

Enjoy a taste of specialty foods made in Michigan

See related story about Michigan products on Taste front.

MUCKY DUCK MEATBALLS

3 pounds bulk pork sausage
1 cup Mucky Duck mustard
3 cans water chestnuts
(drained and sliced)

Mix ingredients. Form into walnut-sized balls and place on a broiling pan. Bake at 375 degrees for 30 to 35 minutes. Remove from pan and freeze, or serve immediately with sauce. (1/4 cup of any good bar-

becue sauce.) Recipe from Mucky Duck Mustard Co., Franklin.

ELENA'S THREE PEPPER PASTA

4 ounces Elena's Herbed Olive Oil Pasta Sauce (any flavor)
12 ounces Elena's Roman Style Pasta (any flavor)
1/2 large green bell pepper, cut into strips
1/2 large red bell pepper, cut into strips
1/2 large yellow bell pepper, cut

into strips
1/2 medium onion, chopped
8 ounce can plum tomatoes, drained and chopped
Parmesan cheese, freshly grated

Heat a small amount of Elena's Herbed Olive Oil Pasta Sauce in heavy large skillet over medium heat. Add bell peppers, saute until soft, 6 minutes. Remove peppers, and set them aside. Add onions and saute them for 2 minutes. Stir in to-

matoes and simmer 7 minutes. Add peppers to sauce.

Cook Elena's Roman Style Pasta according to directions on package. Drain. Add pasta to skillet of sauce, toss gently. Artfully arrange on serving dishes. Sprinkle with Parmesan cheese and serve. Serves 4. Recipe from Houlihan's Culinary Traditions, Ltd., Auburn Hills.

JABAR'S PEACH CHICKEN

4 boneless chicken breasts
1 1/2 tablespoons butter

4 Tablespoons Jabar's Peach Wine Vinaigrette

3 Tablespoons sugar
Salt and pepper to taste
Saute chicken breasts in butter until golden brown. Add peach wine vinaigrette and sugar. Turn chicken for 2 to 3 minutes to coat chicken. Place on serving dish and cover with peach sauce. Recipe from Jabars Complements, Walled Lake.

SHRIMP GARDEN MEDLEY DIP

1 packet Country Garden Med-

ley Dip Mix

1 cup sour cream
1 cup mayonnaise
1/4 cup (one 6 ounce can) baby shrimp, drained, rinsed and drained again.

Mix together in medium bowl, all above ingredients. Chill overnight, stir again before serving. Serve with vegetables or neutral flavored cracker. Especially delicious spread on cocktail pumpernickel bread slices. Recipe from Country Home Creations, Goodrich.

Make a meal out of fresh picked, juicy sweet corn

See Larry Jones' column on Taste front.

EASY CORN ON THE COB

8 ears, fresh corn
butter, salt to taste
Husk and remove silk from ears. Place corn in a large pot with just

enough water to cover. Cover pot and heat over high heat to boiling, then boil for 2-3 minutes. Drain and serve hot with butter and salt.

CORNBREAD

1 1/4 cups all purpose flour

1/4 cup cornmeal
1/4 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1/4 cup vegetable oil
1 egg, beaten

Preheat oven to 400 degrees. Lightly grease an 8 or 9-inch glass baking pan. Combine dry ingredients. Stir in milk, oil and egg, mixing until dry ingredients are moistened. Pour batter into a prepared pan and bake for 20 minutes or until light golden brown.

2 cups shredded cooked chicken
1 cup fresh or frozen corn kernels
1 cup egg noodles
2 hard boiled eggs, chopped
salt and pepper to taste
2 Tablespoons minced parsley

Heat the chicken broth in a saucepan and stir in saffron. Bring to a boil and then lower the heat to a simmer. Add the chicken and the corn. Raise temperature to a slow,

rolling boil, then add the noodles. Cook over medium heat for 10 minutes or until noodles are tender. Remove from heat and stir in the chopped hard boiled eggs. Correct seasonings with salt and pepper. Ladle into soup bowls and top with parsley.

Chef's suggestion: This is one of Momma's old recipes that when I made it, I thought it was better with a dash of Tabasco and the juice of 1/4 lemon added in for a little extra zing!

Delicious appetizer has hint of sherry

Besides being a delicious sipper, St. Julian Cream Sherry may be used in this recipe as a delicious appetizer created by Eva Braganini. See related story about Michigan wines on Taste front.

