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September 9th.....SCHLERS INC  
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October 14th.....SCALLOPS  
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Executive Chef Don Bauman

OPEN TO THE PUBLIC BETWEEN  
10:00 a.m. - 12:00 Noon

SUPERIOR FISH, The House of Quality, is proud to announce that we shall once again resume our summertime series of SEAFOOD COOKING DEMONSTRATIONS. We are celebrating our 8th year of these very informative, popular, and fun cook-outs. This is a chance for you to meet some of the finest PROFESSIONAL CHEFS of metropolitan Detroit's most popular restaurants and view their expertise in seafood preparation. Taste a sample of their specialty, and have the opportunity to learn from the chefs' wealth of culinary knowledge. The demonstrations are FREE of charge, brought to you by Superior Fish and the participating restaurants, as a service to our valued customers.

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## July 4th menu sparkles

See related story on Taste front.

### SPICY LATIN BACK RIBS

6-8 slabs pork baby back ribs  
(about 12 pounds total)  
Spicy Latin Rub

Pat ribs dry with paper towels. Rub Spicy Latin Rub generously over all surfaces of ribs; cover and refrigerate up to 12 hours or cook immediately. Prepare a banked, medium-hot fire in each of 2-3 kettle-style grills. Place ribs, not overlapping, over indirect heat on each grill. Cover grills and roast ribs not directly over coals for 1½ hours, until ribs are very tender.

Or: Roast ribs on a rack in a shallow pan in a 350 degree F. oven for 1½ hours.

Remove ribs from grill, wrap securely in heavy aluminum foil. Place foil-wrapped ribs in brown paper bags, close bags and let ribs rest for up to 1 hour. Unwrap ribs, cut into serving-sized portions and serve with Rocket's Red Glaze Barbecue Sauce for dipping. Makes 12-16 servings.

Spicy Latin Rub: In a large jar with a tight-fitting lid, place ½ cup ground cumin, ½ cup chili powder, 4 tablespoons ground coriander, 2 tablespoons cayenne, 4 tablespoons ground black pepper, 2 tablespoons ground cinnamon, 1 tablespoon brown sugar and 1 tablespoon salt. Place lid on jar and shake until blended thoroughly. Makes 2 cups.

### ROCKET'S RED GLAZE BARBECUE SAUCE

2 (12-ounce) bottles chili sauce

2 garlic cloves, minced  
½ cup ketchup  
½ cup cider vinegar  
½ cup brown sugar

3 tablespoons Worcestershire sauce  
3 tablespoons sherry  
2 tablespoons chili powder  
2 teaspoons ground cumin  
1 teaspoon crushed red pepper

Stir together all ingredients in medium saucepan; bring to a boil and lower heat to just a simmer.

Simmer for 20 minutes, stirring occasionally, until mixture is thickened and flavors are nicely blended. Remove to medium bowl or quart-size jar, cool slightly, cover and refrigerate until serving. Makes 4 cups.

### BLACK AND BLUE COLE SLAW

1 medium head red cabbage, shredded (6 cups)  
½ pound seedless grapes, halved

1 cup chopped parsley  
½ cup mayonnaise  
4 tablespoons crumbled blue cheese

4 tablespoons Dijon-style mustard  
2 tablespoons sugar  
2 tablespoons cider vinegar

In large bowl, toss together cabbage, grapes and parsley. Stir together remaining ingredients, add to the slaw and toss well. Cover and chill for at least 2 hours before serving. If desired, sprinkle with additional crumbled blue cheese and garnish with red grapes. Serves 12-16.

### BLUE HEAVEN CORNBREAD

2 cups flour  
2 cups cornmeal  
2 tablespoons and 2 teaspoons baking powder

6 tablespoons sugar

1½ teaspoons salt

2 cups milk

4 eggs, beaten

½ cup vegetable oil

Heat oven to 425 degrees F.

Lightly grease two 8-inch square baking pans. In large bowl, blend well dry ingredients. In medium bowl, beat together milk, eggs and oil. Mix well in dry ingredients, add liquid ingredients and stir together, blending well, but not over-stirring.

Divide batter equally between the two prepared baking pans. Bake for 20-25 minutes, until tops are nicely browned.

Remove from oven and cut into squares to serve. Makes 12-16 servings.

### STARS AND STRIPES SPUD SALAD

4 pounds small new red potatoes, cleaned and halved

8 cloves garlic, peeled

½ cup olive oil

1 tablespoon black pepper

1 teaspoon salt

Dressing:

¼ cup mayonnaise

3 tablespoons Dijon-style mustard

3 tablespoons balsamic vinegar

1 tablespoon mustard seed

8 slices bacon, cooked, drained and crumbled

½ cup diced red onion

½ cup minced green pepper

Salt and pepper to taste

Heat oven to 400 degrees F. Combine potatoes, garlic, olive oil, the tablespoon of black pepper and teaspoon of salt in a roasting pan; cover with foil.

Bake 15 minutes, uncover, and continue to roast for 15 minutes, stirring occasionally, until potatoes are tender and slightly golden brown.

Remove from oven, let cool slightly and cut potatoes into quarters; mash the garlic cloves. Place potato quarters and mash garlic in serving bowl.

For dressing: In small bowl, stir together all ingredients.

