

Lamb popular in springtime

With the arrival of spring, you can't help but anticipate the pleasurable bounty of fresh fruits, vegetables and one of the season's most favored meats — lamb.

Although the idea of spring lamb is no longer applicable, since fresh American lamb is now available year-round, many consumers still favor adding this tender, lean and healthy meat to the menu this time of year.

Today's lamb now comes in a larger variety of cuts than ever before, from inexpensive center cut leg steaks, shanks and ground meat to the more luxurious racks, loin chops and sirloin.

Certified Fresh American Lamb is a U.S. Department of Agriculture guarantee given only to the top third of the country's lamb. Certified lamb comes in packages designated by a red, white, blue and gold label.

ONCE YOU HAVE selected the cut of your choice, you will find that it is extremely simple to prepare in a variety of ways from grilling and broiling to roasting and even microwaving.

The leg of lamb, called for in this Festive Leg of Lamb with Orange Marmalade Ginger Glaze requires only a few minutes of preparation to create a distinctively spicy taste using orange marmalade, ginger, vinegar and garlic.

To avoid a strong odor as the meat cooks, always roast leg of

lamb in a moderate oven, no hotter than 325 degrees. For optimum eating, never overcook this succulent roast but remove from the oven while the meat is still pink.

FESTIVE LEG OF LAMB WITH ORANGE MARMALADE GINGER GLAZE

(6 Servings)
2 cups orange marmalade
1/4 cup minced candied ginger
1/4 cup cider vinegar
1 fresh American leg of lamb (5-7 pounds)
2 garlic cloves, slivered

In medium bowl, blend marmalade, candied ginger and cider vinegar; set aside.

Using a roasting pan with rack, place lamb on rack, fat side up. Make slits in surface of lamb and insert garlic slivers.

Roast lamb in preheated 375-degree oven for 20 minutes, lower temperature to 325 degrees and roast to desired degree of doneness: 17-20 minutes per pound or 140 degrees for rare, 21-24 minutes per pound or 150 degrees for medium, 24-27 minutes per pound or 160 degrees for medium-well.

During last 30 minutes of roasting, brush on 1/4 cup glaze. When lamb is done, remove from oven, cover and let stand 10 minutes.

Slice and serve. Heat remaining marmalade ginger glaze and serve with lamb.



Festive Leg of Lamb with Orange Marmalade Ginger Glaze is a spring dish that is easy to prepare.



Lois Thieleke

home economist, Cooperative Extension Service

Childhood foods are comforting

Hot homemade soup, old-fashioned pudding, fresh-from-the-oven bread or biscuits, or anything chocolate are all comfort foods.

These seem to evoke fond memories of foods you loved as a child. We never seem to outgrow the taste for these delightful comfort foods as we think of the simple pleasures in life. Take care making your comfort foods memorable.

In a hurry for your pudding comfort, use the microwave. Microwave cooking of pudding occurs from all sides rather than only the bottom. This eliminated the possibility of scorching. For added convenience, measure, mix and cook pudding in a four-cup glass measure.

You may have given up on pudding thinking it is too fattening. Make some changes. Use skim milk, egg substitutes, cut down on sugar by adding more vanilla and use reduced-calorie margarine. The pudding will still be good and smell as wonderful as you remember.

THE "QUEEN" of old-fashion pudding is bread pudding, blending lemon and vanilla flavors. Old favorites also include rice, tapioca, vanilla or chocolate puddings. (Homemade, of course.) Basically, pudding comes in two versions, top of the stove or baked.

For a top-of-the-stove pudding, use a double boiler, being careful that the heat is not too high or the egg will toughen. Baked versions are set in hot water in the oven. Bake until they are "set." The water allows for a gentle heat to avoid the break or curdling of the pudding.

When fresh from the oven, steaming-hot bread or biscuits say, "Welcome!" The aroma alone gets the memory going. Yeast breads are easy to make and now you can use the microwave to cut the rising time in half.

Place the yeast dough in a well-greased microwave bowl, grease the top and cover loosely with wax paper. Set the bowl in a baking dish and pour hot water to the depth of about one inch in the bottom dish. Microwave at medium-low (30 percent power) two minutes, let stand in microwave for five minutes. Repeat

this procedure three times or until dough is doubled in bulk. Give the dish a quarter turn after each microwaving period. If the top looks dry, carefully turn the dough over in the bowl.

Fiber-rich whole grains give breads and biscuits a robust flavor. For a light and flaky biscuit, handle the dough as little as possible. Too much mixing makes them heavy and tough. The most tender biscuits are made with solid fat such as shortening or butter. Biscuits should be cut close together, leaving as little dough as possible to reroll. Do not knead the scraps. Simply press together, reroll and cut. Too flattening for your diet? Try to serve steaming hot. There is no need for additional butter and jam.

