis.

- SOUP**
 (Cabbage and Almond soup)
 1 head of cabbage, shredded
 1 cup coarsely chopped almonds
 6 cups beef broth
 4 tablespoons honey
 1/2 teaspoon salt
 1/4 teaspoon dried sweet basil
 2 cups fresh peas
- Garnish:**
 2 tablespoons grated candied red onion (or grated red or black licorice)

Slowly simmer all ingredients, except peas and garnish, for 20 minutes.

Add peas and simmer for another 10 minutes.

After ladling into soup bowls, garnish each portion with candied onion strewn on the surface of the soup.

BLANK-MANG
 Capon in Sweet Cream Sauce)
 2 large capon or chicken breasts
 2 1/2 cups water
 1 1/2 teaspoons salt

- 1/2 cup blanched almonds
 2 tablespoons ice water
 1 cup rice
 1 tablespoon butter
 4 teaspoons light brown sugar
COBBLES
 3/4 cup almonds crushed and sieved
 1/4 cup silversided blanched almonds
 fried in 2 tablespoons butter
 sprigs of watercress or parsley

Boil breasts gently in the 2 1/2 cups water and 1/4 teaspoon salt in a covered pan 10 to 15 minutes or until done.

Remove fowl and set aside, reserving broth.

Grind almonds with ice water in a blender or with mortar and pestle.

Combine 2 cups of broth with almonds to make almond milk. Let stand about 10 minutes, stirring occasionally.

Cool rice in almond milk with 1 teaspoon salt, butter and brown sugar until almost done.

Meanwhile, bone and ice fowl. Just before rice is done, add fowl, stir to distribute evenly, and finish cooking.

Before serving, garnish with sieved almonds and almonds. Decorate with sprigs of watercress or parsley.

Take a hike and take a snack

Are you tired of walking down city sidewalks and dodging cars at intersections? Is your enthusiasm for exercising wearing thin?

If you answered yes to either question, it's time to take a hike. Hiking in a park on a Saturday or Sunday afternoon (or any available week day) is a great addition to any exercise program. If you walk around your neighborhood during the week, a weekend hike will keep you on your exercise program and add some variety to your routine.

Why walk? Because walking is an efficient, low-stress aerobic activity that can fit into just about anyone's daily schedule. In addition, walking one mile in 15 minutes burns about the same number of calories as jogging the same distance in eight and one-half minutes.

Walking for 20-30 minutes three or four times a week not only helps you burn extra calories, it also improves cardiovascular fitness.

We are lucky to live in an area with so many scenic hiking trails. Southeastern Michigan offers everything from lakeshores and wooded trails to mountains (Bald Mountain in Lake Orion and Peach Mountain in Pinckney).

Some good places to take your first hike include Bloomer State Park in Rochester, Proud Lake Recreation Area in Wixom, Seven Ponds Nature Center in Dryden, Maybury State Park in Northville and Stoney Creek Metropark in Washington. Winter, spring, summer or fall, hiking can be a refreshing change for you.

For more information on day hikes, contact the Michigan Council of American Youth Hostels, 545-0511. It offers a free brochure that lists more than 25 areas to hike in the Detroit area. The Michigan Travel Bureau, (800) 292-2520, and the Huron-Clinton Metropolitan Au-

Lite success



Florine Mark

thority, (800)552-6772, also can provide information on local hiking trails.

When you hit the trail and plan to hike for two hours or more, take a high-energy snack along. Two easy, take-along snacks are Cardamom Toasted Popcorn Mix and Fruit 'n' Oat Bars. (See the recipes below.)

- CARDAMOM-TOASTED POPCORN MIX**
 2 cups prepared plain popcorn
 1 1/2 ounces ready-to-eat miniature shredded whole wheat biscuits
 3/4 ounce uncooked old-fashioned oats
 1/4 dried apple pieces
 2 tablespoons dark raisins
 1/4 cup water
 2 tablespoons granulated sugar
 1 tablespoon plus 1 teaspoon margarine
 1/2 to 3/4 teaspoon ground cardamom
 1/2 teaspoon vanilla extract
 1/4 teaspoon baking soda

In 2-quart bowl combine popcorn, cereals and fruit; set aside.

