

Pumpkin soup, cookies, muffins festive fall treats

See related story on Taste front.

PUMPKIN SOUP

1 medium pumpkin (about 2 pounds)
2 tablespoons butter or margarine
1 cup chopped onion
1 clove garlic, peeled and chopped
1/2 cup all-purpose flour
6 cups chicken broth
1/4 teaspoon salt
1 teaspoon thyme leaves, chopped
5 whole black peppercorns
1/2 cup heavy cream
2 strips bacon, cooked crisp and crumbled

Cut top off of pumpkin. Scrape out and discard seeds and stringy pulp. Place pumpkin in a microwave oven on a paper towel and microwave on high 5 to 10 minutes, or until pumpkin is tender. Remove

You can make individual soup bowls from small pumpkins. Or, if you wish to serve soup from a pumpkin tureen, you can hollow out a large pumpkin.

outer skin; cut pumpkin into 1/4-inch cubes. Set aside about 3 cups of cubes.

Melt butter in a large saucepan. Add onion, garlic, and flour and mix well. Cook over medium heat until mixture is bubbly. Remove from heat and stir in chicken broth, mixing until smooth. Return to stove and cook over high heat until mixture is bubbly and slightly thickened. Add cooked pumpkin cubes, salt, thyme, and peppercorns. Re-

duce heat. Cover and simmer 30 minutes.

Pour soup mixture into another container, and puree 2 cups at a time in blender or food processor. Return puree to saucepan. Cook over medium heat until hot, but not boiling. Stir in cream. Mix well. Serve in pumpkin bowls for a festive touch. Makes 8 servings.

Pumpkin Bowls

Here's how to make a pumpkin bowl. With a very sharp knife, cut the top off the desired number of small pumpkins, one for each serving. Scoop out and discard seeds and stringy pulp. Warm pumpkin bowls in a 350 degree F. oven for 20 minutes. Divide soup evenly among pumpkin bowls. Garnish with bacon.

If you wish to serve soup from a

pumpkin tureen, follow the above steps with a large pumpkin.

PUMPKIN COOKIES

1 1/2 cups brown sugar, packed
1/2 cup shortening or margarine
2 eggs
1 1/4 cups canned pumpkin
2 1/4 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt
1/2 teaspoon ginger
1 cup raisins
1 cup chopped pecans or walnuts

Preheat oven to 400 degrees F. Mix sugar, shortening, eggs and pumpkin thoroughly. Add dry ingredients to mixture and blend thoroughly. Add raisins and nuts. Drop batter by teaspoonful on ungreased baking sheet and bake 12 to 15 minutes, until lightly browned.

PUMPKIN MUFFINS

1 cup sifted flour
2 teaspoons baking powder
1/4 teaspoon salt
1/4 cup shortening or margarine
1/2 cup sugar
1 egg
1/2 cup canned pumpkin
2 tablespoons milk
Cream shortening and sugar in mixing bowl until light and fluffy.

Beat in egg. Combine pumpkin and milk in a small bowl. Combine dry ingredients in another bowl. Add dry ingredients alternately with pumpkin mixture to creamed mixture, stirring well after each addition.

Spoon batter into paper-lined 2 1/4-inch muffin-pan cups, filling two-thirds full. Bake in 350-degree oven 20 minutes or until golden brown. Serve warm. Makes 12 muffins.



Spotlight on: Physical Therapy & Sports Medicine

by Richard W. Milder, P.T., A.T.C., M.S.

PREPARING FOR SURGERY

New research suggests that undergoing physical therapy prior to knee or hip replacement surgery may help cut post-procedural hospital stays in half. By running through their rehabilitation routines before their surgery, total hip replacement patients were able to limit their hospital stays to an average 9.3 days, compared with ten days for patients who did not undergo the pre-surgery protocol. As for total knee replacement patients who enrolled under the direction of physical therapists prior to their surgeries, they stayed in the hospital an average 9.0 days, versus 13 days for non-enrolled patients. The message is clear that pre-surgery physical therapy helps patients better prepare for their rehabilitation.

No one wants to stay in the hospital longer than he or she has to. If you have to have knee or hip replacement surgery ask your doctor to refer you to the professionals at Milder Physical Therapy & Sports Medicine, P.C. (410) 472-7330. Treatment goals may be achieved through pain reduction, muscle re-education, neuromuscular re-education, joint and soft tissue mobilization, improved range of motion and flexibility, and increased strength and conditioning. We are located at 3350 North Hill Road, Suite A, Farmington Hills and we are open by appointment. We are a private practice and are not affiliated with any physician or health care organization. A certified therapist by the American Physical Therapy Association since 1977, we cooperate with private health insurance companies, MAC-PTO plans and Worker's Compensation.

F.S. Patients in the study mentioned above also practiced walking crutches and withers as part of their physical therapy preparation for surgery.

BLINDS DIRTY?

