

Chili peppers spice up meal

AP — Planning on heating up your winter meals with chili peppers? Here are some tips on handling them.

WHAT'S HOT AND WHAT'S NOT

From mild to hot, here's how peppers rate:

- Mild: Anaheim (fresh), or California green chili peppers.
- Mild to medium-hot: poblano (fresh) and ancho (dried).
- Medium-hot to hot: cascabel and mulato (dried).
- Hot to very hot: jalapeno (fresh).
- Very hot: serrano (fresh), chipotle, guajillo, pasilla, de arbol and cayenne (dried).
- Very, very hot: piquin (fresh and dried).

WHERE'S THE FIRE?

It's a common fallacy that the seeds are the hottest part of a pepper. Most of the heat is in the membrane and ribs. For milder flavor, remove membranes, ribs and seeds before using.

FIRE ALERT

Because chili peppers contain oils that burn, improper handling can start a four-alarm fire in your eyes or skin. Avoid direct contact with peppers as much as possible. When working with dried or fresh chili peppers, wear plastic or rubber gloves. If your bare hands touch the peppers, wash your hands and nails well with soap and water. Do not touch your eyes with your hands.

DRIED CHILI PEPPERS

For most recipes, dried chili peppers must be soaked until soft, then pured. To soften, rinse dried

peppers in water. Cut open and discard stems and seeds. Cut pepper into small pieces with a knife or scissors and soak in boiling water for 15 to 30 minutes or until they're pliable. Drain well and continue as the recipe directs.

PREPARING FRESH CHILI PEPPERS

• Peel: It's often best to peel the skin from fresh peppers before using them. This is not necessary when chopping or slicing small amounts of fresh jalapeno or serrano peppers. To loosen the skin, place peppers on a broiler pan 4 inches from the heat. Broil, turning often, until peppers are charred on all sides. Place broiled peppers in a paper bag. Close

bag tightly and let stand 10 minutes. The skin will peel away easily.

• Cut off the stems. Slice the peppers open and place seeds side up on a flat surface. Use a knife to scrape seeds and ribs from the flesh. Slice or chop as directed in the recipe.

Store fresh peppers in paper bags in the refrigerator for up to one week.

USING CANNED CHILI PEPPERS

Rinse both plain and pickled canned chili peppers before using to remove salty packing liquid.

To remove the seeds from whole chili peppers, slit them open and use a knife to scrape out seeds and ribs. Chop or slice as directed in the recipe.

Brie sauce accents steamed vegetables

AP — Using Brie to make a cheese sauce gives it the flavor of fondue. It's great with steamed broccoli, cauliflower or Brussels sprouts.

BROCCOLI WITH BRIE SAUCE

4 cups broccoli flowerets
1 tablespoon margarine or butter
1 tablespoon all-purpose flour
1/4 teaspoon salt
Dash white pepper
1/4 cup milk
2 ounces Brie cheese (rind trimmed), cubed
1 tablespoon dry white wine

Place steamer basket in large saucepan; add water to just below basket. Bring water to boiling. Place

broccoli flowerets in steamer basket. Cover and steam 10 to 12 minutes or until crisp-tender.

For sauce, in a small saucepan melt margarine. Stir in flour, salt and pepper. Add milk all at once. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Add Brie; stir over low heat until melted. Stir in wine. Carefully remove steamer basket from pan. Transfer broccoli to warm serving bowl. Pour sauce over broccoli. Makes 5 or 6 servings.

Nutrition information per serving: 101 cal., 5 g. pro., 6 g. carbo., 7 g. fat, 15 mg. chol., 178 mg. sodium. U.S. RDA: 25 percent vit. A, 73 percent vit. C, 11 percent riboflavin.

Rabbit cooks, tastes like chicken

AP — Today you don't have to be a hunter to enjoy the distinctive taste of wild game. Many wild species are being farmed. Like most game, rabbit is low in fat and calories and contains little cholesterol. Look for it in the meat case or frozen food aisle of your supermarket, or contact your local game farm. Rabbit is similar to chicken in flavor and cooking method. Many of the seasonings and sauces you use with chicken also are delicious with rabbit.

RABBIT WITH CREAMY WINE SAUCE

One 1 1/2-2-pound domestic rabbit
2 cups sliced celery
1 cup sliced onion, sliced
2 cloves garlic, minced

1/2 cup dry white wine
1/2 cup chicken broth
1 teaspoon dried oregano, crushed
1/4 teaspoon dried marjoram, crushed
1 bay leaf
1/4 cup whipping cream
2 tablespoons snipped parsley

Cut across the rabbit just behind the front legs and just in front of the back legs. Cut through the backbone to have the pieces with front and back legs attached, making 5 pieces total. Rinse and pat dry. In a 10-inch skillet cook bacon un-

til crisp and brown. Remove; drain on paper towels, reserving drippings in skillet. Crumble bacon and set aside.

