

Having breakfast in bed can make day special

SIMPLE MIMOSAS

- 1 plastic juicer
- 2 soup bowls
- 8 oranges, halved
- 1 split (8-ounce) champagne

Place plastic juicer over the soup bowl. Grabbing half an orange, press firmly over juicer, turning hand left and right to squeeze out the juice. Pour juice halfway up a tall glass, top with champagne.

SAUSAGE STRATA CASSEOLE

- 1 oblong cake pan or casserole dish (approximately 8 by 11 inches)
- Nonstick spray (Pam) or 2 tablespoons margarine
- 6 slices whole-grain bread or English muffins

Anchovies — it's love or hate

Continued from Page 1

list Alexander Dumas. The preparation runs something like this:

"Take an olive whose pit you will replace with a slice of anchovy; next, place the olive inside a lark, the lark inside a quail, the quail inside a pheasant and the pheasant inside a turkey, and the turkey inside a suckling pig. Roast the latter for three hours over searing hot coals and throw everything out the window."

"Even the olive?"
"Glutton! Everything except the anchovy!"
Bon appetit!

ANCHOVY SUEDOISE

- (from Larousse Gastronomique)
- 1 ounce anchovy fillets
- 1 cup tart red apple, cubed
- 1 cup cooked beets, cubed
- oil
- vinegar
- salt and pepper to taste

Flapjacks go Southwestern

AP — Have you been getting flack for serving ordinary flapjacks? Surprise your family with these easy packages for breakfast, brunch or supper. They'll love the peppery Southwestern flavor.

PEPCOS SUPPER FLAPJACKS

- Pepper-Cheese Sauce (recipe follows)
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 tablespoons cooking oil
- one 8-ounce can cream-style corn
- 1/4 cups all-purpose flour
- 1/4 cup yellow cornmeal
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 beaten eggs
- 1/4 cups milk
- 1/4 cup shredded Cheddar or Monterey Jack cheese (2 ounces)

Prepare Pepper-Cheese Sauce; set aside.

In a medium saucepan cook onion and green pepper in hot oil for 5-7 minutes or until vegetables are ten-

der. Stir in corn; set aside. In a large mixing bowl stir together flour, cornmeal, baking powder and salt. In a small mixing bowl combine eggs and milk; add all at once to flour mixture, stirring until combined. Fold in vegetables and cheese.

CAESAR SALAD DRESSING

- 3 anchovies
- 1 clove garlic, minced
- 1 tablespoon Dijon-styled mustard
- the juice of 1/4 fresh lemon
- dash Worcestershire
- 1 coddled egg
- 1/4 cup olive oil
- 4 tablespoons wine-flavored vinegar

In a large wooden salad bowl, mash anchovy fillets with garlic. Stir in mustard, lemon juice, Worcestershire and mix well. Beat in coddled egg. Add vinegar and mix well. Slowly pour in olive oil, beating constantly. Store in a covered container, until ready to use. Keep refrigerated.

Continued from Page 1

der. Stir in corn; set aside. In a large mixing bowl stir together flour, cornmeal, baking powder and salt. In a small mixing bowl combine eggs and milk; add all at once to flour mixture, stirring until combined. Fold in vegetables and cheese.

For each pancake, pour about 1/4 cup of the batter onto a hot, lightly greased griddle or heavy skillet; cook until deep golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges (about 2 minutes). Serve immediately. Fast Pepper-Cheese Sauce. Makes 12 packages.

Pepper-Cheese Sauce: In a small saucepan cook and stir one 8-ounce jar cheese spread with jalapeno peppers and 1/4 cup tomato sauce until cheese melts and mixture is heated through. Makes 1 1/4 cups.

Nutrition information per pancake: 118 cal., 5 g. pro., 13 g. carb., 5 g. fat, 40 mg. chol., 235 mg. sodium. U.S. RDA: 11 percent vit. C, 10 percent calcium.

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Homemade meals are just the ticket

Continued from Page 1

and the enchiladas would get soggy. At lunch, each person fills a tortilla, heats it in the office's microwave oven and tops it with more sauce.

Mark Allen Berg, the lighting director, stopped by the office on his way into the theater. A meal platter was fixed up for him to take to the lighting booth.

Sally Harris of Detroit, who handles public relations, and Cindy Zelis of Canton, Harris' assistant, were among others who enjoyed the lunch that day.

EXPLAINING HOW the box office lunches began, Demson said, "Wednesday, with the matinee, we have the most staff around. Everyone is going every which way and, of course, it's very expensive to eat in Birmingham."

The crew has cooked up some easy but interesting meals in its small space.

A girl brought an electric skillet and we made toasted cheese sandwiches with tomato soup," Demson said.

Another day Mullen brought hot dogs with sauerkraut, chili and onions.