COMMERCIAL - RESIDENTIAL
Verticals - Mini-Blinds
Venetians - Pleated Shades
Cloth & P.V.C. etc.
Ultra Sonically Cleaned &
Preserved, Sanitized & Disinfects
Static Protection, Lubricates
Working Mechanisms
Get the 5th Blind FREE up to 60"
Alexander's Blind Cleaning
Fully Insured - On Site Service
1-800-254-6344

Try these pumping patches

Here are some places to pick-up your pumpkins. Call ahead before you leave home to check availability of pumpkins and picking hours.

■ **Dr. Berry Farm** — (810) 437-1606 or (810) 437-8401

Take I-96 west to New Hudson exit. Go south on Millford Road to 10 Mile Road. Turn right, go

through South Lyon to end of 10 Mile Road and follow the signs.
■ **Davies Orchard & Cider Mill** — (313) 654-8893 — 40028 Willow Road, New Boston.
■ **Plymouth Orchard & Cider Mill** (313) 455-2290 — 10685 Warren Road, Plymouth. Will offer u-pick pumpkins on weekends only, beginning Oct. 15.

■ **Meyer Berry Farm** — (810) 349-0289 — 48080 W. Eight Mile Road, Northville.
■ **Long Family Orchards** — (810) 350-3774 — Bogie Lake Road, north of Wise Road, Commerce Township.
■ **Blake's Orchard & Cider Mill** — (810) 784-5343 — 17885 Center Road, Armada.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to (313) 591-7279.

■ **ST. MARY'S HOSPITAL**
A Healthier Way of Eating Out, 7 p.m. Tuesday, Oct. 18, lower level classroom. Call (313) 591-2983 to register. Learn how to make better selections when eating out.

■ **SCHOOLCRAFT COLLEGE**
European Bread Making — Two weeks, 5-10 p.m. beginning Monday, Oct. 3. Fee is \$38. Appetizers and Hors D'oeuvres — history and styles of hot and cold hors d'oeuvres, four week class meets 7-10 p.m. beginning Wednesday, Oct. 5, the fee is \$103. Call (313) 462-4448 to register.

■ **KITCHEN GLAMOR**
Cooking demonstration — tantalizing tube cakes and luscious pound cakes with pastry chef Susan Chastney, 1 and 7 p.m. Tuesday, Oct. 4 to Friday, Oct. 7. Call (313) 637-1300 for class location, and to register. There is a \$3 fee.

■ **BOSTFORD HOSPITAL**
Nutrition for Two: Baby and You — two hour class for expectant mothers who want to get their babies off to a healthy start. Starts Oct. 5, there is a \$10 fee. Women and weight, a six-week program starts Oct. 7 with a private consultation with a dietitian, \$25 fee. Call (810) 477-8100 for registration information.

■ **CANDIDING CLASS**
Correspondence class offered by the Michigan State University Cooperative Extension, Oakland County. Cost \$15 covers postage

and handouts. Call 1-810-858-0904.

■ **WEIGHT WATCHERS**
Ethnic cooking classes — 6:30-8:30 p.m. Thursdays, Oct. 6 (Greek) and Oct. 13 (Mexican) at the Farmington Hills WW Test Kitchen, 28555 Orchard Lake Road. The cost is \$10 per class. Call 1-800-487-4777 to register.

■ **HENRY FORD HOSPITAL**
Vegetarian Delight — Connie Broka, a registered dietitian offers primer on vegetarian eating, 7-8:30 p.m. Tuesday, Oct. 25. Class offered at Fairlane Center in Dearborn. No charge, call (313) 635-6384 after Oct. 10 to register.

■ **LIVONIA'S NATURAL CUISINE**
Healthy cooking classes at 22895 Inkster Road, Farmington Hills. Call 1-810-478-6455 to register and for more information.

Slimming

Sauce can save healthy meal

A good sauce can turn an ordinary meal into a tasty treat. But many sauces add extra fat, turning wholesome food into a nutritional disaster. Fortunately, by adjusting a few ingredients, you can prepare delicious low-fat sauces that can be part of a healthy diet.

Oil and vinegar mixtures, or vinaigrettes, taste great on meat as well as on a salad. Use them for sauces such as a lean steak, roast chicken or grilled fish. Keep the oil down in your recipe by substituting chicken stock or some defatted juice from a roast for this oil.

For fish, try an Oriental vinaigrette that combines 2 cloves minced garlic, 1 tablespoon minced fresh ginger, 2 minced scallions, 1/4 cup chicken stock, 2 tablespoons rice vinegar and 1 tablespoon soy sauce, well blended.

Low-fat versions of cream sauces use low-fat milk, non-fat yogurt and evaporated skim milk to replace sour cream and cream. Horseradish sauce great with beef or seafood — is made by stirring 1 tablespoon white horseradish, 1

minced garlic clove, 1 tablespoon minced fresh chives, 1 teaspoon Dijon-style mustard and 1 teaspoon fresh lemon juice into 2 cups of low-fat yogurt.

