

Try exotic fruits in summertime

Continued from Page 1

MANGOES ARE grown in Florida and South Central America. You've probably noticed their color and size vary a lot because there are four different varieties, which are never labeled as such in the markets. Florida mangoes, in the stores now, are yellow, or yellow with red skin. Again, when selecting, look for somewhat firm, not hard fruit. I always sniff all fruit before buying. If they totally lack a fruity aroma or fragrance, they most likely lack flavor. But if the aroma is acidic or ammonia-like, the fruit is generally overripe. Mangoes' color and texture blend well with poultry and fish. It's a natural with oriental dishes and luscious with ice cream. Peel, quarter, set atop a scoop of vanilla ice cream and top with a raspberry sauce for a "Mango Melba." There's a bit of a trick to removing

the seed. After peeling, cut long slices with a knife through to the seed in the center. Turn over and repeat on the other side until you reach the large clinging pit in the center. Mangoes are a good source of potassium and fiber.

PAPAYAS OR PAWPAW also vary in size and weight depending upon the variety. This green-skinned, apricot-colored fruit sometimes is large enough to resemble a squash. The center is filled with dark seeds, which are generally not eaten. To prepare a papaya, halve the fruit and scoop out the pulp with a spoon. The flavor of the papaya, when served in slices, blends well with prosciutto or smoked ham slices for an appetizer. By itself, it is often served with a wedge of lime. It also can be used as an interesting serving bowl to hold a fruit salad or chilled luncheon entree or side dish.

ONE OF THE least attractive of the exotic fruits is the passion fruit. The name given to this lovely little specimen refers to the flowers of the plant. It's said that Spanish missionaries noticed a resemblance in the petals of the flower to the sign of Christ's crucifixion and passion, hence the name. This dark purple fruit has a very wrinkled skin. The center is filled with edible dark seeds and a lavender-colored pulp. It's most often served by removing a slice off the top with a knife, and it's eaten with a spoon. Many like to add a bit of cream poured into the center, a little at a time, while eating the fruit in hand. The passion fruit can be used in jams, soups, soufflés and fruit salads. This lemony-tart flavor also makes an easy sauce when sweetened, but needs to be strained through a sieve.

THE RED BANANA is a wonderful fruit, which should not be

confused with a plantain. The plantain, larger than the standard banana, is classified as a berry but is most often eaten as a vegetable. When peeled, the meat of the plantain has the aroma of a banana but lacks sweetness. It is generally sliced and cooked like a potato. The red banana, on the other hand, is just another variety of the banana, which is sweet. It's slightly wider and shorter than the standard banana. Once you've tried it, you may never buy the yellow variety again.

If you'd like to learn more about the new fruits in our markets, there are two books I recommend: "Cooking with Exotic Fruits and Vegetables," by Jane Grigson and Charlotte Knox (\$17.95 — 1986, Henry Holt, New York) and "Uncommon Fruits and Vegetables: A Commonsense Guide," by Elizabeth Schneider (\$25 — 1986, Harper and Row, New York).

Lemon is so sour but it adds flavor

Continued from Page 1

1/4 teaspoon salt
2 cups water
2 egg yolks, beaten
the juice of 1 big lemon
grated rind of 1/2 lemon
1 plate baked 9-inch pie crust
2 tablespoons powdered sugar
2 egg whites, beaten stiff

Melt shortening. Add flour, sugar, salt, water and yolks. Mix well. Cook over hot water until thick, stirring constantly. Remove from heat, add lemon juice and rind and mix well. Pour into prepared pie shell. Cover top with a meringue by beating powdered sugar into beaten egg whites. Bake at 325 degrees until lightly golden, about 15 minutes. This filling can be used for lemon tarts as well.

SIMPLE LEMON PUDDING

2 cups milk
3 tablespoons honey
3 tablespoons cornstarch
2 eggs, well beaten
4 teaspoons lemon juice
1 teaspoon fresh grated lemon rind

Heat 1 1/2 cups milk and honey in a saucepan over low heat. Mix remain-

ing milk and cornstarch and stir into honey-milk mixture. Stir constantly over medium heat until thickened and starting to boil, about 3 minutes. Stir about 1/4 cup of mixture into the beaten eggs, slowly. Drizzle the egg mixture into the pan over low heat and cook slowly for 1 minute. Remove from heat, stir in lemon juice and rind. Serve warm or chilled.

