

These recipes spice up dishes

By Marty Figley
special writer

Here are some recipes using popular spices

POACHED FISH

These can be served hot with a sauce or cold with a salad dressing.

5-5 peppercorns
1 or 2 cloves
1 bay leaf
1 small sliced onion
1 chopped carrot
1/2 cup chopped celery
1 tablespoon lemon juice or vinegar
1 to 1 1/2 pound fish steaks or fillets

Half fill a large skillet with water; add next 6 ingredients; cover and boil 15 minutes. Add lemon juice or vinegar, then fish. Cover and simmer 15 to 20 minutes until flesh will flake when tried with a fork. Drain before serving. Makes 2 generous servings.

HERB WINE SAUCE

This yummy sauce with capers will go well with the poached fish... or those cooked any other way.

1 tablespoon capers
1 cup mayonnaise
10 stuffed olives, chopped
1/2 cup Rhône wine
1 tablespoon mixed parsley
1 tablespoon grated onion, or dried onion flakes
1/2 teaspoon white pepper

Blend all ingredients into a microwave-safe dish, cover. Heat for 2 minutes on 1/2 power, stir and repeat until heated through. Makes 1 1/2 cups.

MULLING MIX

Good for cider or red wine. One-eighth cup of the mixture bundled in a pretty bag and tied to a bottle of red wine or apple cider, with the instructions included, would make a unique gift... and the aroma will be a reminder of your thoughtfulness.

1 cup cinnamon stick, broken into pieces
1 cup dried orange peel, about the size of a nickel
1/4 cup whole allspice
1/4 cup whole cloves
1/4 cup whole nutmeg, broken in small pieces
About 1/4 cup dried ginger root, cut into tiny pieces

Mix all together and store in a covered jar for 2 to 3 months, stirring occasionally. Directions for serving: Add 1/4 cup or less mix to a quart of cider or bottle of red wine; simmer in a saucepan over low heat, about 30 minutes. You may add a small amount of sugar if desired. Strain and serve hot or cold. Rinse and dry spices and use again, adding a bit more as it won't be as strong.

HERB BASTE AND MARINADE

1 pint red wine vinegar
1 teaspoon cloves, crushed



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2 teaspoon salt (optional)
1/4 teaspoon cayenne pepper
6 teaspoons sugar
1 large onion, grated
Grated rind of 1 lemon
1/4 cup olive oil
1/2 teaspoon dried oregano

Blend cloves, salt, cayenne pepper, sugar, and oregano in large mixing bowl. Gradually pour in vinegar to make a thick paste; add lemon rind; blend well. Gradually pour in olive oil, stirring vigorously. Add onion and remaining vinegar; blend well. Pour in quart jar, seal tightly; let stand overnight, at room temperature. Store in refrigerator. Keep indefinitely. About 1 1/2 pints.

MAGIC PICKLES

My aunt gave me a similar recipe and, as I recall, she called it something else. Nevertheless, it's easy and fun to change sour pickles into sweet ones. The resulting syrup can be used to season cold slaw.

1 quart large whole sour pickles
2 cups sugar
1 tablespoon whole allspice
1 teaspoon whole cloves
2 tablespoons olive oil

Slice pickles crosswise and return them to the jar alternately with a mixture of the next three ingredients. Pour oil over all. Let stand in refrigerator at least a week before using.

CASSIA BUD PICKLES

A friend gave me this delicious recipe many years ago... makes 14 pints.

75 cucumbers, each measuring 2-3 inches
4 quarts water
2 cups kosher salt
1 teaspoon powdered alum
6 cups cider vinegar
5 cups white sugar
1 ounce celery seed (4 tablespoons)
1 ounce Cassia buds (4 tablespoons)

Cut cucumbers lengthwise and put in large bowl. Bring to boiling water and salt. Cool and pour over cucumbers. Cover, let stand one week. Drain, cover with boiling water; drain, then repeat with 1 teaspoon powdered alum. Let stand 24 hours; drain, cover with hot syrup made of vinegar and 3 cups white sugar and the spices (tied in a bag). For 3 successive days drain off syrup; add 1/4 cup sugar, bring to boiling; pour over pickles. On third day drain, pack in hot sterilize jars, pour hot syrup over and seal.

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Methods for practical porker

"The Useful Pig" by Roberta Wolfe Smoler (HarperCollins, Oct. 10, 1990; \$19.95, hardcover) is an original collection of 150 recipes using the practical porker. Although you still can't make a silk purse out of a sow's ear, with "The Useful Pig" you can make Scallops of Pork in Lemon and Garlic Sauce or Grilled Double Pork Chops with Mustard Marinade.

