

Artichoke memories.

Continued from Page 1

the base or artichoke bottom (my favorite part) will be soft enough to pierce with a fork.

Once you have accomplished this technique and become "hooked" on artichokes, you undoubtedly will want to include them in your meal plans on a regular basis. This natural, cooked vegetable cup also becomes a great garnish or small serving accessory, for warm sauces to be served with a fillet of fish or an appropriate salad, as well as for stuffing with tossed mini-vegetables or a traditional shrimp salad.

To appropriately eat a cooked artichoke, remove one leaf at a time, using your thumb and index finger. Then, gently scrape the tender inside of the leaf with your teeth. Discard the remainder of the leaf by setting on your dinner plate. The stuffing, artichoke heart and bottom can then be eaten with a fork.

Whole artichokes may be cooked in advance, refrigerated and then reheated, either stuffed or hollow before serving.

Here are a few authentic regional Italian recipes for stuffing and another traditional sauce for dipping without stuffing. To serve without a stuffing, slice each whole artichoke in half from the tip to the stem after steaming.

CARCIOFI ALLA RICOTTA
(Artichokes Stuffed with Ricotta Cheese)
Makes 4 stuffed artichokes

4 medium trimmed, artichokes, par-boiled 20 minutes
1 pound fresh ricotta cheese
1 large egg
4 tablespoons grated Parmesan cheese
½ cup dried currants
1 cup dried bread stuffing
Salt/pepper
1-2 tablespoons olive oil, for par-boiling artichokes
½ cup extra virgin olive oil

Mix together cheeses, egg, stuffing and seasoning in a medium-size mixing bowl. Divide filling into quarters. Using a large spoon fill each of the artichokes. Set them in a Dutch oven with ¾ cup and about 3-4 inches of hot water. Make sure that they remain upright. Bring pot to a boil and simmer partially covered about 20-30 minutes. The artichokes are cooked when the leaves can be easily removed and a paring knife inserted into the center of the stuffing is hot when touched. For extra-large artichokes allow for extra stuffing.

CARCIOFI RIPIENI DI PROSCIUTTO
(Artichokes Stuffed with Prosciutto)

Serves 4
4 medium artichokes, trimmed and par-boiled 20 minutes
½ cup freshly grated Parmesan cheese
4 generous cups of bread stuffing
1-2 large eggs
¼ cup sliced and chopped prosciutto (Italian smoked ham)
½ cup pine nuts
½ teaspoon freshly ground black pepper

Salt to taste
1 teaspoon dried basil
Pinch dried marjoram
½ teaspoon garlic powder
½ cup extra virgin olive oil

In a medium-size mixing bowl combine stuffing, cheese, egg, prosciutto, pine nuts and seasonings. Mix well and divide into 4 equal parts. Stuff each of the artichokes and set in a Dutch oven. Add olive oil and 3-4 inches of hot water to pot. Bring to a boil, reduce to a rolling simmer and cook until tender, 20-30 minutes, partially covered.

BAGNA CAUDA
Serves 6

This classic warm sauce also can be served with a variety of raw vegetables as well as steamed artichokes.

2 cups heavy cream
4 tablespoons butter
1 teaspoon anchovy paste
1 teaspoon finely chopped garlic
1 tablespoon extra-virgin olive oil
Pinch dried basil leaves
Freshly ground black pepper

In a small saucepan, heat butter and oil. Add garlic and sauté until lightly golden. Remove from heat. In another small saucepan, heat heavy cream and bring to a simmer. Reduce cream until there is 1 ½ cups. Add butter, garlic and seasonings. Serve warm in individual petite bowls.

Natural foods featured at Rochester Hills store

Continued from Page 1

Whole foods are safer foods."

Many Nature's Market customers have zero tolerance for food additives of any kind, or are sensitive to common foods such as yeast, sugar, salt or corn syrup.

