

Pronto pizza features lamb

Fall signals the return of slower paced cool weather meals. Celebrate National Lamb Month in September by including lamb in your meal planning.

What better way to learn about the versatility of lamb and the delicious mild taste of American lamb than by serving pizza. The smell of tomato sauce and basil floating through the house as the weather cools invites families to gather around the dinner table and share their stories of the day.

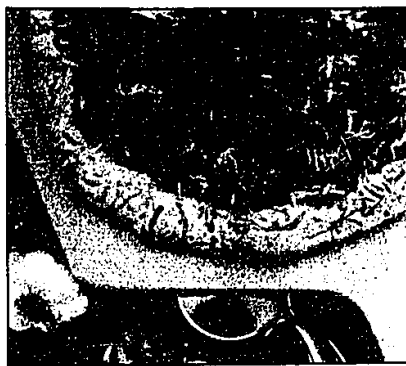
The "Pronto Pizza" takes no longer than the wait at the corner pizzeria. This recipe is quick, easy and for all those cooks watching the fat and sodium in their diets, this pizza says delicious and healthy.

"Pronto pizza" is topped with lamb, vegetables, and cheese providing calcium, important vitamins such as thiamine, niacin, riboflavin, C and E plus zinc and iron and is ready in about 25 minutes. A slice of the "Pronto Pizza" contains only 245 calories per serving with 9 grams of fat and 340 mg. of sodium. Compare this to a slice of regular cheese pizza with green peppers and Italian Sausage at 453 calories, 17 grams of fat and 1108 mg. of sodium. This pizza is a winner, both yummy and nutritious.

Celebrate National Lamb Month with a delicious "Pronto Pizza." America's lamb producers are sure that once you try American lamb you will find that nothing is more versatile, convenient, lean and mild than fresh American lamb.

PRONTO PIZZA

6 ounces lean fresh ground American lamb
 1/2 teaspoon onion salt
 1/2 teaspoon fennel seed
 1/4 teaspoon dried oregano leaves, crushed
 1/4 teaspoon dried basil leaves, crushed
 1/4 teaspoon crushed red pepper flakes
 2 teaspoon olive oil
 1/2 cup chopped bell pepper
 1/2 cup chopped Italian plum tomatoes
 1 (10 to 12-inch) prebaked pizza shell
 1/2 cup pizza sauce
 1 tablespoon grated Parmesan cheese
 1/4 cup thinly sliced fresh basil leaves, optional
 1/2 cup (2 ounces) grated mozzarella cheese
 In small bowl combine lamb, onion salt, fennel, oregano, basil, crushed red pepper flakes and



Pronto pizza: Celebrate National Lamb Month with "Pronto Pizza." It's quick and easy to make, and delicious.

knead until well blended.

In 10-inch skillet, heat oil and saute lamb, crumbling and cooking until lightly browned. Drain on paper towel. In same skillet saute bell pepper for 3-4 minutes; stirring occasionally. Add tomatoes and saute additional minute. Place pizza shell on cookie sheet or pizza pan, spread on pizza sauce and top with sauteed vegetables. Sprinkle with Parmesan cheese, fresh basil if desired, cooked lamb and mozzarella cheese. Bake in preheated 450 degree Fahrenheit oven for 8-10 minutes. Cool for 5 minutes and slice into wedges. Serve. (6-8 servings).

Preparation time, 15 minutes; cooking time, 8-10 minutes.

Microwave preparation of lamb: In 2-quart microwave-safe dish cook lamb (eliminate oil) on high power for 3 minutes; stirring several times to crumble lamb. Add bell pepper and tomato, microwave on high power for 2 additional minutes; stirring once. Drain well. Assemble pizza as directed above.

Preparation time, 10 minutes; cooking time, 8-10 minutes.

Nutritional analysis: Calories, 245; cholesterol, 32 mg.; fat, 9 gr.; sodium, 340 mg.

Combine walnuts, scallops in salad

AP — Chef Jan Birnbaum of San Francisco's Campton Place created the following recipe for Walnut Gratin Sea Scallops with Tomato Sauce, a blend of sweet, tender scallops and a walnut gratine.