Cooking with "The Useful Pig" is much more than BLT's or baked ham with pineapple rings. There is everything from appetizers (Vietnamese Spring Rolls), soup (Pork and Sausage Soup with Potatoes and Kale), salads (Thai Grilled Pork Salad with Lettuce and Herbs) and main courses (Winter Vegetables Wrapped in Ham with Curry Sauce).

The cookbook is plump with ideas that take advantage of new time-saving, full-flavor boneless cuts, as well as perennial favorites: ham, tenderloin, chops, ribs and sausage. The wide range of recipes includes the traditional (Choucroute Garnie) and the contemporary (Green and Yellow Squash Salad with Sausage). A variety of cooking techniques lets you prepare pork on the grill (Indonesian Pork Satay with Peanut Sauce), in the wok (Sesame Pork with Green Sauce) and in the stock pot (Boiled Dinner with Smoked Pork Butts).

In addition, the book contains a brief history of the pig in civilization: as the center of Roman feasts and as the center of America's lucrative meat packing industry, the origins of the art of curing ham, and the many uses of pork by-products in other industries. With a complete glossary of many pork products, such as prosciutto, pancetta, and Polish ham, "The Useful Pig" is also a handy kitchen reference.

The author, Roberta Wolfe Smoler, also wrote (with Jeanine

Larmoth) "The Passionate Palate." Smoler is translator of both "The Nouvelle Cuisine of Jean and Pierre Troisgros" and "Roger Verge's Cuisine of the South of France." She lives in Sparta, N.J.

PORK CHOPS WITH A CRUST OF ONIONS

Cotes de Porc Foyot

The recipe for this dish can be traced back to one of Paris's great restaurants — famous from its inception in the late 19th century until it closed in the 1930s. The restaurant retained the name of Foyot — former chef to Louis Philippe who opened it — through the tenure of four other great chefs.

The restaurant's veal chop and its components of onions, wine, cheese and bread crumbs was renowned. I have adapted these signature ingredients to pork, which I prefer. Serves 4.

4 large center-cut pork chops, bone in (about 10 ounces each)
Coarse salt
Freshly ground white pepper
5 1/2 tablespoons butter
2 teaspoons chopped fresh tarragon
or 1 teaspoon dried tarragon leaves
4 cups chopped onions (about 4 onions)
Fresh or dried thyme
1/2 cup dry white wine
1/2 cup chicken stock
1/2 cup fine fresh homemade bread crumbs
1/2 cup freshly grated Parmesan cheese

Preheat the oven to 400 degrees. Place the chops with salt and freshly ground pepper. Over medium-high heat, melt 1/2 1/2 tablespoons of the butter in a skillet just large enough to hold the chops in one layer. Place the chops in the pan, and as

THE USEFUL PIG

150 Succulent Pork Recipes



"The Useful Pig" tells how to use "the other white meat" in appetizers, soup, salads and main courses.

they begin to brown, adjust the heat and turn them frequently to be sure they do not stick or burn. When they are well browned, remove them from the skillet and sprinkle with the tarragon. Cover to keep warm. Add 1 tablespoon more butter to the fat remaining in the skillet; add the onions. Cook over low heat, stirring frequently, for about 30 minutes or until soft and golden. Spread two-thirds of the onions over the bottom of a shallow casserole and arrange the chops, tarragon-sprinkled side down, on top of them. Sprinkle lightly with thyme and cover with the remaining onions. Pour the wine into the skillet and bring to a boil. Add the chicken stock and return to a boil; cook until the liquid is reduced to about 1/2 cup. Pour this evenly over the chops. Combine the bread crumbs with the cheese. Cover the onions and chops with the mixture. Melt the remaining 2 tablespoons of butter and drizzle it over the bread crumbs. Bake 30 minutes.

Trout cooked outdoors is a treat

AP — Rainbow trout cooks on the grill in about four minutes and can be served with vegetables and rice.

Try different briquets, hardwood charcoal or wood chips for flavor variety. To prevent sticking, make sure the grill is clean and brushed with oil just before cooking. Watch carefully to avoid overcooking.

GRILLED TROUT WITH SESAME-SOY BUTTER

Four 4-ounce trout fillets
3 tablespoons teriyaki sauce
Sesame-Soy Butter (recipe follows)

Preheat grill. Marinate rainbow trout in teriyaki sauce for 15 min-

utes in the refrigerator. Prepare Sesame-Soy Butter; set aside.