FOR THOSE WHO are sensitive to wheat, there are pastas made from spelt, tiff and quinoa. These are names you will never find in a kitchen canister set, but they are wholesome grains, organically grown, that allow spaghetti-lovers to indulge without discomfort — unless they eat too much.

CHEESY-CHILI CASSEROLE

1 cup cooked bulgur wheat
1 cup cooked soybean flakes
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon salt (optional)
1 teaspoon oregano
1 teaspoon garlic powder
¼ teaspoon cayenne pepper
1 cup cooked brown rice
2 cups yogurt
¼ tablespoons whole wheat flour
One 4-ounce can chopped green chilies
1 pound Monterey Jack cheese, grated
Combine first eight ingredients, mix well and set aside. Combine next four ingredients. Layer mixtures alternately in large casserole.

Top with cheese. Bake at 350 degrees for 30 minutes. Serve immediately with green salad. Yield: 4-6 servings.

Source: Arrowhead Mills

CURRIED RED LENTILS

1 cup dried red lentils
1 teaspoon salt (optional)
2 tablespoons butter
2 onions, chopped
1 teaspoon cumin
1 teaspoon poppy seed
1 teaspoon chili powder
1 teaspoon turmeric
2 teaspoons coriander seed
6 whole cloves
1 cinnamon stick
4 cardamom pods
1 cup fresh, grated coconut
4 peppercorns

tem to dedicate themselves to clean foods — and a cleaner world."

NATURE'S MARKET provides several services to its clients. The store takes special orders for almost any product, from a food supplement to 25 pounds of carrots. There's a grinder and a juicer available, too, starting Thursday, Nov. 1, there will be delivery service. An educational program is in the works. The book selection is being expanded, and guest speakers and cooking lessons are in the offing.

Nature's Market is at 139 W. Auburn Road, Rochester Hills, phone 852-9327.

4 garlic cloves

Put lentils and salt in large saucepan with enough water to cover, bring to a boil, cover and reduce heat. Simmer for 30 minutes or until lentils are tender. Drain. Heat butter and sauté onions until golden. Combine remaining ingredients in blender or processor; process to a paste; add to onions and cook for one minute; add the lentils, cook for further two minutes. Serve hot on a bed of rice.

Variations: 1. Serve with crisp raw vegetables, and thin slices of onion and tomato in lemon juice. 2. Serve plain yogurt and mango chutney as an accompaniment. Yield: Four servings.
Source: Arrowhead Mills.

Pair fresh veggies, salmon

MICROWAVE SALMON

VEGETABLE SAUTE
1 ½ cups fresh or frozen asparagus
1 ½ cups fresh or frozen broccoli
1 ½ cups fresh or frozen pea pods
½ cup sweet red pepper, cut into strips
1 clove garlic, minced
1 teaspoon grated fresh ginger
2 tablespoons water
1 cup sliced mushrooms
¼ cup bean sprouts
¼ cup chicken broth
1 tablespoon cornstarch
2 teaspoons light soy sauce
1 teaspoon sesame oil
One 7½-ounce can salmon
2 tablespoons green onions, sliced diagonally
Pepper to taste
Toasted sesame seeds

In a 2-quart, microwave-safe dish combine asparagus, broccoli, pea pods, red pepper, garlic, ginger and water. Cover and cook on high for 3 minutes. Stir; add mushrooms and bean sprouts. Cook on high 2 minutes.

In microwave-safe glass measure, combine chicken broth, cornstarch, soy sauce and sesame oil. Cook on high 1 minute; stir into vegetables.

Drain and flake salmon; add salmon and green onions to vegetables. Cook on high 1 minute or until vegetables are heated through. Season with pepper and sprinkle with sesame seed. Makes 6 servings.

are heated through. Season with pepper and sprinkle with sesame seed. Makes 6 servings.

HALLOWEEN HEADQUARTERS

- Children's Costumes
- Animal Masks & Party Favors
- Activities, Games & Gift Ideas

Grandparents & Seniors Save 20% on Holiday Shopping Items

The Doll Hospital
Doll Sales & Alterations
3047 W. 12 Mile • Berkeley • 4830-1115
Mon.-Sat. 10-6, Fri. 10-6

At The Ground Round, kids' meals are priced at 1¢ a pound!