SOLERA CREAM MUSHROOMS

2 1/2 Tablespoons butter
12 medium mushroom caps

3 Tablespoons St. Julian Cream Sherry
1/2 teaspoon salt
1 teaspoon freshly ground pepper
3 Tablespoons heavy cream

In a medium skillet, warm butter over medium heat until sizzling. Add mushrooms and saute, turning once, until golden brown and ten-

der, about six minutes. Add sherry, salt and pepper, stirring for one minute. Add the cream and cook, stirring until reduced to a thick sauce, about 1 1/2 minutes. Serve warm.

Rich and tender, these sauteed mushrooms are especially prepared for four servings, but the recipe is easily doubled.

Plum sauce tops on ice cream

In summer, we all scream for ice cream, preferably topped with a rich fudge sauce. Unfortunately, most fudge sauces and ice creams are high enough in fat that they should only be eaten as an occasional treat. For more everyday fare, cook up a hot sundae topping of sweet and juicy plums, then spoon it over ice milk or low-fat frozen yogurt. For a plum parfait, layer the cooled plum sauce with granola and ice milk or yogurt.

ROSY PLUM SAUCE

1/4 cup sugar
1 teaspoon cornstarch
5 or 6 fresh plums, pitted and sliced (2 1/2 cups)
2 tablespoons water
Vanilla ice milk or low-fat frozen yogurt
Plum wedges

In a medium saucepan stir together sugar and cornstarch. Stir in sliced plums and water. Bring to boiling, stirring occasionally; reduce heat. Cover and simmer for 6 to 8 minutes or until the sauce is of the desired consistency. Cool the sauce slightly. Serve warm over vanilla ice

cream. Top with fresh plum wedges. (Or make parfaits by layering sauce and ice cream.) Makes 2 cups sauce, 6 to 8 servings.

Nutrition information per serving

with 1 1/4 cup ice milk: 154 cal., 3 g pro., 30 g carbs., 3 g fat, 9 mg chol., 53 mg sodium, 1 g dietary fiber. RDA: 17 percent riboflavin, 11 percent calcium.

Permanent Weight Loss

Dr. Ralph P. Keith, PH.D.

28336 Franklin Rd.
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.

CALL 746-0844

Wineries from page 1B

Leelanau Cellars 1991 Tall Ship Reserve Chardonnay (\$12.95) is highlighted by varietal apple and pear fruitfulness with complementary barrel fermentation aromas. Substantial palate breadth and superior balance makes this wine a winner that will bring you back for more.

If blending makes superior wines, then Skolnik has done it with Via a Vis (\$10.95). The white wine ver-

sion is a 50/50 blend of chardonnay and vignoles that brings these two varietals "face to face" as the French name implies. They are not strange bedfellows, but are a harmonious marriage of solid flavors and complexity.

In the red Via a Vis, Skolnik has paired pinot noir and beau noir to create a tasty, easy-drinking wine for roast chicken, hamburgers, pizza or picnic fare.

At Good Harbor Vineyards in Lake Leelanau, Bruce Simpson continues to produce well-made, excellently priced wines. He has a limited supply of knockout 1991 Pinot Gris (\$12) highlighting apple, pear and apricot fruitfulness with attractive wood accents. It's superior with broiled swordfish.

Good Harbor Rieslings, under \$8, are a must try if you don't know them.

Calling All Reading Challengers!

Tickle some funnybones.

Look through today's newspaper for a funny or unusual photo.

Cut off the the description underneath it when you clip it out of the paper and ask everyone in your family to write a new funny caption.

Then have your family members vote for the funniest.

(Note to adults: This is the eleventh in a series of activities in the Family Reading Challenge 1992 contest. Use this page to share some educational summer fun with your child.)

FAMILY READING CHALLENGE 1992 ENTRY FORM

Yes! I have read at least:

3 newspaper articles and 3 books and discussed them with my parent(s) or guardian or another adult.

SIGNATURE OF YOUNG READER

SIGNATURE OF ADULT

1992 FAMILY READING CHALLENGE RULES:

1. You must be in grades 1 through 8 to enter.
2. Print clearly or type the information on the entry form.
3. Entries must be signed by you and an adult and postmarked by August 28th. The drawing will be held September 2, 1992. Winners will be notified by mail.
4. Void where prohibited by law or where restricted. All federal, state and local rules and regulations apply. No purchase necessary.

Questions? Call (313) 953-2155

Please send me a "Readers Are Leaders" bumper sticker and register me in the September 2nd drawing for one \$50 gift certificate or one of the twenty-five \$10 gift certificates from Borders Book Shops in Birmingham and Novi.

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