LEMON MUFFINS

Great with tea and thy freese well.
1 cup butter
1 cup sugar
4 eggs, separated
2 cups flour
2 teaspoons baking powder
1 teaspoon salt
1/2 cup lemon juice
2 teaspoons grated lemon rind

Cream butter and sugar together until smooth. Add egg yolks, beat until light. Sift flour with baking powder and salt, add alternately with lemon juice, mixing thoroughly after each addition. Fold in the stiffly beaten egg whites and the grated lemon peel. Fill buttered muffin pans 3/4 full. Bake at 75 degrees for 20 minutes.

Salad combines goat cheese, mangoes

Continued from Page 1

To prepare in a food processor, add flour, salt and sugar to bowl. Toss ingredients with one or two short on/off movements. With the machine off, add diced butter. Repeat one or two short on/off turns of the motor. With the machine running, add liquid, slowly. As soon as dough begins to gather, shut machine off. Remove dough and wrap in paper. Refrigerate at least 30 minutes before rolling.

To roll dough, center on a floured surface. Roll gently until dough begins to soften. Roll dough approximately 1/4" thick and 2" larger than tart pan. Fold into quarters and place in the center of buttered ceramic or metal pie plate. Fit and trim edges. Cover dough with a sheet of aluminum foil. Fill with dry beans or metal professional baking beans, if not available, pie crust can be pricked with a fork heavily on the surface.

Refrigerate 30 minutes, then bake in a pre-heated 400 degree oven for 8-10 minutes. When golden, remove the paper and dried beans and bake an additional 3 minutes. Cool completely before filling.

SPICY CREME ANGLAIS

A cream filling which can be used as a filling for any fruit tart.
Makes enough for one 9" crust

4 egg yolks
1/2 cup sugar
1 1/4 cups milk, scalded (or 3/4 cup coffee cream and 1/2 cup milk)
1/4 teaspoon fresh ground nutmeg

Mix yolks and sugar with a whisk in a saucepan or mixer bowl until thick and light in color. Do not ribbon. Add scalded milk gradually, stirring with a wooden spoon. Continue to cook over low heat, stirring constantly until the custard coats the back of a spoon. When cooled, add 1-

2 tablespoons of a fruit liqueur which is compatible with the fruits being used in the tart. Chill before filling into crust and topping with fruit.

PAWPAW RASPBERRY BAVARIAN

Serves 6

A creamy fruit dessert which can be used alone or as a filling for a charlotte mold or cake.
2 cups sliced papaya or enough to produce 1 1/2 cups puree
1/2 cup sugar
1 tablespoon Knox unflavored gelatin

1 cup heavy cream
2 tablespoons Grand Marnier or Ma deira (optional)
1/4 tsp. ground cinnamon
1/4 pint raspberries for topping

Prepare a 3-cup mold or bowl with a light layer or spray of cooking oil. Remove any excess. Puree ripe fruit in a blender or food processor. Add sugar to taste. If more is needed, add 1 tablespoon at a time. Gently heat puree in a saucepan until it is 180 degrees on a candy thermometer, remove from heat.

Add gelatin, stirring constantly

until dissolved. Whip cream to soft peak stage and gently fold in liqueur or cinnamon. Transfer to a bowl, then place bowl in another bowl which has been filled with ice. Cool the batter, stirring constantly until gelatin begins to set. With a rubber spatula, fold the cream into the fruit base in three additions. Spoon the mixture into prepared bowl or prepared serving dishes. Chill 4 hours or overnight. Bavarian cream also can be unmolded and garnished at serving time. This dessert is especially attractive when spooned into tall red wine glasses to the halfway point, then topped with raspberries.



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! DOUBLE! DOUBLE!
COUPON! COUPON! COUPON!

DOUBLE DOUBLE DOUBLE
COUPON COUPON COUPON

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. All coupons 50¢ or lower will be doubled. Coupons above 50¢ will be cashed at face value. Limit one coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. Other retailer and free coupons excluded. All cigarette coupons at face value. This offer in effect now through Sunday, July 10, 1988.

THE BODY SHOPPE
for Women & Men
1 1/2 Inch by 1/2 Inch
TONING
ISOMETRIC EXERCISE
and
WOLFE TANNING BEDS.
GRAND OPENING SPECIALS
24275 Middlebelt Rd.
at 10 Mile
Farmington Hills
477-SLIM

Anna's Fresh Seafood Mkt.

