

Dairy farmer shares tasty buttermilk biscuit recipe

See National Dairy Month story on Taste front.
Three biscuits rival mamma's. They taste good alone with butter and jam, with a gravy, or strawberry-and-cream.

SHARAH GILL'S HOMEMADE BUTTERMILK BISCUITS

2 cups sifted flour
3 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon sugar
5 tablespoons shortening, at room temperature
1 cup buttermilk

Sift together dry ingredients. Cut in the shortening with a fork or pastry blender. Add buttermilk all at once and stir until the dough follows the fork around the bowl.
Turn out and knead 6-8 times. Be careful because too much handling makes dough tough. Roll 1/4 inch thick and cut with a cutter or glass. Brush biscuits with a little melted butter. Place in a baking dish and bake at 375 to 400 degrees for 10 to 12 minutes, depending on your oven. When baked, brush the tops again with butter and sprinkle a

little sugar on top. Makes about 8 biscuits.
EASY AMERICAN TART SHELL
1/4 cup (1 1/2 sticks) butter, softened
1 egg
1 1/2 cups all-purpose flour
1/4 cup chopped almonds, toasted

Preheat oven to 375 degrees Fahrenheit. For shell, line 13 x 9-inch baking pan with heavy-duty aluminum foil. Cream butter and sugar in medium bowl. Add egg, beat well. Gradually stir in

flour and nuts. Press evenly onto bottom and about 1 inch up sides of prepared pan. Bake 12 minutes or until lightly browned. Cool completely. Transfer to serving plate using foil to lift shell from pan; remove foil.

TART FILLING

2 packages (3.4 ounces each) instant vanilla pudding mix
2 cups milk
2 teaspoons lemon juice
1 teaspoon grated lemon peel
1 cup whipping cream
strawberries or raspberries
blueberries or blackberries

banana slices
For filling, beat together pudding mix, milk, lemon juice and peel. In separate bowl, beat whipping cream just until stiff

peaks form; gently fold into pudding mixture. Spread evenly in tart shell. Decorate to resemble flag using berries and banana slices to form stars and stripes.



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Fire up the grill for garlic, onions, fish

See Larry Jones' column on Taste front.

GRILLED GARLIC AND ONIONS

12 thin wooden skewers
3 large sweet onions
1 bulb garlic, peeled
1 cup white wine
salt and pepper to taste

Soak the wooden skewers in any liquid for about 1 hour before cooking to prevent burning.

Peel and quarter onions and alternately skewer on the stick with the garlic cloves. Grill over hot coals, frequently brushing or spraying with wine while cooking. Cook until vegetables are tender, about 15-20 minutes. Salt and pepper to taste. Serves 6.

GRILLED FISH WITH CITRUS MAYONNAISE

1 pound fish suitable for grilling

Juice from 2 lemons, limes or oranges
1 cup mayonnaise
1/4 cup Parmesan cheese

Allow the fish to come to room temperature before grilling. For optimum results, use only fresh citrus juice. Combine the juice with the mayonnaise and Parmesan cheese and mix well. Fish can be marinated in the mixture

for 1 hour before cooking, if desired.

Place fish over glowing coals, about 4 inches from heat. Remember, fish cooks quickly so keep brushing citrus mayonnaise mixture over fish while cooking to keep moist. Flip fish and brush with remaining sauce. Cook until fish flakes easily, about 3 minutes on each side for 1 1/2 inch thick fillet. Serves 4.

Cooked vegetable salad perfect for picnics

See related story on Taste front. This tasty salad can be prepared in advance, and is perfect for picnics. It will keep a day or two and is a favorite at Punchinello's. Serve this salad in lettuce cups or on a bed of lettuce, and toss before serving.

COOKED SUMMER VEGETABLE SALAD

1/2 pound mushrooms, cleaned

and sliced
3 to 4 slices bacon chopped,
3 tablespoons chopped parsley,
3 tablespoons chopped basil,
2 tablespoons olive oil
1 teaspoon chopped garlic
8 oz. red wine
3 stalks sliced and diced celery
1 whole sweet red pepper

seeded and diced
2 teaspoons tarragon vinegar

Place sliced mushrooms in saute pan with two tablespoons olive oil and one teaspoon chopped garlic. Add the bacon.

Cook over high heat for one minute with 8 oz. red wine. Lower flame to simmer for 5 minutes

and add parsley and basil.
To salad bowl put in sweet red pepper and chopped celery and dress with one tablespoon olive oil and two teaspoons tarragon vinegar.

Remove mushrooms from heat and cool, toss with peppers and celery in salad bowl.

Permanent Weight Loss
Dr. Ralph P. Keith, PH.D.
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Southfield, MI
746-0844



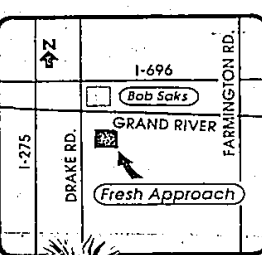
If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.
People who are, or have been, in unfulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.
If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

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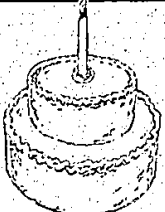


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