

# Roasted or grilled, pork is quick and easy

See Chef Larry Jones' Taste Buds column on front.

## PAN ROASTED PORK CHOPS

4 pork loin chops, about 1 1/4-inch thick (2 pounds)  
4 medium garlic cloves, halved lengthwise  
1 small onion, chopped fine  
1/2 teaspoon each thyme and rosemary  
1 teaspoon coarse cracked pepper  
1/4 cup olive oil  
Rub the entire surface of the pork

chops with a garlic clove. Set chops aside. Mix these garlic cloves with the onion, thyme, rosemary, pepper and olive oil.

Pour into a glass baking dish and add chops to marinade. Cover with plastic wrap and allow to stand for 2 hours. (You can cover and refrigerate overnight, if desired).  
Preheat oven to 400 degrees F. Remove pork chops from marinade. Sprinkle chops with a pinch of salt and fresh ground pepper. Heat a small amount of butter in a large oven proof skillet. Sauté chops, turning once, till browned on both

sides, about 4 minutes. Transfer skillet to the oven and roast until a meat thermometer inserted in the center registers 150 degrees F. (about 15 minutes). Serve. Makes 4 servings.

## GRILLED PORK WITH THAI SAUCE

4 pork loin medallions (1-inch thick) about 1 1/2 pounds  
Sauce:  
1 silver fresh ginger root  
1/4 cup plum wine (a sweet red wine can be substituted)  
1/4 cup cashews

2 tablespoons peanut oil  
2 green onions, chopped  
1/2 cup cilantro, chopped  
3 cloves garlic, chopped  
1 medium jalapeno pepper, seeded and chopped fine  
Pinch turmeric (optional)  
1 tablespoon honey  
1 tablespoon balsamic vinegar  
1/2 teaspoon cumin  
Salt and pepper to taste  
1 tablespoon lime juice

Bring ginger and wine to a boil in a small saucepan. Simmer until wine reduces to about 1 tablespoon.

Remove ginger. In a food processor or a blender, place reduced wine, cashews, oil, green onions, cilantro, garlic, jalapeno, turmeric, honey, sesame oil, vinegar and cumin and process until smooth or until ingredients form a paste.  
Transfer paste to a bowl and set aside. Preheat grill or oven broiler. Sprinkle pork medallions with salt and pepper. Cook pork medallions as desired while brushing occasionally with prepared paste. When chops are cooked as desired, transfer to a warm plate. Stir lime juice in remaining paste and serve with grilled chops. Serves 4.

## Corkboard

Sunday, June 4, 1-6 p.m. benefit for St. Vincent & Sarah Fisher Center's programs for abused and neglected children. Over 50 restaurants and wino from around the world.  
• Tickets \$100 per person, call (810) 626-7527.



## Wine Selections of the Week

Did you know that 20 cents of every dollar spent on wine is for chardonnay? Here are some particularly good ones:

- 1993 Kenwood Chardonnay \$14
- 1993 Morgan Chardonnay \$18.50
- 1993 Chalk Hill Chardonnay \$20

The fruity nature of merlot makes it a candidate to match with fish, especially salmon. Merlot is also delicious with roast spring lamb. Try:

- 1993 Flora Springs Merlot \$12
- 1993 Sinskey Carneros Merlot \$18

Grilling season is here, and the following upscale cabernots make great harmonies with grilled beef.

- 1991 Flora Springs Trilogy \$25
- 1990 Merryvale Profile \$35
- 1990 Beaulieu Vineyards Georges de Latour Private Reserve \$40

Best buys under \$10:

- 1993 Bel Arbre Chardonnay \$7
- 1993 Grove Street Chardonnay \$7
- 1993 Salsola Marquesa de Caceres Rioja \$3.50
- 1993 Marquesa de Caceres Rioja \$3.50
- 1991 Rutherford Estate Cabernet Sauvignon \$7

# Make muffins that are Sunshine Treats

See related story on Taste front. Sunshine Treats is at 29960 West 12 Mile Road, Farmington Hills, (810) 851-2920

## SUNSHINE TREAT MUFFINS

3 cups all purpose flour  
3 cups sugar  
1 teaspoon salt  
1 tablespoon baking soda

1 tablespoon cinnamon  
1 1/2 cups vegetable oil  
4 large eggs  
1 tablespoon vanilla  
1 1/2 cups pureed carrots (or baby-food carrots)  
1 cup shredded carrots  
1 1/2 cups walnuts  
1 cup shredded coconut  
1 cup raisins

Preheat oven to 400 degrees F. Blend dry ingredients. Add oil, eggs, and vanilla. Blend well and add fruit, vegetables, and nuts. Fill paper lined muffin pans half-full and bake 20-25 minutes.