A SIMMERING pot of soup is a welcome, comforting sight any day. Serve soup in mugs to spark appetites and offer comfort. The secret to flavorful soup is the broth or stock. A tasty broth can be prepared with little effort. To make a great broth let the mixture simmer slowly. If the liquid boils the broth will be cloudy.

Add vegetables and herbs for extra flavor. Carrots and onion deepen the color of the broth and add sweetness. Remember to strain several times and remove fat to make a lighter and healthier broth. Chilling helps to degrease broth and stock. The solidified fat can be easily removed before reheating. Soups make large batches, so the enjoyment can continue, especially since many taste better the second day.

The above comfort foods are healthier than the following one but certainly not tastier. Small amounts once in awhile. What can it hurt? Just like kids, many of us will eat anything as long as it has chocolate on it. A real chocolate fantasy would be not only a bar but a chocolate desert filled with chocolate and frosted with chocolate. That's comfort!

Chocolate scorches easily, so take care to melt slowly over hot water.

Everyone seems to have a food or foods that mean comfort by representing a fond memory of childhood. On a stress-filled day, try one of your favorite comfort foods.

Rounded dishes best for the microwave

AP - Using your microwave to save time isn't worth much if your results are either underdone or overcooked. You can make sure that won't happen with these kitchen-tested cues.

• Rounded dishes have the edge. For perfectly done breads, cakes or custards, use a round or ring-shaped baking dish. Microwaves concentrate in the corners of square or rectangular dishes, overcooking the edges of the foods while leaving the centers underdone. You can avoid

undercooked centers by using a ring-shaped dish.

• Put up a foil shield. Avoid uneven cooking by using a little aluminum foil (if your owner's manual recommends using foil in your microwave oven). Because foil is metal, microwaves will not pass through it. Place a small amount of foil over an area of food that is cooking faster to protect it while the uncovered food continues to cook. Remember to use small amounts of foil. And, to prevent sparks, be sure

foil doesn't fold back on itself or touch other metal or the side of the microwave oven.

• Arrange foods wisely. When cooking foods with uneven thicknesses, such as chicken pieces, place the thicker portions to the outside where the microwaves tend to concentrate. For fish, fold the thin sections underneath.

• Rearrange food during cooking. Microwaves may cook foods unevenly, so it helps to move the food once

or twice during cooking. Stir soupy foods from the edges to the center to distribute the heat. For pieces that cannot be stirred, move less-cooked pieces close to the dish edges and more-cooked pieces in the center. Turn over large pieces, such as hamburgers, to be sure the top and bottom cook evenly. You can also give the dish a half-turn midway through the cooking time. Some microwave ovens may have a turntable, which will help to cook foods more evenly, too.



Small in size, big in reach.

O & E CLASSIFIEDS

cooking calendar

CANNING COURSE

A complete self-directed canning course, designed for both beginning canners as well as experienced canners, is being offered by the Oakland County Cooperative Extension Service.

The seven-week Home Food Preservations Correspondence Course has all the newest USDA safe

canning recommendations. Fee is \$15, which covers printing, materials and postage. Call 858-0904 for enrollment information.

For other questions on home canning, food safety or food and nutrition concerns, call the Oakland County Food and Nutrition Hotline at 858-0904 from 8:30 a.m. to 5 p.m. Monday-Friday.



To fight crime in Philly, people plant posies.

"The bad part of town." Abandoned cars. Sidewalks scattered with crack vials. Bombed-out buildings.

A neighborhood whose spirit is as broken as the bits of glass that dot the street. There are only two things to do if your neighborhood becomes a war zone: give up or take action. The Philadelphia Story One day, in the "bad part" of Philadelphia, a neighbor complained to a neighbor. And then to another. And then to more. People didn't like their homes being "taken over." Feelings of helplessness and resentment turned to action.

They went to the police for help. Soon a substation was established where folks could readily report crime. Weekly meetings began. Community watches started. Things started

getting fixed up. Vacant lots were cleaned up and fenced off. Abandoned cars were towed away. Painting and repairing programs began.

The neighborhood was cleaning itself up. The local 4-H Club even helped set up garden clubs where kids, teens and adults could work together on plants and flowers while talking over ways to raise awareness.

When people care and get involved, neighborhoods change. When a block doesn't look like a haven for crime and drugs, it won't be. And in this part of Philly, where once only an apathy grew, seven gardens now bloom.

This is only one success story of many. To find out what can be done in your neighborhood, write: The McGuffey Files, 1 Preparation Way, Washington, D.C. 20839-0001. And help...



A message from the Crime Prevention Council, the U.S. Department of Justice and the Advertising Council. © 1991 National Crime Prevention Council.

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