24050 Joy Rd. • Redford
(across from Renaissance Fruit Market)

DIET RIGHT - EAT FISH

Red Snapper • Sea Bass
• White Fish • Pickered • Perch
• Shrimp • Squid • Smoked Fish
• Lobster Tail & Much More

BARBECUING?

Let us grill for you.

CARRY-OUTS

FISH & CHIPS DINNERS
WE COOK IN CHOLESTEROL-FREE OIL
235-2112
HOURS: Mon-Fri 11am-7pm • Sat. 10am-6pm
Food Stamp Accepted

Gift giving
made easy
with...
U.S. SAVINGS BONDS

The Great American Investment

IGA FAME RED
At IGA I Get TAG SALE! Attention

IGA Tablerite Boneless Beef Chuck Roast
1.39 lb.
Save .70 lb. SOLD AS ROAST ONLY

IGA Tablerite Assorted Pork Chops
7 to 11 Chops Per Pkg.
1.49 lb.
Save .50 lb.

IGA Tablerite Hamburger from Ground Chuck
5 lbs. or more
1.39 lb.
Great on the Grill
Save .50 lb.

IGA Tablerite Center Cut Pork Chops
Rib **2.29** lb.
Loin **2.49** lb.
Save .50 lb.

IGA Tablerite Family Pak Chicken Drumsticks
89¢ lb.
Chicken Thighs
85¢ lb.
Save .20 lb.

IGA Tablerite Boneless Beef Denver Steaks
1.89 lb.
Boneless Beef Chuck Steaks
1.49 lb.
Save .50 lb.

IGA Tablerite Boneless Beef Chuck Eye Steaks
Great on the Grill
1.99 lb.
Save .50 lb.

Eckrich Smoky Links Regular or Beef
Great on the Grill
1.39 10 oz. pkg.
Save .40 lb.

Hygrade Grillmaster Chicken Franks
Great on the Grill
99¢ 1 lb. pkg.
Save .20 pkg.

Dairy
FAME 100% Pure Orange Juice
64 oz. Jug
1.59
FAME • Canned Milk Homogenized **1.79**

Frozen
Cut Corn, Mixed Vegetables or Green Peas
FAME Vegetables
20 oz. Pkg.
.69

Assorted Cakes • 1 1/2 Cakes to Can
FAME Ice Cream **1.39**
FAME Onion Rings **.99**
FAME Ocean Perch Fillets **2.49**
FAME Pineapple **.79**
FAME Coffee Creamer **3.69**
FAME Coffee **4.89**
FAME Dog Food **7.89**

Produce
Fresh PLUS Produce
Premium Golden Ripe Bananas
3 lbs. / **1.00**
Campbell's Mushrooms **.89**
California Sweet & Juicy Nectarines **.79**

Grocery
FAME Vegetables
15.99 for 3
3/1.00

Pure of Natural FAME Apple Juice
64 oz. Jug
.99
Ragu Homestyle Spaghetti Sauce
32 oz.
.99
FAME Pasta **2/1.00**

IGA BONUS COUPON
Packed in Oil or Water Chunk Light
FAME Tuna .49
Limit 1 • 6.5 oz Can
Save .20

IGA BONUS COUPON
FAME • Assorted Prints
Towels .29
Limit 1 • Single Pack
Save .38

IGA BONUS COUPON
FAME cream Cheese
.66
Limit 1 • 8 oz.
Save .23

Bakery
White Bread **.59**
American Meal Bread **.89**
Harvest Bread **.99**

Pepsi Cola, Diet or Regular, Pepsi Free, Caffeine Free, Mountain Dew or Slice
8 pak 1/4 liter
1.99 + deposit

IGA COUPON
FAME Cheese
1 lb. • 2 • 4 • 8 • 16
30¢
Limit one coupon per family. Coupon expires: Sunday, July 10, 1988.

IGA COUPON
FAME salt
1 lb. • 2 • 4 • 8 • 16
Free!
Limit one coupon per family. Coupon expires: Sunday, July 10, 1988.

IGA COUPON
FAME salt
1 lb. • 2 • 4 • 8 • 16
Free!
Limit one coupon per family. Coupon expires: Sunday, July 10, 1988.