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THE SEAFOOD SPECIALTY STORE

Live Lobsters • Mussels • Oysters • Clams • Smoked Seafood • Crayfish Meat

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## Live Maine Lobsters



1½ Lb. Avg.  
**\$7.99**  
Lb.

Expires 10-15-94

## Fresh Oysters Are In

½ pint • pint • quart

## Scallops • Mussels • Clams

## SEAFOOD

## Cooking Demonstration

featuring

*Les Saisons*

Expressions in Cooking

SATURDAY, OCTOBER 8th

Between 10 a.m. - 12 noon

Open To The Public

Free Recipes • Free Samples



## Pumpkins from page 1

which are really gourds, are ever-popular as decorating accents. Smaller "pie" pumpkins are the best for eating; they have a deep, rich flavor and meaty texture.

Reserve larger ones for decorative uses or serving containers.

Winter squash (including pumpkins) are low in sodium and are an excellent source of vitamin A. Their calorie count ranges from 90 to 130 calories per cup, cooked.

Treat pie pumpkins just as you would any other winter squash, except it is not recommended that

you cook it the microwave.

Try baking pumpkin with butter and spices. Puree or mash the cooked pumpkin, add a sprinkling of orange zest and dab of butter for extra flavor. Add diced or cubed pumpkin to soups or hearty fall pastas for a seasonal taste treat.

## Wine from page 1B

some of the longest-lived rods in southern France. Banyuls and Collioure are tucked into the most southern corner of France along the Mediterranean and a stone's throw from the Spanish border. Powerfully aromatic and flavorful grenache-based sweet wines of Banyuls have been produced for centuries. Collioure wines are simply delicious.

Chateau de Cabriac (83) from Corbières is an example of a red wine blend of syrah, mourvèdre, carignan and grenache in a wine that has soft tannins and staying power. It is not oak aged, but is aged 18 months in tank. "The wine has sufficient tannin," remarked owner Jean de Cibeins. "Barrel aging would remove the fruity character."

At Domaine du Mas Cremant in Cotes du Roussillon, the proprietors are Catherine Mongeard, daughter of famous estate Burgundy producer Jean Mongeard of Domaine Mongeard-Mugneret in the Cote d'Or, and her husband, Jean-Marc Jeannin. No chemicals or herbicides are used in the vineyards and Jeannin's winemaking experience, honed in Burgundy's Vosne-Romanée, is creating exciting wines.

The Cotes du Roussillon Blanc from Mas Cremant (83) is a 50/50 blend of macabeu and grenache blanc with flowery aromas and fresh, acid-edged, appetizing flavor exceptionally complementary

to seafood. Maccabeu produces a powerfully aromatic wine with nervy acidity which is characteristic of the white wines from the region.

The estate's Cotes du Roussillon Rouge (83) is a syrah, grenache and mourvèdre blend. The 1993 is a stellar example of a red wine from the region shadowing a Chateaufort-du-Pape, but with early drinking potential. This peppery, spicy, solidly red fruit wine with good length and finish is a new arrival.

Chateau de Gourgazaud, an ancient domaine from the 17th century, is located in Minervois. "A high percentage of syrah in our red wines add structure," proprietor Roger Fiquet commented. "The overall character of the wine stems from the marriage of mourvèdre and syrah." The 1992 Chateau de Gourgazaud Rouge (88) was aged in 100 percent new Bordeaux-coopered barrels. Both the 1990 and 1991 vintages show similar characteristics of bright

spicy, peppery aromatics over floral notes, finishing soft, round and supple.

Chateau de Gourgazaud Blanc (88) is a blend of macabeu, marsanne and grenache blanc. With entry of the 1993 vintage from this estate, the white blend is replaced by Viçgner, an intensely aromatic wine showcasing dried fruits.

At Domaine du Mas Blanc in Banyuls, vines are grown by the world-famous Dr. Andre Paron on steep, terraced vineyards overlooking the Mediterranean. Wines from the domaine are divided into first, dry red wines carrying the Collioure appellation and secondly dessert wines from very ripe grapes labeled appellation Banyuls, vintage dated and using the designation "Rimage," an ancient Catalan word for vintage.