Birnbaum says he got the idea for the recipe after attending a wine-tasting that featured a particularly nutty white wine. "I've always felt that a dramatic contrast of textures like the velvety softness of scallops and the crunch of walnuts sets up the ideal culinary counterpoint."

A native of Louisiana, Birnbaum studied with New Orleans chef Paul Prudhomme. He worked at New York's Quilted Giraffe and Denver's Rattlesnake Club prior to moving to Campton Place.

The recipe won the top prize in a recent contest for chefs sponsored by the International Nut Council.

1/2 bunch watercress
 1 head Belgian endive, cut into thin strips

Vinaigrette of your choice
 1 to 1 1/4 pounds sea scallops
 1 1/2 tablespoons clarified butter
 2 tablespoons whole butter
 Salt and pepper
 3 tablespoons fresh grapefruit juice
 1/4 cup walnuts, sliced

For the tomato sauce, combine the tomatoes, cilantro, garlic, oil and salt in a blender until smooth. Set aside.

For the chile oil, in a clean blender container, combine the 1/4 cup olive oil, chile flakes and ancho chile briefly to combine flavors. Set aside.

Toss the watercress and endive with your favorite vinaigrette.

Brown scallops in heated clarified butter; add whole butter. Season with salt and pepper. Pour in grapefruit juice and cook until liquid is gone. Sprinkle walnut slivers over scallops; quickly broil until nuts are toasted.

To serve: Spoon about 1 tablespoon of tomato sauce onto plate; drizzle with chile oil. Top with cluster of scallops and garnish with dressed watercress and endive. Makes 6 appetizer or 4 entree servings.

WALNUT GRATINE SEA SCALLOPS WITH TOMATILLO SAUCE

4 tomatillos, covers removed, quartered
 1/4 bunch cilantro, stems removed
 1 clove garlic, minced
 2 tablespoons walnut or olive oil
 Kosher salt to taste
 1/2 cup olive oil
 1 teaspoon chile flakes
 2 teaspoons chopped ancho chile

Braised veal brisket tasty choice Rosh Hashanah meal

AP — Rosh Hashanah, the Jewish New Year, begins at sundown on Sept. 27. Braised Veal Brisket with Dried Fruits is a tasty choice for this special meal.

The brisket is braised in the oven to fork tenderness along with parsnips, carrots, apricots and prunes. Apple juice added to the pan juices becomes a savory sauce to serve with the brisket.

BRAISED VEAL BRISKET WITH DRIED FRUITS

1 tablespoon vegetable oil
 1 veal brisket, about 2 to 2 1/2 pounds
 2 medium onions, thinly sliced (about 2 cups)
 1 large garlic clove, minced
 1 teaspoon salt
 1/2 teaspoon coarse grind black

pepper
 Apple juice
 Water

3 large carrots, cut up
 2 medium parsnips, cut up
 1/4 cup dried pitted prunes
 1/2 cup dried apricot halves
 2 teaspoons cornstarch
 Heat 2 teaspoons of the oil in a Dutch oven over medium-high heat. Add veal brisket and brown on both

sides; remove brisket and set aside.

Add onions and garlic to pan with remaining 1 teaspoon oil, if needed. Cook over medium-low heat, stirring occasionally, until onions are soft, about 5 minutes. Place brisket fat side up on top of onions. Season with salt and pepper. Add 6 tablespoons of apple juice and 6 tablespoons of water to the pan. Cover tightly and cook at 450 degrees F for

30 minutes.

Reduce heat to 325 degrees F and cook 1 hour. Add carrots, parsnips, prunes and apricots. Continue cooking until veal and vegetables are tender, about 30 minutes. Remove brisket to serving platter and surround with carrots, parsnips and fruits; keep warm.

Skim fat from pan juices. Add enough apple juice to equal 1 cup.

Dissolve cornstarch in combined liquids. Return to pan and cook over medium-high heat until thickened and clear. Carve brisket across the grain into thin slices. Serve with vegetables and fruit. Pass sauce. Makes 6 servings.

Nutrition information per serving: 344 cal., 30 g. pro., 8.4 g. fat, 39 g. carbs, 3 mg. iron, 470 mg. sodium, 100 mg. chol.



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Source: 1991 CAC, ABC, RTO, TNN