"I packed them in my own Tupperware," Mullen said. Demson added, "We boiled them in the crock-pot. It always stays there (on a low shelf in the office)."

Kathie Norrow, house manager, once brought in a breakfast quiche. Skip Neiderlander of the Neiderlander family, which operates the Birmingham among other theaters nationwide, also works the box office, and has made quiche as well as pea soup. The Wednesday lunches started out just with box office people but grew to include everyone involved with the show — except the audience. One day, however, theatergoers who were arriving wanted to know where to buy chili — they could smell it.

CHICKEN ENCHILADAS

(Recipe from Chuck Schroder)

- Sauce
- 2 cans cream of mushroom soup
- 1 cup milk 1/4 teaspoon oil
- 1/4 teaspoon tarragon
- 1/4 teaspoon oregano

- 1 teaspoon garlic
- 1 teaspoon lemon pepper
- 1/2 teaspoon sweet basil
- 1 teaspoon chili con carne
- 1/4 stick butter

Heat cream of mushroom soup and milk in saucepan. Bring almost to a boil. Add chili, tarragon, oregano, garlic, lemon pepper, sweet basil, chili con carne. Lower heat and allow to simmer. Add butter, and cover.

- 4 large sticks celery
- 1 large green pepper
- 1 large onion
- 1 quart fresh mushrooms
- grated parmesan cheese
- 4 large, boneless, skinless, chicken breasts
- 10 tortillas
- shredded cheddar cheese

Slice up celery, pepper, onion and mushrooms. Mix the sliced vegetables up well in a large bowl. Place 1/2 of this mixture in a large dutch oven. Pour about 1/2 of the sauce over the vegetables in the dutch oven. Then spread a thin layer of grated parmesan cheese over the sauce and vegetable mixture.

Prepare and wash chicken breasts. Place in dutch oven and cover with another thin layer of cheese. Add the rest of the sliced vegetables, then pour the rest of the sauce over the top. Cover and cook at 350 degrees for 2 hours.

Remove chicken from pot and break it up into small pieces when it has cooled. Place sauce and vegetable mixture on low heat, and thicken with a roux to desired texture. Place chicken pieces on large tortillas, add shredded cheddar cheese, then spread about 2 tablespoons of sauce on top. Roll up in tortilla fashion and cover with sauce. Heat in microwave.

OATMEAL CAKE

(Recipe from Joan Droelle)

- 1 cup oatmeal
- 1 cup brown sugar
- 2 eggs
- 1/2 teaspoon cinnamon
- 1/4 cup boiling water
- 1/4 cup margarine
- 1/4 cup sugar
- 1/4 cups flour
- 1 teaspoon soy
- 1/4 teaspoon salt

Soak oatmeal in boiling water and let stand 20 minutes. Cream together margarine, brown and white sugar. Add 2 eggs. Sift flour, cinnamon, soda and salt. Add oatmeal. Mix and bake in greased 8-by-13-inch pan at 350 degrees for 35 minutes. Frost.

- Frosting
- 1 stick margarine
- 1/2 cup evaporated milk
- 1 cup brown sugar
- 1 teaspoon vanilla
- 1 cup shredded coconut
- 1 cup broken nuts

Spread on cake just out of oven. Place under broiler until brown.

BEEF STROGANOFF

(Recipe from Chuck Schroder)

- 1 1/2 pounds beef tenderloin
- 1/4 cup butter (or substitute)
- 1 cup sliced mushrooms
- 1/4 cup chopped onion
- 1 clove garlic minced (or equivalent in garlic powder)
- 1 can (1 1/4 cups) cream of mushroom soup
- 1 cup sour cream
- 1/4 teaspoon oil
- 1/4 teaspoon sage
- 1 teaspoon lemon pepper
- 1/4 teaspoon tarragon
- 1/4 teaspoon oregano

Cut beef tenderloin into thin strips. Brown well in butter in a heavy skillet. Add mushrooms, onion and garlic. Cook until lightly browned.

Blend in cream of mushroom soup and sour cream. Blend well. Add chili, sage, lemon pepper, tarragon and oregano. Cover and simmer about 1 1/2 hours, or until beef is tender. Serve over rice or egg noodles.

BLUEBERRY TORTE

(Recipe from Chuck Schroder)

- 4 eggs
- 1 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon water
- 1 1/4 cups all-purpose flour
- 1 1/4 teaspoons baking powder
- 1/4 teaspoon salt (optional)
- 2 cups "fresh" blueberries

Beat eggs at medium speed for about 10 minutes or until they are lemon-colored. Gradually add sugar.

kids, in four flavors — strawberry, banana, raspberry and apricot — and comes in a 1.7-ounce cup. A four-pack of Fruit Moos has three times as much milk as regular yogurt and as much protein as a three-ounce steak.

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