Place fillets flesh-side down on an oiled grill over hot coals. Cook about 2 minutes. Gently turn trout with a spatula; continue to cook 2 minutes longer. Serve immediately with dollop of Sesame-Soy Butter. Makes 4 servings.

Sesame-Soy Butter
2 tablespoons butter or margarine, softened
2 tablespoons sesame seeds, toasted
1 1/2 teaspoons finely chopped green onion

1/4 teaspoon light soy sauce

Combine all ingredients in a small bowl and set aside until ready to use.

Nutrition information per serving: 250 cal., 32 g. pro., 3 g. carb., 13 g. fat, 98 mg. chol., 650 mg. sodium.

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Liberty State Bank & Trust

Consolidated Report of Condition of Liberty State Bank & Trust of Troy, Michigan and Foreign and Domestic Subsidiaries, at the close of business September 30, 1990, a state banking institution organized and operating under the banking laws of this state and a member of the Federal Reserve System. Published in accordance with a call made by the State Banking Authority and by the Federal Reserve Bank of this District.

ASSETS

	Debit Amounts - Including	Net Total
1. Cash and balances due from depository institutions (from Schedule RC-A)	\$ 28,823	
2. Interest-bearing deposits and currency and coin	3,000	
3. Securities (from Schedule RC-B)	76,088	
4. Federal funds sold and securities purchased under agreements to resell		
a. Federal funds sold	6,000	
b. Securities purchased under agreements to resell	0	
5. Loans and lease financing receivables		
a. Loans and leases, net of unearned income (from Schedule RC-C)	\$345,321	
b. LESS: Allowance for loan and lease losses	4,168	
c. LESS: Allowance for transfer risk reserve	0	
d. Loans and leases, net of unearned income, allowance, and reserve (from 5.a minus 5.b and 5.c)	341,153	
6. Assets held in trading accounts (from Schedule RC-D)	0	
7. Premises and fixed assets (including capitalized leases)	8,612	
8. Investments in unconsolidated subsidiaries and associated companies	1,969	
9. Customers' liability to this bank on acceptances outstanding	0	
10. Intangible assets (from Schedule RC-M)	15	
11. Other assets (from Schedule RC-F)	5,127	
12. Total assets (sum of items 1 through 11)	\$472,727	

LIABILITIES

13. Deposits		\$419,855
a. In domestic offices (sum of totals of columns A and C from Schedule RC-E)	\$ 85,205	
(1) Noninterest-bearing	333,660	
(2) Interest-bearing	0	
b. In foreign offices, Edge and Agreement subsidiaries, and IBFs	0	
(1) Noninterest-bearing	0	
(2) Interest-bearing	0	
14. Federal funds purchased and securities sold under agreements to repurchase	0	
a. Federal funds purchased	770	
b. Securities sold under agreements to repurchase	0	
15. Demand notes issued to the U.S. Treasury	5,000	
16. Other borrowed money	0	
17. Mortgage indebtedness and obligations under capitalized leases	0	
18. Bank's liability on acceptances executed and outstanding	1,500	
19. Subordinated notes and debentures	3,947	
20. Other liabilities (from Schedule RC-G)	0	
21. Total liabilities (sum of items 13 through 20)	430,322	
22. Limited-life preferred stock and related surplus	0	
EQUITY CAPITAL		
23. Perpetual preferred stock and related surplus	0	
24. Common stock	3,312	
25. Surplus (Exclude all surplus related to preferred stock)	23,398	
a. Undivided profits and capital reserves	15,805	
b. LESS: Net unrealized loss on marketable equity securities	0	
c. Cumulative foreign currency translation adjustments	0	
26. Total equity capital (sum of items 23 through 25)	42,710	
27. Total liabilities, limited-life preferred stock, and equity capital (sum of items 21, 22, and 26)	\$472,727	
Memoranda - Deposits of State Money - Michigan \$168,660		

I, Robert L. Dopke, Senior Vice President, Controller & Cashier of the above-named bank do hereby declare that this Report of Condition has been prepared in accordance with the instructions issued by the Board of Governors of the Federal Reserve System and the State Banking Authority and is true to the best of my knowledge and belief. We, the undersigned directors, attest to the correctness of this Report of Condition and declare that it has been examined by us and to the best of our knowledge and belief has been prepared in accordance with the instructions issued by the Board of Governors of the Federal Reserve System and the State Banking Authority and is true and correct.

Robert L. Dopke
Senior Vice President, Controller & Cashier
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