Cook rabbit in pan drippings for 10 minutes, turning once to brown evenly. Remove rabbit, reserving drippings. Cook celery, onion and garlic in drippings until tender. Slowly add wine, broth, oregano, marjoram and bay leaf. Bring to boiling, scraping up the brown bits. Add rabbit. Reduce heat; simmer, covered, 45 minutes or until rabbit is tender and easily pierced with a fork. Turn once during cooking.

Transfer rabbit and vegetables to platter; keep warm.

Measure pan juices; reserve 3/4 cup. Return to skillet. Add cream. Bring to boiling. Reduce heat to medium; cook and stir about 6 minutes or until cream thickens slightly. Pour sauce over rabbit. Sprinkle with bacon and parsley. Makes 4 servings.

Nutrition information per serving: 346 cal., 30 g. pro., 6 g. carbo., 20 g. fat, 119 mg. chol., 215 mg. sodium. U.S. RDA: 12 percent vit. A, 13 percent vit. C, 55 percent niacin, 10 percent iron, 28 percent phosphorus.

Creamy herb sauce is made minus fuss

AP — French cooking is famed for its superb sauces. This herb sauce gives you all the flavor of a complicated French sauce without the fuss. Serve it with roast beef, pork, veal or steaks. When fresh herbs are available, you can substitute 1/4 teaspoon snipped fresh thyme and tarragon for the dried ingredients.

CREAMY HERB SAUCE

1 cup sliced fresh mushrooms
1 tablespoon finely chopped onion
2 cloves garlic, minced
1/4 teaspoon dried thyme, crushed
1/4 teaspoon dried tarragon, crushed
2 tablespoons margarine or butter
1 tablespoon all-purpose flour
1/4 cup light cream or milk
1/4 cup chicken broth

2 tablespoons snipped parsley
1 tablespoon brandy

1 1/4 teaspoons lemon juice
4 slices bacon, crisp-cooked, drained and crumbled

In a medium saucepan cook mushrooms, onion, garlic, thyme and tarragon in hot margarine for 4 to 5 minutes, stirring frequently. Stir in flour. Add cream or milk and broth. Cook and stir over medium heat until thickened and bubbly. Add parsley, brandy and lemon juice. Cook and stir 1 minute more. Serve over sliced cooked meat. Sprinkle with bacon. Makes 1 and 1/2 cups.

Nutrition information per 2-tablespoon serving: 84 cal., 2 g. pro., 2 g. carbo., 7 g. fat, 14 mg. chol., 101 mg. sodium.

Observer & Eccentric CLASSIFIED ADVERTISING

644-1070 Oakland County
591-0900 Wayne County
852-3222 Rochester / Avon

Cookbook has many sections

AP — A series of successful fundraising luncheons led the Westchester Chapter of the National Women's Division of Albert Einstein College of Medicine to prepare a cookbook, "I Must Have That Recipe."

The name came about, says cookbook chairman Hope Hirschhorn, because "when division members and guests came to our luncheons, the food was prepared so professionally they would say, 'I must have that recipe!'"

In addition to the usual cookbook categories, this book has sections on Passover, food processor recipes, restaurants and celebrities and spa cuisine. Recipes range from super-simple to complex. All the recipes are consistent with Jewish dietary laws.

This sample recipe is one of several noodle puddings, or kugels, in the book. It fills a 13-by-9-by-2-inch baking dish very full and makes 10 to 12 generous servings.

GOURMET NOODLE PUDDING
8 ounces wide noodles
6 eggs
1/4 cup sugar
One 8-ounce package cream cheese, softened
1/4 cup milk
One 16-ounce carton cottage cheese
Two 8-ounce cartons dairy sour cream
1/4 cup butter, melted
1 cup raisins
1 teaspoon vanilla
8 ounces cornflakes
1 cup packed brown sugar
1/4 cup butter, melted

Cook noodles in boiling salted water. Drain, rinse and drain again. In a large mixing bowl beat eggs and sugar. In a medium mixing bowl combine cream cheese and milk; stir in cottage cheese and sour cream. Add noodles, cheese mixture, 1/4 cup melted butter, raisins and vanilla to egg mixture. Mix well. Pour into a greased 13-by-9-by-2-inch baking dish.