Preheat oven to 350 degrees F. In small saucepan combine water, sugar, margarine and cardamom. Stirring constantly, bring to a boil and cook for 1 minute (be careful not to burn); remove from heat and stir in vanilla and baking soda. Immediately pour over popcorn mixture and toss to coat. On nonstick baking sheet, spread popcorn mixture and bake until toasted, 20 to 25 minutes.

turning pieces occasionally to ensure even toasting.

Makes 4 servings.

Each serving provides: 1 bread exchange; 1 fat exchange; 1/4 fruit exchange; 30 calories optional exchange; 157 calories per serving.

FRUIT 'N' OAT BARS 3 ounces uncooked quick oats
 1 1/2 ounces each ready-to-eat shredded wheat cereal, crumbled, and crunchy nutlike cereal nuggets
 1 cup each evaporated skim milk and applesauce (no sugar added)

new products

Frankfurt Products Co., a Detroit-based food products company, has developed a new topping for America's favorite sausage, the hot dog.

The topping consists of a special blend of spices to add extra zest to hot dogs after cooking. It's sprinkled on.

The all-natural product named Frankenhancer was developed over a period of 2 1/2 years.

The company chose to use European packaging technology and is the

- 1/2 cup reduced-calorie margarine (tub) melted
 1/2 cup shredded coconut
 1/4 cup each firmly packed brown sugar and golden raisins
 8 pitted dates, chopped
 2 teaspoons ground cinnamon
 1 teaspoon baking soda

Preheat oven to 350 degrees F. In large bowl combine oats and ready-to-eat cereal. Add remaining ingredients, mixing well. Spray a 13 x 9 x 2-inch baking pan with nonstick cooking spray. Transfer cereal mixture to pan and bake for 30 minutes (until cake tester, inserted in center, comes out clean). Remove from pan and let cool on wire rack. To serve, cut into 16 equal bars.

Makes 16 servings, 1 bar each.

Each serving provides: 1/4 bread exchange; 1/4 fat exchange; 1/4 fruit exchange; 45 calories optional exchange; 122 calories per serving.

first food company to introduce to American consumers a container that looks like a toothpaste tube with a flat neck.

Frankenhancer is a No Salt Added product that can be used on other meats and poultry. The new "Hot Dog Helper" retails between 39 and 49 cents.

According to the National Hot Dog and Sausage Council, 50 million hot dogs are eaten by Americans every day.

Curried Fruit Salad is never out of season

AP - This salad, using canned or year-round fruit, is always in season. Serve it with broiled or grilled chicken.

- YEAR-ROUND CURRIED FRUIT SALAD**
 Two 17-ounce cans fruit for salad
 One 11-ounce can mandarin orange sections
 1 medium apple, chopped
 1/4 cup raisins
 2 teaspoons finely chopped onion
 2 teaspoons lemon juice
 1 1/2 teaspoons curry powder
 1/4 teaspoon ground cinnamon
 Lettuce leaves
 1/2 cup mayonnaise or salad dressing
 1/2 cup dairy sour cream
 1/4 cup finely chopped peanuts

Drain 1 can of the fruits for salad; drain orange sections. Combine drained and undrained fruits for salad, orange sections, apple, raisins, onion, lemon juice, curry and cinnamon. Cover and chill 3 hours. Drain fruit mixture, reserving 2 tablespoons syrup. Spoon onto 8 lettuce-lined plates. Combine reserved syrup, mayonnaise and sour cream;

driaze over fruit. Sprinkle peanuts on top. Makes 8 servings.

Nutrition information per serving: 198 cal., 3 g pro., 24 g carbo.



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A defense against cancer can be cooked up in your kitchen.



There is evidence that diet and cancer are related. Follow these modifications in your daily diet to reduce chances of getting cancer:

1. Eat more high-fiber foods such as fruits and vegetables and whole-grain cereals.
 2. Include dark green and deep yellow fruits and vegetables rich in vitamins A and C.
 3. Include cabbage, broccoli, brussels sprouts, kohlrabi and cauliflower.
 4. Be moderate in consumption of salt-cured, smoked, and nitrite-cured foods.
 5. Cut down on total fat intake from animal sources and fats and oils.
 6. Avoid obesity.
 7. Be moderate in consumption of alcoholic beverages.
- No one faces cancer alone.