For low-fat, homemade barbecue sauce, combine in a saucepan 1 cup tomato juice, 1/4 cup water, 1/4 cup vinegar, 1/4 cup ketchup, 2 tablespoons Worcestershire sauce, 2 tablespoons brown sugar, 1 tablespoon paprika, 1 teaspoon dry mustard, 1/4 teaspoon chili powder and 1/4 teaspoon cayenne salt, bring to a boil and simmer for 15 minutes or until the sauce thickens slightly.

Beef and Vegetables in Mustard Sauce is low in fat yet heartily flavored with a creamy sauce, and provides many essential vitamins.

BEef AND VEGETABLES IN MUSTARD SAUCE

4 medium potatoes, peeled, washed and cut into large chunks
1 medium or large onion, quartered
1 teaspoon tarragon
1 large carrot, thickly sliced

3 cups low-fat beef broth or low-sodium beef bouillon
1/4 pound very lean beef (top round or flank)
1 (10-ounce) package frozen cauliflower
5 ounces evaporated skim milk
1 1/2 tablespoons coarse-grained mustard

Place potatoes, onion, tarragon, carrot and broth in a large pot. Simmer gently for 25 minutes. Meanwhile, trim all exterior fat off meat and cut across the grain into thick slices. When the vegetables are nearly cooked, add the beef and frozen cauliflower to the pot and continue simmering for five minutes (for well-done beef, simmer for seven minutes). Stir in the evaporated milk and the mustard, and heat for two more minutes. Serve.

Each of the four servings contains 4 grams of fat and 394 calories. Information in this column was submitted by the American Institute for Cancer Research.

To order a cookbook of delicious, healthy autumn recipes, send \$8 to AICR, Dept. CB4, Washington, DC 20039.



Erv Ehlers Company
Established 1961 Unlimited License and Insured
30885 8 Mile Road Livonia (313) 442-8500
*Based on 11/20/94 rates. Subject to qualified credit approval. No annual fee. No transaction fee. Company is not a bank.

Retail Credit
Financing
6 Months
Same As Cash!

Carrier
We're The Inside Guys.
10% OFF
ALL CARRIER
AIR CLEANER &
HUMIDIFIER PADS
Expires 10-31-94
\$100.00
CASH REBATE
WEATHERMAKER FURNACE
OR AIR CONDITIONER
10 SEER TECH 2000
Expires 11-30-94
\$200.00
CASH REBATE
INFINITY FURNACE
OR AIR CONDITIONER
12 SEER TECH 2000 OR 2-SPEED
Expires 11-30-94

CATTLEMAN'S

SUPER SPECIALS

Packhouse Style (Bone-In)

NEW YORK STRIP STEAKS

\$1.79 lb.
Cut Free!
10-12 lb. avg.

CATTLEMAN'S
Sno White CAULIFLOWER
Jumbo Size NO LIMIT **88¢** head

CATTLEMAN'S
From Our Service Deli
Russer
Virginia Baked or Honey Cured
HAM **\$2.99** lb.
AMERICAN CHEESE **\$1.97** lb.

Garden Fresh GREEN BEANS **58¢** lb.
"Tender Snapping Good"
100% ORANGE JUICE **5 for \$1.00**
Great for Lunches
Case of 48 **\$8.99**

Fresh, All Beef HAMBURGER **88¢** lb.
Family Size Pack
Tennco PORK SAUSAGE LINKS... **\$1.33** lb.
*Sold in 3 Lb. Box

Large 24 Size California Crisp, Fresh HEAD LETTUCE **58¢** head
John Morrell SMOKED SAUSAGE..... **77¢** 14 oz. pkg.

You'll come for our prices and come back for our quality. Guaranteed.

Prices good thru 10/10/94

Westborn Markets plan Oct. 8 harvest celebration

Westborn Markets will salute home-grown agriculture with "Michigan Harvest Days" Saturday, Oct. 8, at the Berkley store, (2845 Woodward) and Sunday, Oct. 9, at the Dearborn store, (31755 Michigan).

There will be a petting farm for the kids, that includes a miniature horse, calves, baby chickens, lambs and piglets. The farm travels with its own barn and children

will have the opportunity to touch the animals. The farm will be at the Berkley store 10 a.m. to 4 p.m. Oct. 8 and at the Dearborn store noon to 5 p.m. Oct. 9.

Doug Jacobs and the Red Garter Band will be performing at the Berkley store 11 a.m. to 2 p.m. Oct. 8 and noon to 5 p.m. Oct. 9 in Dearborn. Accompanying the Red Garter Band will be the Doghouse

Mountain Boys who will play country music in Berkley 1-4 p.m. Oct. 8 and 2-5 p.m. Oct. 9 in Dearborn.

All proceeds from cider, doughnuts, hot dogs, and other snacks will go to the Michigan Humane Society. You can adopt a pet from the Humane Society at the Berkley store noon to 4 p.m. Oct. 8.



UPTOWN FARMINGTON PLAZA
3150 GRAND RIVER • 1-1/2 MI. N. OF
DOWNTOWN FARMINGTON
PERSONAL CHECKS AND CREDIT CARDS ACCEPTED