Right now, at The Ground Round, your kids can order a meal from our Jr. Menu and all they pay is what they weigh. Really! When you come in, we weigh each child and their meal only costs a penny for each pound they weigh. So your kids can enjoy a Jr. Burger, a Jr. Hot Dog, a Jr. Fish or Kids Chicken Fingers at just Jr. prices. So bring 'em in and weigh 'em out!

Bring your appetite!

• Good through Oct. 26, 1990
• For Children under 12
• Only at Participating Ground Round Restaurants
• Birthday parties excluded

Ground Round Locations:

- 30005 Orchard Lake Rd. Farmington Hills 851-7404
- 17050 Laurel Park South Livonia 462-1735
- 3310 North Woodward Ave. Royal Oak 549-3044

La Rose Market
YOUR FAMILY SUPERMARKET

HOURS
Mon.-Sat. 9 A.M. - 9 P.M.
Sunday 9 A.M. - 6 P.M.

PRICES EFFECTIVE OCT. 23 THRU OCT. 29, 1990.

SYLVAN CENTER
2375 ORCHARD LAKE RD.
WEST BLOOMFIELD

5 MILE ROAD AT MERRIMAN LIVONIA

We Reserve the Right to Limit Quantities.

A GREAT PRICE... *PLUS* BUY ONE - GET ONE FREE

POP SECRET MICROWAVE POPCORN
\$1.87
9 to 10 oz. pkg.

***PLUS* WITH IN-STORE COUPON BUY ONE GET ONE FREE**

IN-STORE COUPON GOOD THRU 10-29-90

SUNSHINE KRISPY CRACKERS
87¢
16 oz. pkg.

***PLUS* WITH IN-STORE COUPON BUY ONE GET ONE FREE**

IN-STORE COUPON GOOD THRU 10-29-90

BETTY CROCKER FRUIT ROLL-UPS
\$1.59
4 oz. pkg.

***PLUS* WITH IN-STORE COUPON BUY ONE GET ONE FREE**

IN-STORE COUPON GOOD THRU 10-29-90

BUGLES CORN SNACKS
\$1.29
6 oz. pkg.

***PLUS* WITH IN-STORE COUPON BUY ONE GET ONE FREE**

IN-STORE COUPON GOOD THRU 10-29-90

COOKIE CRISP or MUTANT NINJA TURTLES CEREAL
\$2.59
11 to 12.5 oz.

***PLUS* WITH IN-STORE COUPON BUY ONE GET ONE FREE**

IN-STORE COUPON GOOD THRU 10-29-90

RICE-A-RONI SAVORY CLASSIC
99¢
4.3 to 5.4 oz.

***PLUS* WITH IN-STORE COUPON BUY ONE GET ONE FREE**

IN-STORE COUPON GOOD THRU 10-29-90

GROUND CHUCK
\$1.39
LESSER AMOUNTS \$1.59 LB.

BANANAS
29¢
LB.

DIET PEPSI OR CAFFEINE
FREE DIET
6 PACK CANS
99¢ PLUS DEP.

STOUFFERS LASAGNA
21 oz.
\$1.97

ADDITIONALS \$1.19
LIMIT 4 PER FAMILY WITH COUPON.
EFFECTIVE OCT. 23 THRU OCT. 29, 1990.

FRESH MICHIGAN MEDIUM SIZE COOKING ONIONS
3 LBS.
39¢

BETTER MADE POTATO CHIPS
14 oz.
\$1.67

ADDITIONALS \$1.87
LIMIT 1 PER FAMILY WITH COUPON.
EFFECTIVE OCT. 23 THRU OCT. 29, 1990.

MANY MORE STORE PAPER SPECIALS! DOUBLE COUPONS! Details in store!