Every three-star Michelin French restaurant has a selection of Dr. Paron's Banyuls. Since there was no Rimage 1992, the 1993 is being rushed to market and no local price has been set yet. If given a few years collaring, this incredibly balanced red dessert wine will handsomely accompany fresh fruits, a sweet fruit tart or chocolate truffles. If you're interested in buying the wine when it arrives, talk to your retailer now.

To leave a message on the Herald's voice mail — dial 953-2047, mailbox 1864.

## Easy preserves can keep summer's taste all winter

See Larry Janes' Taste buds column on Taste front.

This unusual jam can be made with any plum, peach, pear or apple.

### RED PLUM AND WALNUT CONSERVE

2 pounds large red plums  
½ cup walnuts  
2 cups sugar  
3 tablespoons good port wine

Rinse, quarter and pit the fruit. Place the walnuts in a small, heavy skillet and toast over low heat for 5 minutes or until fragrant.

Cool and coarsely chop the walnuts. In a large, non-aluminum saucepan, simmer the fruit with the sugar, mashing and stirring frequently, until the mixture is thick and jam like, about 30 minutes. Stir in the walnuts and port. Transfer the conserve into four sterilized ½ pint jars and cover tightly. Refrigerate or keep cool and dry for up to six months. Makes 4 half pint jars.

### RASPBERRY VODKA CORDIAL

2 cups ripe raspberries  
½ cup sugar  
1 cup water  
1 quart domestic vodka

Pick over the berries without washing; set them aside in a tall, ½ gallon jar. In a medium saucepan, combine the sugar with 1 cup water and stir over low heat until the sugar dissolves. Increase heat and bring the mixture to a boil, then set

aside and allow to cool.

Mix the cooled sugar syrup with the vodka and pour over the raspberries. Cover tightly and place the jar in a cool, dark cupboard for 1 week. Shake the jar gently and return it to the cupboard for 1 month, inverting the jar once a week or so.

If desired, you can strain the cordial through a paper coffee filter into a decanter or a bottle, then cork or cover tightly. Makes 1 quart.

When Dutch colonists brought Malays from the East Indies to South Africa, a unique cross cultural cuisine was born. South Africans picked up on the Javanese spicy condiment "atjar" and gave it various incarnations using various vegetables and spices available there. This makes an unusual side dish and is a great accompaniment to pork or lamb and is a great cocktail snack.

### MIXED VEGETABLE ATJAR

2 carrots, peeled and cut into ¼-inch rounds  
1 cup cauliflower florets  
20 green beans

¼ cup salt  
2 cups peanut oil  
1 tablespoon black mustard seeds (yellow is OK too)  
1 tablespoon ground cumin  
1 tablespoon curry powder  
1 tablespoon coriander seeds, crushed  
3 whole cloves  
1 finger sized piece of fresh ginger, sliced into dime size rounds  
1 red onion, peeled, quartered and separated into sections

Fill your largest stock pot with water and bring it to a boil. Fill another pot or bucket with ice water. Blanch the carrots, cauliflower and green beans in the boiling water for 1 minute each. Immediately douse them in the ice water. When cool to the touch, rub them with the salt and allow to stand for 1 hour.

Rinse very well under running water, pat dry.

Place the peanut oil in a very large saucepan and heat over high heat until it just begins to shimmer. As soon as the oil begins to shimmer, turn off the heat and allow to cool for 10 minutes, then add the mustard seeds, cumin, coriander and cloves and allow to cool for 10 more minutes.

Combine the dried vegetables, ginger, onions and mix well. Pack the mixture into jars and pour the hot spiced oil into the jars to fill completely. This will keep in the refrigerator, covered, almost indefinitely and you can replace the vegetables in the same oil. Makes about 2 pints.

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64 oz. jug  
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9 - 12 oz. Can. **\$2.99**

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