

Super tomato sauces very versatile

See related story on Taste front.

THE BEST BARBECUE SAUCE YOU'VE EVER TASTED

10 very ripe, very large tomatoes (skin and seeds removed) or 2 quarts canned tomatoes
 1/2 cup brown sugar
 1/4 cup honey
 1/4 cup Chinese rice vinegar
 3 cloves garlic
 1 tablespoon freshly grated ginger
 1 tablespoon Chinese chili sauce
 1 tablespoon Worcestershire sauce
 1/2 teaspoon dry mustard
 Use blender or food processor to puree tomatoes, strain to remove remaining seeds.
 Combine all ingredients in a pot over low heat. Stir until it begins to bubble. Continue cooking until sauce is thick and coats the back of a spoon — about 30-45 minutes.

Cool and store in refrigerator in a jar until needed. (May be canned at this time).
 Add salt and pepper to taste. Recipe submitted by Maryann Yee, West Bloomfield, 2nd place contest winner.

TANGY TOMATO SAUCE WITH TRIPLE PEPPERS

Virgin olive oil
 1 large onion, diced
 1 large green pepper, diced
 1 large sweet red pepper, diced
 1 large yellow/orange pepper, diced
 3 quarts fresh Italian Roma tomatoes
 6 ounces can tomato paste (plus 2 cans water)
 3 teaspoons salt
 1 tablespoon freshly ground pepper/coarse ground
 1 cup fresh basil, coarsely chopped
 1 cup Italian parsley, chopped

1 head garlic, peeled, trimmed, and then minced
 3 large whole carrots, peeled and trimmed

Fill one large pot with water. Cover. Put on high heat and bring to a boil. When water boils, drop all of the tomatoes in water. Keep heat on high and leave tomatoes in water for 30 seconds. Immediately drain and immerse in cold water bath. Gently lift skins off tomatoes and gently pull out stem with fingers. Cut tomatoes into quarters, then across into quarters. Set aside.
 Meanwhile, put another large 6-8 quart pot on high heat. When pan is hot, pour in enough olive oil to lightly cover bottom of pan.

Reduce heat to medium-high and saute onions for 5 minutes, stirring as needed. Add all of the chopped peppers to onion mixture and continue to cook, stirring occasionally, until all vegetables are limp and transparent. Be sure to add more oil if needed, to keep mixture in pan from sticking.

Add tomatoes to onion-pepper mixture. Add salt and pepper, tomato paste with can of water, 1/2 of the basil, parsley and garlic. Stir to mix. Bring to a boil. Skim foam from top of pan. Add whole carrots. Adjust heat so sauce simmers gently. Cook, covered, with lid slightly ajar. Stir occasionally.
 Sauce is finished when carrots are easily pierced with a fork, (approximately 3 hours). At that time, remove carrots from pot and throw them away. Store in refrigerator or freeze.

Variations: For a spicy sauce, add 1 green cayenne pepper or 3 small jalapeno peppers, minced. Remove seeds.

Serve sauce on top of pasta, Italian sausage sandwiches, or as an appetizer with bread.

To make salsa mix 2 cups of sauce with two chopped scallions and 2 minced jalapenos.

Recipe submitted by Diane Billian, Birmingham, 3rd place contest winner.



SHARON LEHIZUK/STAFF PHOTOGRAPHER
Canning pointers: Lois Thieleke, extension home economist, gives Chef Larry Janes a few pointers during a tomato canning class at Kitchen Glamour in Redford.

Top tomato from page 1B

chicken, but I find it's wonderful on fish steaks. I like best on grilled swordfish," said Yee of West Bloomfield.
 "I hate bottled barbecue sauce. My husband is Chinese and we use a lot of Chinese ingredients," said Yee. She makes this sauce a couple of times of year with tomatoes from her parent's garden.
 A pharmaceutical rep, Yee has two children, Lauren, 9, and Jason, 6, who enjoy helping their mom in the kitchen. "We eat home everyday," said Yee. "I've always liked to cook. I get healthier food, and it's more economical. We always have dinner as a family, it's important. I hope we can continue to do so as the kids get older and more involved in activities."
 A word of caution, this sauce is spicy. Use less chili sauce if you don't like things hot! Yee shops for Chinese groceries like rice vinegar and chili sauce at

Evergreen Supply Co., 20736 Lahser, Southfield.
 Our third-place winner, Diane Billian, created a tangy tomato sauce with three different kinds of pepper. This chunky sauce can be quickly made into salsa, pasta sauce, or served over grilled Italian sausage.
 Billian of Birmingham said she invented this sauce four years ago when her daughter, Bridget, became a vegetarian.
 "It's a real basic sauce," said Billian. Add scallions and jalapenos and the sauce becomes a delicious appetizer. You can use it as an omelet filling, or to make lasagna.
 Although her daughters, Bridget, 19, and Jennifer, 20, are away at college, Billian still spends a lot of time in the kitchen. "I love to cook. Cooking is my creative outlet. I love to entertain and share good food and conversation with friends," she said.

Relish tomato marmalade, zesty salsa

See Larry Janes' column on Taste front.