## SOUR CREAM COFFEE CAKE MUFFINS

1/2 cup butter or margarine

1 1/2 cups sugar  
3 eggs  
1 1/2 cups sour cream  
2 teaspoons vanilla  
2 cups all purpose flour  
1 tablespoon baking powder  
1/2 teaspoon baking soda  
1/2 cup walnuts (optional)  
1/2 cup chocolate chips (optional)  
Topping:  
1 teaspoon sugar  
6 tablespoons brown sugar

Preheat oven to 400 degrees F. Blend butter, sugar, eggs, sour cream, and vanilla. Add remaining dry ingredients and blend well.

To make topping, blend cinnamon and sugar together.  
Divide batter into paper-lined muffin pans until half-full. Put 1

teaspoon of topping on each muffin. Bake 25-30 minutes.

## FAT-FREE HONEY BRAN MUFFINS

1 1/2 cups wheat bran  
1 1/2 cups skim milk  
1/2 cup whole wheat flour  
1/2 cup all-purpose flour  
1 tablespoon baking powder  
1/4 teaspoon salt  
1/2 cup honey  
2 egg whites  
1/2 cup applesauce

Preheat oven to 400 degrees. Blend dry ingredients. Add liquid until batter is just moistened. Scoop into paper-lined muffin pans, about half-full. Bake approximately 20-25 minutes.

## Answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hotline, 8:30 a.m. to 5 p.m. Monday through Friday, (810) 858-0904 in Oakland County, (313) 494-3013 in Wayne County.

The Food and Nutrition Hotline is the place to call for all your food concerns. Questions on why your jam won't jelly, or how to freeze those extra tomatoes are some common requests answered daily by the trained staff of the hotline.

## Go for the smart snacks

Follow smart snacking practices to avoid extra calories and fat throughout the day.

Soda, candy, many cakes, cookies and crackers may be classified as "empty calorie" snacks because they provide little nutrient value yet are high in calories, said Sylvia Treitman, home economist for Michigan State University Extension of Oakland County.

Choose snacks that are low in fat, sugar and salt. Foods from the fruit and vegetable group make excellent snacks as well as many low fat whole grain selections.

Here are some of Treitman's

smart snacking tips:

- Keep snacks small. Serve your snacks on a plate or dish to control the amount.
- Avoid eating out of the bag — you lose track of how much you've eaten.
- Plan ahead — keep healthful snacks on hand. Good choices are fresh or dried fruit, air popped corn, low salted pretzels, baked tortilla chips and salsa, fat free yogurt, graham crackers, animal crackers, ginger snaps, and low fat whole grain crackers.
- If you need healthy snack ideas or other information on food and nutrition, call (810) 858-0904.

# ORCHARD-10

Corner of Orchard Lake Road & Ten Mile in Farmington

# IGA

476-0974

**Beef ROUND STEAK**  
Bone-in  
**\$1.48** lb.  
Sold as Steak Only

**Split CHICKEN FRYER BREAST**  
**98¢** lb.

**New Crop SOUTHERN PEACHES**  
**78¢** lb.

**California BROCCOLI**  
**78¢** a bunch

**Open Pit BARBECUE SAUCE**  
**69¢** 18 oz.

**Campbell's PORK & BEANS**  
**89¢** 28 oz.

**Old Orchard FROZEN LEMONADE**  
**49¢** 12 oz.

**SKIM MILK**  
**\$1.89** gal.

WE ACCEPT

Prices & Items Good Thru Sun. May 21, 1995

**DOUBLE COUPONS 50¢**

UP TO 50¢ OFF

**No Place Like Home Pet Sitting Service**

Why stress out your pets when you can have them stay home and get loving care!!  
Daily Visits or Live-In-Care Pet Portals Available  
652-6596  
BONDED & INSURED

**Where will your furs spend the summer?**

**ALL FURS (from any furrier) Need Our Expert Care**

We are very proud of our facilities. We'd be happy to show you. Would another furrier do the same?

Bring in your furs **SAVE \$5** on cleaning with storage

**Dittrich**  
Clean Furs

Call For Free Pick-Up: (810) 642-3021 or (313) 471-4300  
Detroit: (313) 873-4300  
7373 Third Ave.  
Bloomfield Hills, MI 48304  
1515 N. Woodward Ave.  
We visit with any other offer

**RETIREMENT PLANNING WORKSHOP**

Conducted by Blair Hotz, J.D.

**FREE**

**Date: May 18, 1995**  
**Time: 7:00 p.m.**  
**Place: Sheraton Oaks Novi, 2700 Sheraton Dr., Novi**

**Learn How To RETIRE IN COMFORT With Security and ENOUGH MONEY To Live THE WAY YOU WANT TO**

**SEATING IS LIMITED**  
**CALL (313) 729-0789 FOR RESERVATIONS**

**SPONSORED BY:**  
Farm Bureau Insurance Wayne County Agents:  
Ed Blazo and Roger Graft

**FARM BUREAU INSURANCE**

**29TH ANNUAL EASTERN MARKET FLOWER DAY**

Sunday, May 21, 1995 • 7 a.m. - 5 p.m.

This Sunday, May 21 7 a.m. - 5 p.m.  
Detroit's Eastern Market (1-15 & Grand East)

Families & Gardeners Welcome

Metropolitan Detroit Flower Growers Association