In a bowl crumble cornflakes with hands. Add brown sugar and 1/4 cup melted butter; mix well. Sprinkle over noodle mixture. Bake in a 350-degree oven for 40 to 45 minutes. Makes 10 to 12 servings.

For information about ordering the cookbook, write: "I Must Have That Recipe," Albert Einstein College of Medicine, 1300 Morris Park Ave., Suite B803, Bronx, NY 10461.

In addition to the usual cookbook categories, this book has sections on Passover, food processor recipes, restaurants and celebrities and spa cuisine.

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon. thru Sat. 8-9; Sun. 9-5
We Feature Western Beef
QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

DOUBLE COUPON! DOUBLE COUPON! DOUBLE COUPON!

 Beef Round Steaks 1.39 lb. Save 1.10 lb.	 IGA Tablerite Full Cut Beef Round Steaks 1.39 lb. Save 1.10 lb.	 Produce Round White Potatoes .99 Tender Celery .69 3 Lb. Pkg. Tender Carrots .99	 FAME Cottage Cheese .89 Limit 1 + 25¢ off
 IGA Tablerite Boneless Beef Rolled & Tied Rump Roast 1.99 lb. Save 1.00 lb.	 IGA Tablerite Pork Butt Roast or Steaks 1.09 lb. Save .40 lb.	 Frozen Foods Orange Juice .99 Charmin Bath Tissue .99	 IGA Bonus Coupon Tide 2.99 Limit 1 + 72¢ off
 IGA Tablerite Boneless Beef Denver Steaks 1.89 lb. Save .30 lb.	 IGA Tablerite Boneless Beef Round Family Steaks 1.89 lb. Save 1.00 lb.	 Dairy FAME Margarine 3/1.00 FAME Vegetables 3/1.00 FAME Potato Chips .99	 IGA Bonus Coupon Fame Coffee 2.99 Limit 1 + 20¢ off
 IGA Tablerite Boneless Beef Denver Steaks 1.89 lb. Save .30 lb.	 IGA Tablerite Whole Chicken Leg .33 lb. Save .26 lb.	 Dairy FAME Margarine 3/1.00 FAME Vegetables 3/1.00 FAME Potato Chips .99	 IGA Bonus Coupon Bakery Split-Top Bread .69 Limit 1 + 20¢ off
 IGA Tablerite Boneless Beef Denver Steaks 1.89 lb. Save .30 lb.	 IGA Tablerite Boneless Beef Round Family Steaks 1.89 lb. Save 1.00 lb.	 Dairy FAME Margarine 3/1.00 FAME Vegetables 3/1.00 FAME Potato Chips .99	 IGA Bonus Coupon Bakery Split-Top Bread .69 Limit 1 + 20¢ off

DOUBLE COUPON

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. OTHER RETAILERS DO NOT DOUBLE AFTER 50¢. EXAMPLE: A 75¢ COUPON AT OTHER STORES IS WORTH ONLY 75¢. AT ORCHARD-10, A 75¢ COUPON IS WORTH \$1.25. AT OTHER STORES, A \$1.00 COUPON IS WORTH ONLY \$1.00. AT ORCHARD-10 A DOLLAR COUPON IS WORTH \$1.50. Other retailers and free coupons excluded. Limit 1 coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. All cigarette coupons at face value. Offer in effect now through Sunday, March 13, 1988.

 FAME Cottage Cheese .89 Limit 1 + 25¢ off	 FAME Cottage Cheese .89 Limit 1 + 25¢ off
 FAME Cottage Cheese .89 Limit 1 + 25¢ off	 FAME Cottage Cheese .89 Limit 1 + 25¢ off
 FAME Cottage Cheese .89 Limit 1 + 25¢ off	 FAME Cottage Cheese .89 Limit 1 + 25¢ off
 FAME Cottage Cheese .89 Limit 1 + 25¢ off	 FAME Cottage Cheese .89 Limit 1 + 25¢ off
 FAME Cottage Cheese .89 Limit 1 + 25¢ off	 FAME Cottage Cheese .89 Limit 1 + 25¢ off

Coca Cola, Diet or Regular, Caffeine Free, Squir or Sprite

1.89 + deposit

IGA COUPON
FAME Bleach
Limit 1 + 13¢ off
Save .20

IGA COUPON
FAME Catsup
Limit 1 + 13¢ off
Save .30

IGA COUPON
FAME Cheese
Limit 1 + 13¢ off
Save .30