

Easter dessert is fresh, seasonal

Think recycling in the kitchen

AP - Capture the season's best fruit in a fabulous fresh-tasting dessert, perfect for Easter entertaining because you can make it the day before. A duo of spring favorites — tangy rhubarb and juicy strawberries — serve as the splashy backdrop to a two-tone chocolate and orange chiffon. Dress up each serving with fresh fruits, mint and chocolate curls.

CHOCOLATE TERRINE WITH SPRING FRUITS

1 envelope unflavored gelatin
¾ cup sugar
¾ cup water
4 slightly beaten egg yolks
4 egg whites
¾ cup whipping cream
6 ounces semisweet chocolate, melted and cooled
2 tablespoons orange liqueur
3 cups sliced fresh rhubarb or ¼ of a thawed 16-ounce package frozen rhubarb
1 cup sliced strawberries
¼ cup water
¼ cup sugar
4 teaspoons cornstarch
Orange sections (optional)
Whole and sliced strawberries (optional)
Fresh mint (optional)
Chocolate curls (optional)

In a 1½-quart saucepan combine unflavored gelatin and the ¾ cup sugar; stir in the ¾ cup water. Stir in egg yolks. Cook and stir over medium heat until gelatin is dissolved and mixture comes to a gentle boil; cook and stir for 2 minutes more. Cover surface with clear plastic wrap. Cool to room temperature, about 1 hour.

In a large mixer bowl beat egg whites with an electric mixer on high speed until stiff peaks form (tips stand straight); fold in the cooled gelatin mixture. Beat the whipping cream just until soft peaks form; fold into gelatin mixture. Divide into two equal portions, about 2 cups each.

Into one portion, gently fold melted chocolate; cover and keep at room temperature. Into remaining portion, gently fold orange liqueur; pour into an 8-by-4-by-2-inch loaf pan, spreading evenly in pan. Cover and chill liqueur layer until partially set, about 20 to 30 minutes.

Carefully spoon the chocolate portion onto the liqueur layer when it is almost set but still slightly sticky to the touch. Cover and chill the terrine about 6 hours, or until firm.

For sauce, in a medium saucepan combine rhubarb, 1 cup strawberries and ¼ cup water. Bring to boiling, reduce heat. Cover and simmer for 5 to 8 minutes or until tender. Drain, reserving liquid. Discard pulp.

Add enough water to liquid to equal ¼ cup; return to saucepan. Stir together the ¼ cup sugar and cornstarch. Stir into liquid in pan. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Cool. Cover and chill.

To serve, unmold the terrine onto a serving platter. Slice to serve. If desired, decorate with orange sections, additional strawberries, mint and chocolate curls. Serve with sauce. Makes 6 to 8 servings.

Nutrition information per serving: 390 cal. (44 percent calories from fat), 19 g fat, 167 mg chol, 6 g pro., 84 g carb., 2 g dietary fiber, 41 mg sodium. U.S. RDA 11 percent vit. A, 45 percent vit. C.

Recycling is not a new concept. Generations ago, people recycled flour sacks into shirts or towels, saved string and reused paper wrapping.

Since the kitchen is responsible for the bulk of the excess trash and disposables, it's time to let your conscience be your guide when buying food and products in the supermarket. When you buy something, think how the package or box can be recycled.

The clear plastic or polyethylene bags with holes for ventilation that hold two to five pounds of lemons, apples or oranges can be recycled.

STORE SOCKS or children's sweaters in it, or use it as a car trash bag or to carry a daisy swimmer. The family "fisher person" could use it as a fish creel to hold and submerge small fish in the river or lake. Expandable net or mesh bags can be used to carry snacks or lunches. Delicate laundry items could be put in mesh bags to use in the washing machine.

In the car, use them to hold road maps, travel games or even a pair of shoes. Air-dry flowers, herbs or onions in these bags. A homemade pot scrubber can even be made from a mesh bag.

Large mesh bags with pull strings can be used to carry school books or library books. Carry them to the beach or pool with swimwear, towels or toys.

At Halloween time, the children could use them for trick or treat

bags. Tennis balls, softballs, craft materials, cleaning supplies, dirty laundry, small garden tools and toys are just a few uses for the mesh citrus bags.

Recycle, no matter the use you find for them.

THE BATTLE rages on regarding paper grocery bags or plastic bags in the grocery store.

The best thing to do is to buy a couple of large cloth bags to carry your groceries — they are stronger, anyhow. A cloth bag can be washed and reused without harming the environment.

There are several points to consider when choosing paper or plastic grocery bags.

Paper does break down in the landfill, but very slowly. And paper bags are usually made from virgin paper because recycled paper grocery bags are not as strong and rip easily.

