

HOMEOWNERS! STOP
Living from paycheck to paycheck?

LOANS BY PHONE
SAME DAY APPROVAL!

1-800-777-4233
AAA MORTGAGE & FINANCIAL CORP.

Weight Loss

Dr. Ralph P. Keith, PH.D.
28336 Franklin Rd.
Southfield, MI
746-0844

If you've tried to lose weight and can't get started, or you're lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who have been in unfulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

CALL 746-0844

AMERICAN COLLEGE OF CLINICAL ELECTROLOGY

EXCELLENT NOW

1-800-777-4233

Wine from page 1B

In 1989, Columbia Crest became the first domestic winery to make a Semillon-Chardonnay.

Merlot stands as the sought after red from Washington State. Washington State merlots have what most people expect from the varietal — an immediately approachable wine with great fruit and a soft mouthfeel. Merlots from other domestic growing regions are sometimes indistin-

guishable from cabernet sauvignon.

Just as it is for chardonnay, two Columbia Crest merlots are produced. The white label Columbia Valley 1993 Merlot showcases cherry-berry fruit with only hints of oak from aging in older French and American oak for a little over a year. It's a pleasant quaff with red raspberry flavors and medium length.

A good step above is the 1992 Barrel Select Merlot with deeper and richer, dark cherry and berry fruits. Berry flavors are mirrored on the palate with noticeable, but soft tannins. Oak impressions are defined from a 20-month oak aging in new, one and two-year-old French oak.

To leave a message on the Herald's voice mail, dial (313) 953-2047, mailbox 1884.

Cooks share treasured recipes

See related story on Taste front. Recipes from "With Warmest Regards," (Dayton, Hudson Corporation, 1995, \$11.95.) Cooks are listed after recipe.

BEST DARN CHILI

2 pounds ground sirloin
1 pound boneless pork loin, cut into very small pieces
2 tablespoons peanut oil
1 tablespoon cayenne pepper (or to taste)
1 cup chopped onion
4 cloves garlic, minced
1 tablespoon ground, cumin
1 (18-ounce) can tomato paste
Salt to taste
¾ teaspoon paprika
1 teaspoon chili powder
1 (28-ounce) can tomatoes, undrained
1 (15½-ounce) can hot chili beans, drained
1 (16-ounce) can pinto beans, drained and rinsed
2 (15-ounce) cans black beans, drained and rinsed
¾ to 1½ cups beer
Garnish: grated cheddar cheese, minced scallion, sour cream, oyster crackers

In a mixing bowl, combine beef and pork. Knead oil into meat. Heat a large, deep-sided skillet over medium heat. Add meat and brown very well (about 10 minutes). Drain, transfer to an 8-quart stock pot, and heat over medium heat. Mix in cayenne pepper. Stir in onion and garlic. Cook, stirring con-

stantly, until onion becomes translucent (about 3 minutes). Add cumin and tomato paste. Mix thoroughly. Stir in salt, paprika, and chili powder. Cook for 5 minutes.

Stir in tomatoes and their liquid and beans. Increase heat to medium-high and cook, stirring until mixture boils vigorously (4 to 6 minutes). Reduce heat to low and simmer for 10 minutes.

Slowly pour beer into mixture until chili reaches desired thickness. Simmer, uncovered, for 30 minutes, stirring occasionally. Ladle into individual bowls, top with cheese and scallion, and serve with sour cream and oyster crackers on the side. Serves 12-14.

Cathy Dunn's recipe.

TABBOULEH SALAD

1 cup coarse cracked wheat (bulgur)
2 cups cold water
5 medium tomatoes, chopped
3 medium bunches parsley, minced
1 bunch scallions, sliced
½ cup minced fresh mint leaves
Juice of 3 medium lemons
¼ cup olive oil
Salt and black pepper to taste

Soak cracked wheat in water for 10 minutes. Drain well and transfer to a large bowl. Add tomatoes, parsley, scallions, and mint to bowl and mix well. In a small bowl, mix lemon juice, oil, salt and pepper. Pour over salad and mix well. Chill be-

fore serving. Serves 8 to 10.

Margaret Mourad's recipe.

GREAT AUNT MARY'S NUT ROLLS

1 cup (2 sticks) butter or margarine, at room temperature
1 (8-ounce) package cream cheese, at room temperature
2½ cups all-purpose flour
1½ cups (about 9 ounces) ground walnuts
1 cup sugar
¼ cup milk
1 large egg, beaten

Place butter and cream cheese in a large bowl. Using an electric mixer at medium speed, cream. Mix in flour until incorporated. Shape dough into a 6-inch square 2-inches thick. Refrigerate for 1 hour.

In a bowl, combine walnuts, sugar, and milk. Using a fork, mix into a paste.

