Eating grapefruit won't make you thin

If you insist on sticking to Uncle Bill's mimeographed grapefruit diet, at least enjoy it these different ways by following these great grapefruit recipes.

HOT BRANDIED GRAPEPRUIT 1 grapefruit, haived, sections loos-

enea 2 tablespoons brown sugar 1 teaspoon butter/margarine 1 tablespoon brandy

Combine brown sugar, butter and brandy. Spread on top of grapefruit halves. Broil slowly until heated and bubbling. Serve hot as an appetizer.

GRAPEFRUIT SORBET
% cup sugar
3 very large grapefruit, peeled, sectioned and seeded 14 cup water

We cup water
Combine the sugar, grapefruit and
water In the bowl of a food processor
or blender and process until smooth.
Allow the mixture to stand for 15
minutes, then process again to be
sure all the sugar has dissolved.
Pour the puree into a shallow dish or
place in an lee cream freezer and place in an ice cream freezer and process as per freezer directions. If freezing in a shallow dish, place dish in freezer and freeze until hard, about 12 hours. Remove from freezer and place in a food processor and chop. Return to freezer for 1 hour before serving.

emelettes" they will serve each morning.

One customer who confessed eating there at least four days a week called the cozy restaurant "The London Chop House" of Birmingham, only cheaper. His comments got a lot flught from the folks who were waiting in line that particular morning.

g. None seemed bothered with the

Continued from Page 1

"People like good food and most of our breakinst customers go mings now and then. Even the health-conscious people love my emelettes — and, no, the misture of cheeses is not the low-caloric kind."

Ostach and his wife, Pattl, begin their day in the kitchen around 4 am, getting the tables set, putting the coffee on and preparing the mixture for the dozens of "ultimate omelettes" they will serve each morning.

Big breakfasts return to favor

five-minute or so delay. They knew by the wenderful aroma couling from the Mitchen that it was worth the wait.

"Their food is just so good," said Lillie Farmer of Southfield, who works at a nearly office building. "I usually stop in nere a coupie on mornings a week because I like to have a homemade breakfast and good conversation with people I meet in here."

LIKE BODE'S, the Birmingham Cafe is quickly developing into the "in" spot to eat, and meet. But both owners say it's the good food that keeps customers coming back. Recently, World Wrestling Federation champ George "Animal" Sleele had breakfast at Bode's.

"He ate a tremendous pile of sliced corned beef, perhaps a pound

of it, with several eggs," said the chef, who was disappointed that the muscle man didn't opt for the corned beef hash instead.

"We make our own hash and that's what we're famous for. People from all over come here for breakfast, and to percent of them are regular customers," Meacham said.

IN FARMINGTON Hills, Andy's Cafe (formerly Sunrise Cafe) is a breakfast stop with a following of dedicated customers.

Attracting hungry folks from West Bloomfield, Farmington Hills and Southfield, owner-chef Andy Ilida brags about his homemade cat bran muffins, which he says sell out each

morning.
"The mulfins are tasty and they're healthy," Nich said.
They go great with his Egg

degrees or until done to touch. Best served warm. Great for freezing.

Beaters omelette, he said.

"Around here, a lot of ladies come in for breakfast, and many of them are very slim and worried about their weight," he said.

Ilich said he makes more omeletter from (artificia) legional control of the said he makes more omeletter from (artificia) legional control of the said he makes more omeletter. Also favored by the early risers are regular and Belgian waffines topped with homemade fruit sauce, which is cooked right on the premises.

ises.
"We have fresh not apple topping, blueberry and cherry. Some people like a big scoop of ice cream to real-ty make it a beary meal," lich said.
That's heavy all right, but just the idea of having so many good things to choose from is enough to make even the strictest dieter's mouth water.

Most countries offer blue-veined cheeses

AP — Sharp, tangy and robust uc-veined cheeses are made in almost every cheese-producing coun-try. The most famous blues are those imported from France, Italy, Den-mark and England.

Requefort (ROHK-fert) is the oldest known blue-vein cheese and the only well-known one made exclusively from sheep's milk. It comes from Southern France, where it is ripened in limestone caves. Roquefort is noted for being very rich, pungent and art. gent and salty.

Gorgonzola (gor-gun-ZOH-la), named after its Italian birthplace, has a strong, pungent flavor and aro-ma. Made from cow's and/or goat's milk, Gorgonzola is softer, creamier

and less assertive than most other blues. The mold used to ripen Gor-gonzola produces greenish-blue

genrola produces greenish-blue veins.

• Danish blues are ripened in creamerist or caves. These cheeses are heavily laced with greenish-blue veins. Some have a yellowish-white edible crust. Danish blues vary from soft and creamy to firm and crumbly, mild and rich-tasting to tangy and obsets.

• Stillion, often called king of English blue-veined cheeses, is made from cow's cream and milk, then dense, flash texture that is less creamy than most other blues. Stillion of the control of

BODE'S CORNED BEEF HASH

280 S. Main Street Plymouth phone 453-1883 open 5 a.m. Monday-Saturday open 7 a.m. Sunday

(recipe is the same regardless of quantity — adjust to suit) lean corned beef, chopped fine/%

part boiled diced potatoes/% part butter, sait and pepper to taste add onlons if desired (Bode's serves

ANDYS FAMOUS OAT BRAN MUFFIN Andy's Cafe 29556 Orchard Lake Road Farmington

phone 626-0804 open 7 days from 6:30 a.m.

open / days from east a.m.

(for one dozen muffins)
2 cups all-purpose flour
1 cup oat bras
% cup sugar or equivalent of sugar
substitute (any sino use ¼ cup honyin place of sugar)
2 eggs (or equivalent in Egg Beaters)
1 teaspoon baking powder
% teaspoon baking soda
1 teaspoon baking soda
1 teaspoon cinnamon
¼ cup vegetable oil
approximately 1 cup water (add
slowly, stirring in by hand)

When all ingredients have been thoroughly mixed, add one fresh whole apple that has been peeled and put through the blender. Bake ap-proximately 15-25 minutes at 350

BIRMINGHAM CAFE'S ULTIMATE OMELETTE

Birmingham Cafe 395 S. Woodward phone 540-3334 open 7 a.m. Mooday-Friday open 9 a.m. to 3 p.m. Saturday closed Sunday

3 large eggs (whip at high speed in blender)
1 fistful chopped broccoli
heaping tablespoon chopped fresh
mushrooms

2 heaping tablespoons chopped fresh onion
1 fistful chopped fresh tomatoes

Have omelette skillet hot. Melt 1 tablespoon butter, and let veggles cook for about 14s minutes, stirring continuously. Let soften, but keep slightly crunchy. Pour egg mixture over the omelette and let cook another 80 seconds or so. Add 'si cup of blended cheeses that have been melted in microwave for 20 second use Lose combination of American, Swizand cheddar. After cheese is melten pour it onlo eggs and fold in half, turnover style. Ready to serve.

The "Birmingham Omelette," also on menu, uses only broccoli, and customer selects from any combination of cheese, which include American, Swiss, cheddar, feta, cream cheese or Monterey Jack.

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