For dressing over potatoes and gently toss. Taste and adjust seasonings; serve immediately or cover and refrigerate until serving. Serves 12-16.

### DR. BILLY'S BARBECUED BEANS

8 ounces bacon, diced

1 medium sweet onion, diced

1 each red and green bell peppers, seeded and diced

1 cup brown sugar

1 cup purchased barbecue sauce

½ teaspoon liquid smoke

1 teaspoon Worcestershire sauce

2 teaspoons ground black pepper

½ cup maple syrup

½ cup light corn syrup

3 (28-ounce) cans pork and beans, drained

½ cup dark beer or apple juice

In large skillet, fry bacon until lightly browned; remove extra fat from pan and discard. Stir onion and bell peppers into skillet and sauté until vegetables are tender, about 3-4 minutes.

In large casserole or shallow baking dish (3-4 quart), stir together bacon, vegetables and remaining ingredients. Cover and bake 45-60 minutes, until heated through. Makes 12-16 servings.

## Celebration

from page 1B

powder. For Mediterranean flavor, try oregano, fennel seed, garlic and lemon pepper; or use chili powder with cumin, garlic and oregano for Mexican flair.

When cooking ribs, set gas or electric grill on medium heat. If you're using charcoal, bank coals and cook ribs over indirect heat.

Treat ribs tenderly, and cook with the lid down for at least an hour and a half. To prevent burning, wait until the last 20 minutes before adding tomato or other sugar-based sauces.

Ribs are considered done when you can wiggle the meat from the bone.

The Michigan Pork Producers Association offers a free brochure, "Rib Revelations — A Guide to Heavenly Ribs." Send a self-addressed, stamped business-sized envelope to: Rib Revelations, MPFA, 4801 Willowbush Road, Suite 5, Holt, MI 48842.

### DOUBLE DEVILED EGGS

12 large eggs, hard cooked, peeled

½ cup mayonnaise

2 teaspoons Dijon-style mustard

½ teaspoon ground white pepper

2 jalapeños, seeded and finely chopped

2 tablespoons dill pickle relish

Fresh cilantro, finely chopped

Halve eggs lengthwise. Remove yolks and mash in small bowl with mayonnaise and mustard. Stir in remaining ingredients. Taste for seasoning; add salt or pepper if desired.

Transfer yolk mixture to a quart-sized resealable plastic bag. Squeeze out a small portion of yolk mixture and use the bag as a pastry bag to pipe filling into egg white halves. Place eggs on serving platter and refrigerate until at least 1 hour to one day. Garnish with cilantro. Serves 12-16.

### BETSY ROSS' BERRIES

3 pints cleaned raspberries

3 pints cleaned blueberries

Creamy Custard Sauce

In large bowl, gently mix together both berries. Portion about ¼ cup berries into individual serving dishes; top each serving with about ¼ cup Creamy Custard Sauce. Makes 12-16 servings.

Creamy Custard Sauce: In large saucepan, stir together ½ cup sugar, 2 tablespoons and 2 teaspoons cornstarch, ¼ teaspoon salt and 1½ cups milk.

Cook and stir over medium-high heat until mixture comes to a boil; stir and boil 1 minute. Remove from heat; stir a little cooled custard mixture into 4 beaten eggs; return eggs to saucepan; stir well to blend thoroughly. Stir in ¼ cup sour cream and 1 teaspoon vanilla extract; blend well. Remove custard to medium bowl, cover and refrigerate until serving. Makes 3 cups.

Recipe from Michigan Pork Producers Association.

## Wine

from page 1B

seafood. We like it especially with salmon. It is sufficiently versatile as a picnic wine — matching well with grilled sausages and roast chicken. With pinot, there's no butting heads with tannins. They're incredibly soft and fruity and saucing with them is a delight.

Gourmet, vegetarian pizzas with light-handed use of fresh tomato sauce, that is not cooked or canned, is a superior food match. But artichokes are frequently used in preparing this style pizza and we caution against their use. If there's one vegetable that does not pair with pinot noir, it's artichokes.

To leave a message on the Herald's voice mail — dial 800-5047, mailbox 1804.

## Dress summer salads with low-fat toppings

See related Taste Buds column on Taste front.

### HEALTHY POULCHAMNE

¼ cup plain non-fat yogurt

1 tablespoon light mayonnaise

1 tablespoon Dijon-style mustard

Combine all ingredients and blend well. Refrigerate in an airtight container.

Makes ½ cup.

Poultry, tuna, salmon or shrimp paired on the menu? Try this great dressing paired with your favorite pasta. Good chilled or warmed.

### PASTA SALAD DRESSING

1 tablespoon orange juice

1 tablespoon lemon juice

2 tablespoons low sodium soy sauce

2 tablespoons wine vinegar

2 tablespoons lemon juice

1 tablespoon vegetable juice

1 tablespoon fat-free mayonnaise

1 tablespoon water

Fresh ground pepper to taste

Combine all ingredients in a bowl and whisk until smooth.

Pour over pasta salad and toss to coat.

Makes enough dressing to serve 4.

### CREAMY YOGURT POPPYSEED SALAD DRESSING

½ cup plain non-fat yogurt

1 tablespoon orange juice

concentrate

2 tablespoons non-fat sour cream

½ teaspoon poppy seeds

Combine all ingredients in a bowl and whisk until smooth.

Makes about ¼ cup.

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