On the other hand, plastic bags (biodegradable) will break down slowly in a landfill but they do take less space. Reuse whatever bag you choose before discarding.

THE MICROWAVE is a great way to help conserve because it uses less energy than a conventional stove.

If you are using a conventional oven, do several dishes at one time. Don't heat it up for one small item. Try to cook the potatoes, meat and maybe a vegetable casserole all at one time. This conserves time and energy for you and the appliance.



Lois Thieleke

home economist, Cooperative Extension Service

Buy some glass-covered dishes to use in the microwave rather than always using wax paper or plastic wrap. The only inconvenience to you will be having to wash the casserole cover!

LOOK AT the packaging of the food you buy. Buy food in the largest box or a refillable container. Many companies have begun adopting the refill concept to avoid large throw-away items.

Be careful about the amount of disposable dishes you use at home. Save them for picnics and occasional use.

And buy paper plates instead of the plastic-covered or foam type, which do not break down easily.

BUY FRUITS and vegetables that you select off the counter rather than prepackaged.

There is really no need for a plastic tray covered with a plastic wrap over fruits and vegetables. Besides, most produce stores longer if it is able to breathe in the refrigerator. Keep the packaging simple — less is better.

Plastic or foam egg cartons are

unnecessary, unless you're making a craft item. Buy cardboard containers made from recycled materials. When packing your lunch, buy a plastic sandwich container that can be reused for years.

BIODEGRADABLE IS not necessarily what it seems. Most landfills are designed to keep water out, and under those conditions even biodegradable items will last a long time.

Claims that products are made with recycled materials can mean that they contain anywhere from 1 to 100 percent recycled paper.

Look for a label that specifically states the percent of recycled materials.

The labels "environmentally friendly" and "safe for the environment" that some manufacturers are using have no legal definition and can mean anything.

Read and learn as much as you can regarding recycling of materials.

When everybody does just a little bit to help, our consciences and the environment will be clearer. Make smart and informed choices in the supermarket.

Spring lamb a favorite for Easter

Smiling Pudding Cups can make a happy day

AP - Smiling pudding cups are easy to make — perfect for a party or a rainy day. Decorate with coconut, sprinkles or candies.

Pour milk into a small mixing bowl. Add pudding mix. Beat with wire whisk until well blended, about 1 to 2 minutes. Let stand 5 minutes. Spoon into 5-ounce plastic or paper cups. Makes 4 servings.

To decorate, make faces on pudding with gumdrops, jellybeans, raisins, flaked coconut, cinnamon candies, miniature marshmallows, cereal, sprinkles, cutouts and fruit toppings.

AP - With Easter on its way, supermarkets will be stocking up on a holiday favorite — spring lamb. You may think of lamb roast solely as a slow-cooking Sunday dinner, but think again. With the help of a pressure cooker, lamb roasts can be a speedy dinner any night of the week.

Pressure cookers cook foods evenly and tenderize tough cuts of meat quickly, perfect for the after-work rush.

HERBED LAMB ROAST

1½ to 13½ pounds boneless lamb shoulder roast or boneless leg of lamb portion
1 tablespoon olive oil or cooking oil
¾ cup beef broth

2 cloves garlic, minced
½ teaspoon dried thyme, crushed
½ teaspoon dried oregano, crushed
½ teaspoon dried mint, crushed
½ teaspoon dried rosemary, crushed
Beef broth or water
¾ cup water
3 tablespoons all-purpose flour

Trim excess fat from lamb. In a 4-quart pressure saucepan, cook lamb in hot oil until brown on all sides. Remove from heat, drain off fat.

Combine the ¾ cup broth, garlic, thyme, oregano, mint and rosemary; pour over lamb. Cover and lock saucepan. Add pressure regulator; set at 15 pounds. Place saucepan over high heat.

When regulator begins to rock, reduce heat so the regulator rocks gently. Cook for 20 minutes. Remove saucepan from heat, allow pressure to drop. Open saucepan as your instruction manual directs. Transfer lamb to a cutting board; keep warm.

For gravy, pour juices into a glass measure, skim off fat. Add enough broth or water to reserved juices to measure 1 cup. Return all to saucepan. Stir together ¼ cup water and flour; add to saucepan.

Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more. Season to taste with salt and pepper.

To serve, remove strings from lamb, discard. Slice lamb. Serve with gravy. Makes 6 servings.

With the help of a pressure cooker, lamb roasts can be a speedy dinner any night of the week.

Nutrition information per serving: 218 cal. (45 percent calories from fat), 11 g fat, 85 mg chol, 25 g pro., 4 g carb., 212 mg sodium. U.S. RDA: 12 percent iron, 11 percent thiamine, 15 percent riboflavin, 26 percent niacin.

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