Cut dough into five 1-inch strips. Place 1 strip on a lightly floured work surface and roll out as thin as possible into a 10-inch square. Cut dough into 16 2½-inch squares. Spread a scant teaspoon of the walnut mixture on each square. Roll squares up jelly-roll style and place on 3 greased cookie sheets. Repeat process for remaining dough strips.

Brush rolls with beaten egg. Bake at 350 degrees F. for 20-25 minutes or until golden brown. Transfer to cooling racks and let cool. Makes 80 nut rolls.

Ellen Zehnder's recipe.

IGA 476-0974

Corner of Orchard Lake Rd. and Ten Mile in Farmington

Your Hometown Savings Headquarters

Boneless & Skinless FRYER BREAST \$1.99 lb.	PORK STEAK \$1.19 lb. "The Other White Meat"
Michigan WHITE POTATOES 99¢ 10 lb. bag	California MINNEOLA ORANGES \$1.99 3 lb. bag
FAME CHUNK CHEESE 99¢ 8 oz.	From our Deli COOKED HAM \$1.99 lb.
COCA-COLA 12 oz. - 12 Pak Cans 3/\$7.00 + dep.	Country Pride ICE CREAM 2/\$6.00 ½ gal. rd.

WE ACCEPT **DOUBLE MANUFACTURERS COUPONS** **UP TO 50¢**

Prices & Items good through Sunday, Jan. 21, 1996. Check Sale Items in Store Paper.

Put your slow cooker to work

See Chef Lorry Jones' Taste Buds column. Recipe is from: "The Best Slow Cooker Cookbook Ever" by Natalie Heston. (Copyright 1995, Harper Collins Publishers, \$17.95.)

TORTELLINI AND VEGETABLE SOUP

2 (14½ ounce) cans vegetable broth
1 (15½ ounce) can whole kernel corn, drained
1 medium leek or mild onion, chopped
2 garlic cloves, crushed
¼ cup fresh basil, chopped (or 2 teaspoons dried)
1 (28 ounce) can diced peeled tomatoes
1 green pepper, seeded and chopped
1 medium zucchini, chopped (about 2 cups)
1 (9 ounce) package cheese tortellini
½ teaspoon garlic powder
Fresh grated Parmesan

cheese, for serving

In a 4-quart slow cooker, combine all ingredients except the grated Parmesan. Cover and cook on high heat for 3½ to 4 hours or until the tortellini are tender. Do not overcook or the tortellini will become mushy.

Serve with fresh grated Parmesan cheese. Serves 6.

Chef's Secret: I omitted the zucchini and added some drained cannellini beans, substituted green onions for the leek and added a cup of frozen green beans instead of the green pepper.

DOLL & BEAR LOVERS
Save 10-30%
on 100's of beautiful dolls & cuddly stuffed bears.

Look January 15, 1996

Medienne Alexander • Gals • Corbels • Equestrian • Stuffed • Vendors • Furniture & More!

The Doll Hospital & Toy Soldier Shop

3047 W. 12 Mile • BENTLEY • (313) 543-5115
Mon.-Sat. 10:30-5:30 • Sun. 10-5

Your Family Dermatologist
Audrey J. Bruell M.D.
Board Certified Dermatologist
Clinical Assistant Professor at University of Illinois
Staff Physician at William Beaumont and Providence Hospitals
1983 Northwestern Graduate
Specializing in:

- Acne • Eczema • Psoriasis • Vitiligo
- Moles • Piercing • Fungal Infections
- Sun Damage • Allergic Reactions
- Nail Disease • Disposable Instruments

Locations: CANTON • W. BLOOMFIELD • TROY • NOVI • BRIGHTON

Accepting Most Insurances **1-800-246-5622**

Team up VELVEETA® and Pace® for a winning salsa dip!

VELVEETA® Salsa Dip

- Take 1 pound of cut-up VELVEETA® Pasteurized Process Cheese Spread.
- Add an 8 oz. jar of PACE® Picante Sauce.
- Heat in a microwave (5 min.) or saucepan (10 min.), stirring halfway through heating time.

TOUCHDOWN! VELVEETA® Salsa Dip!

SAVE 55¢
When you buy ONE 1 lb. or larger package of VELVEETA® Pasteurized Process Cheese Spread or VELVEETA LIGHT® Pasteurized Process Cheese Product

SAVE 35¢
When you buy any size PACE® Picante Sauce or PACE® Thick & Chunky Salsa

REFLECTIONS
New Ladies Morning Out

Join us...Coffee, Muffins, New Friends, Studies, Crafts, Free Children's Programs, and Smiles!

Tues. Mornings 9:30-11:30am - Beg. Jan 16
First Assembly of God - 4435 N. Rochester Rd. (N.E. Corner of Rochester Rd. & Sedell Rd.)
(810) 652-3353

Ladies from all or no denominations Welcome!
Cost: Donation - No Registration Required
Child care provided for ages 5 years and under