TOMATO MARMALADE

2 pounds of tomatoes, (about 4) peeled, sliced, reserving all juices
 3 cups sugar
 1 small juice orange, quartered, seeded and sliced very thin
 1/2 lemon, halved, seeded and sliced very thin
 2 teaspoons whole cloves
 1 1/2 sticks cinnamon

In a heavy kettle, cook the tomatoes with the juices, the sugar, the orange, and the lemon over moderate heat, stirring until the sugar is dissolved.

Wrap the cloves and the cinnamon in a piece of cheesecloth with string to form a bundle. Add the bundle to the tomato mixture.

Simmer the mixture, stirring occasionally for 20 minutes more. Onto a chilled platter, spoon 1 teaspoon of the mixture, chill it, and draw your finger through it. If the marmalade holds its shape, it's of

correct consistency.

If the marmalade doesn't hold its shape, cook it until it thickens and repeat the test.

Discard the cheesecloth bundle and divide the mixture between 2 sterilized 8 ounce mason type jars. Wipe the rims with paper towel and seal tightly.

Source: Mrs. T. Thomas, New Hampshire, taken from "Gourmet Magazine," September, 1993.

SALSA FRESCA

3 large ripe tomatoes
 2 jalapeno peppers, each about 2 inches long
 1 teaspoon finely chopped garlic
 1/2 cup finely chopped onion
 1 tablespoon fresh chopped cilantro
 1/4 teaspoon sugar
 1/2 cup tomato juice
 Salt to taste

Remove the stems, but don't peel the tomatoes. Chop into 1/2-inch dice.

Wearing rubber gloves, clean the peppers under cold water. Cut off the tops, slice in half lengthwise, scrape out the seeds. Chop finely. Combine all ingredients in a glass mixing bowl. Allow flavors to mingle for 1 hour before serving at room temperature. Salsa can be refrigerated, covered but bring to room temperature before serving. Makes 1 1/2 cups.

HOMEMADE FRESH TOMATO

an appearance perspective, a number of tables with guests moving from one to the other makes the mall look cozy, less like a mall."
 See recipes inside.

Chefs from page 1B

7:30-9 p.m., followed by Somerset Collection fall fashion show, 9:30-11 p.m. Interlochen faculty, staff and students will perform 9:30-10:30 p.m. with coffee and dessert reception concluding festivities. Tickets \$100 per person. Call 355-3956 or 644-8779.

table loaded with jumbo strawberries, chocolate chunk and oatmeal raisin cookies, and Chambord brownies.
 "Several tables break up the crowd," said Prentice. "And, from

Gala proceeds will benefit Interlochen and support the summer residency of the Detroit Symphony Orchestra at Interlochen.

"Since the idea is to raise money, the menu is written from two vantage points: cost, and to make it as user-friendly as possible," said Prentice. "A lot of people are vegetarians, or at least eating only fish or poultry, so we've chosen items that are healthful as well as tasty. Luckily, the board knows and trusts my taste, so I made up the menus without consulting anyone. Some people will try a little of everything, while others will go for what they know they like, and pass up everything else."

The menu includes — a table featuring Bruschetta (grilled country breads) with accompaniments such as Indiana duck liver pate.
 A salad table, that will include char-grilled tuna salad; a pasta table offering fettucini with pesto, grilled chicken and roast peppers, and several other pasta dishes; a mushroom table with wild mushroom polenta, a salmon table featuring smoked salmon with freshly made pumpernickel bread, a poultry table with apple-marinated grilled turkey, and a dessert

Tips on selecting exotic fruit

By JOAN BORAM, Special Writer

If papayas and mangoes aren't exactly staples in your diet, here's a brief guide to selecting and storing these nutritious, exotic fruits.

■ **Papayas:** Ripe papayas should be about as soft as a ripe peach, with more yellow than green in the skin. Avoid shriveled fruit. Ripen firm papayas at room temperature in a loosely closed paper bag. Refrigerate ripe fruit in a plastic or paper bag for up to 3 days.

To prepare: Peel with a vegetable peeler and cut into slices. Scoop out the seeds and give them to the birds. Papayas are a rich source of vitamins A and C and potassium. Half a medium-size papaya is about 60 calories.

■ **Mangoes:** Color is not a reliable indication of ripeness in mangoes, since different varieties are different colors. One of the best, Keitt, can be sold green even when ripe.

When ripe, a mango gives to gentle pressure like a ripe avocado. Mangoes are usually sold quite firm and need to be rip-

ened further before eating. Ripen all varieties at room temperature, uncovered, out of direct sun. Turn occasionally. Refrigerate ripe fruit in a plastic or paper bag for up to 3 days.

To slice: score skin lengthwise in 4 to 6 places; pull skin off. Cut flesh cheeks from each side of pit, and cut into chunks.

■ **Kiwis:** When ready to eat, kiwi fruit is as soft as a ripe peach. Choose evenly firm fruit, free of soft spots. Ripen kiwi fruit at room temperature, uncovered, out of direct sun, turn occasionally. Refrigerate ripe fruit in a plastic or paper bag for up to 1 week.

To prepare: Cut in half crosswise and scoop out the flesh with a spoon, or peel and thinly slice crosswise to show off the decorative pattern of the seeds.

Kiwi fruit is high in vitamin C. A 3 1/2-ounce portion has about 35 calories.

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