

ley Carrot Cream Soup combines carrots with russet potatoes and leeks, among other ingredients. See recipe on 1B.

Summer soups a cool choice

Continued from Page 1
when garnishing or serving
chilled soups. Sprigo of tyme or or
few long pieces of chives will dress
up cold cucumber, cauliflower, potath or squash soup. Spriga of apple
mint or thy edible flowers such as
johnny jump-ups add a bit of glamour to avocado, cantaloupe, blueberry or other cold fruit soups.
A TRADITIONAL rim soup dish

or cream soup dish is always ap-propriate for serving cold soups. But don't be afraid to use a glass dessert or berry bowl for individu-al servings. Most of the time, purced soups can be stored in the glass blender. Sometimes fruit soups will sepa-rate during refrigeration and may need to be re-blended just for a few seconds.

All chilled soups can be served as an appetizer. Just add a mixed green side salad, some crunchy French bread and a silee of cheese or pate and you will have the max-ings for a delightful luncheon or light supper. For a summer dinner menu, either the cold vegetable or fruit soups can be followed by a simple seafood or fish fillet, poul-try or lamb entree.

How to pick the right cheese

AP — Whether it's served on a burger for lunch or with wine at a party, cheese is a popular item on the American menu. With over 2,000 varieties available, there's a cheese for every occasion. But with such a large selection, which cheese do you choose? How do you read the complicated labels? What are the benefits of the new "light" cheeses?

"light" cheeses?

The following guide is offered by the nutritionists at Dorman-Roth Foods in Moonachie, N.J.

How is cheese made?

How is cheese mad?
Cheese has been enjoyed for more than 4,000 years, and has been a has tes source of nutrition for many cultures. Cow's milk is the basis of most cheeses. It is typically heat-treated, or pasteurized, and fermented with acid-producing bacteria or enzymes to develop the cheese. The differences in processing methods produce the more than 2,000 varieties of cheese.

What are the different categories

What are the different categories of cheese?
Traditional cheeses and the new "light" cheeses fall into the following four categories.

• "Natural cheese" is pressed curds that have been aged — two to three months for mild cheese and longer for sharp cheese. Swiss cheese is an example.

• "Pasteurized process cheese" is a blend of fresh and aged natural cheeses that have been shredded, mixed with an emulsifier and heated to stop ripening. American cheese falls into this category.

• "Pasteurized process cheese food" is similarly prepared business these, more water and more non-fat milk or whey solids.

• "Pasteurized process cheese

What is an average serving of cheese?
Most cheeses you select from the dairy case will include nutritional information and serving size on the package. When you select cheeses to be aliced or cut at the dell section, you generally won't find labeling information.

An average serving of cheese is

generally one ounce. This is typically one average silice or a 1½-inch cube. A serving of cottage cheese is 1½-cup of sounces.

What types of cheese have the most calcium?

Most hard cheeses are good sources of calcium: 205 milligrams in an ounce of cheddar or mensater, 275 in Swiss, 185 in mozzareila. A ½-cup serving of cottage cheese has only 80 milligrams, about half the amount in capa of mill.



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On picnic, sandwich is special

Following is a recipe for sand-wickes to take on summer picules, from the article "Cuisine Courante - Un Pique-Nique Sur Mer," in the July issue of Gourmet magazine.

PAN BAGNAS

PAN BAGNAS

(Provencal Sandwiches

with Tuna, Basil and Tomato

to up red-whee vinegar

6 Itas anchovy (illets rinsed, patted
dry and miner

2 gaylic cloves, minced

1 cup extra-virgin oilve oil

two 8-inch round loaves of crusty

two 8-inch round loaves of crusty bread 2 cups thinly sliced radish 2 cups loosely packed fresh basil leaves

leaves
1 cup minced onion, soaked in cold
water for 10 minutes and drained
well

65 ounce cans tuna in oil,
drained and finked
4 tofinatoes (about 1½ pounds), sliced

Inabove, whisk together the vinegar_The anchovies, the garlic, and
sail and pepper to taste, add the oil
in a stream, whisking, and whisk the
dressing until it is emulsified. Halve
the breads horizontally, hollow out
the halves, leaving 3-inch-thekshells, and spoon one foorth of the
dressing evening into each half.
Working with one loaf at a time,
arrange half the radish in the botton
shell, top it with one fourth of the
basil, and sprinkte half the onlow
over the basil. Arrange half the tuna
on the onlon, top it with one third of
the remaining basil, and arrange
half the tomatoes on the basil. Fit
the top shell over the tomatons. Was
the top shell over the tomatons with
the remaining bread, radish, basil,
outon, tuna and tomatoes in the sam
namer. Was put them in yellyroll pan. Top the pan bagnas with a
baking sheet and a large bowl filled
with several 2-pound weights and
chill them for 1 hour. The pan bagnas may be made 4 hours in advance
and kept covered and chilled. Serve
the pan bagnas cut into wedges.

new products

Sammy Davis Jr. has debuted his new namesake food line in Detroli-arca supermarkets. "Sammy's Best" food products include Basin St. Bar-becue Sauce, "Just Right" (Still Sea-soning Mix and Mean Mustard. SID Foods, headquard Martard. SID Foods, headquard in the ring of 1988. "Sammy's Best" Basin St. Barbe-cue Sauce won third place as the Sauce won third place as the

cue Sauce won third place as the best barbecue sauce in America, at the National Rib Cock-Off, the world's largest cooking competition for professional restaurateurs and caterers, held in Cleveland on the Memorial Day weekend.

A black-and-white caricature of Davis is on each label of "Sammy's Best", products. The line is sold locally at Kroger, Foodland, Kezel Food-Markets, Hamady Brothers Food-Markets, Hamady Brothers Food-Markets, Hamady Brothers Food-Markets, Hamady Brothers Food-Markets and Danny's.

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