

Kiwifruit adds refreshing twist to salads

By MELANIE POLK
SPECIAL WRITER

For many Americans, morning doesn't really start until they've had a glass of orange juice or half of a grapefruit.

It's a morning dose of nutrition and one step closer toward the goal of at least five daily servings of fruits and vegetables, as recommended by the American Institute for Cancer Research and other health experts.

So, while it may seem heresy to suggest an alternative to such a healthy ritual, when you substitute two kiwifruit into your morning routine, you'll add variety to your diet, as well as over twice the recommended daily allowance of vitamin C and as much potassium as in a banana.

Buy firm kiwifruit and let them ripen at room temperature; place them in a bag with a banana or apple to speed up the process.

Once slightly soft (like a ripe peach or avocado), kiwifruit can be stored for two to three weeks in the refrigerator. Although kiwifruit skin is edible (and adds fiber and texture), it's slightly

bitter flavor is not to everyone's liking. Fortunately, it's easy to peel and slice, or scoop out the pulp, depending on your intended use.

Add sliced kiwifruit to the ordinary dishes from your kitchen and transform them into unforgettable meals. With its tart-sweet flavor, kiwifruit can bring new life to your favorite fruit salad or compote.

Instead of the regular tomato-based recipe, make a fruit salsa with kiwi, strawberries and melon cubes. Simply add sauteed chopped shallots, cilantro, and raspberry vinegar to make a great dip for tortilla chips, or a tangy topping for grilled fish or chicken.

Sprinkle kiwifruit slices on a salad made with radicchio or endive, just as you might use orange slices on a green salad.

Kiwifruit can even stand up to a barbecue flame, as part of a refreshing summer kabob made of skewered ginger-marinated fish and sweet onion chunks.

Pureed kiwifruit can also be an easy way to add variety and taste to a healthy diet. Be careful not to over-puree kiwi, as it

can crush the fruit's seeds and result in a bitter flavor. Once liquefied, rub the kiwi puree on lean cuts of beef for 15 minutes to increase the tenderness of the meat.

Sweetened with maple syrup or honey, kiwi puree makes a dessert sauce that transforms ordinary poached fruit and angel-food cake into a unique treat.

Kiwifruit adds a refreshing twist to this delicious salad recipe provided by the New Zealand Kiwifruit Commission.

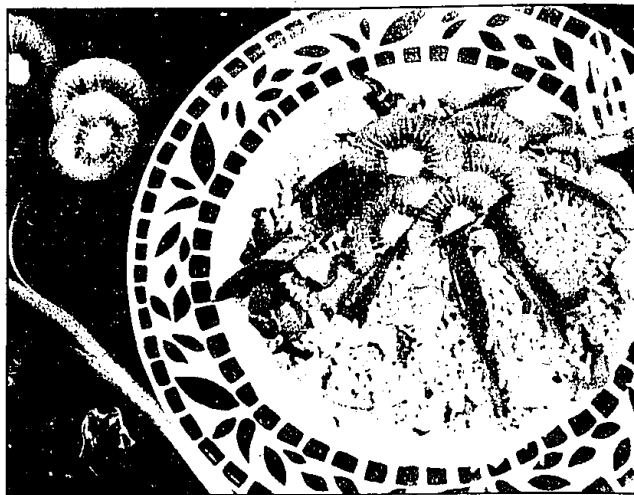
NEW ZEALAND BROWN RICE SALAD

- 1 cup brown rice
- 2 kiwifruit
- 1 Granny Smith apple
- 1/2 cup thinly sliced celery
- 1/2 cup red pepper strips
- 1/4 cup toasted walnut pieces
- 1/4 cup thinly sliced green onions
- 2 tablespoons chopped parsley
- 3 tablespoons sherry vinegar
- 1 tablespoon olive oil

Cook the rice in water according to package directions, until the grains are tender and the water is absorbed.

Peel the kiwifruit and cut it into 1/4-inch thick slices; cut again in half to form semi-circles. Core and dice the apple into 1/2-inch cubes.

In a salad bowl, toss together the fruit with the rice, celery, red pepper strips, walnuts, green



AMERICAN INSTITUTE FOR CANCER RESEARCH

Sumptuous salad: New Zealand Brown Rice Salad combines rice, veggies, apple and kiwifruit with a tangy dressing.

onions, and parsley.

Mix together the vinegar and oil; drizzle it over the salad and toss to mix well.

Cover and refrigerate the salad

for 1-2 hours, allowing the flavors to blend before serving.

Each of the six servings provides 201 calories and 6 grams of fat.

Melanie Polk is a registered dietitian, and director of Nutrition Education for the American Institute for Cancer Research.

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Chill out with bake-and-freeze desserts

See related Taste Buds column* on Taste

PEANUT BUTTER FUDGE ICE CREAM PIE

- 1/2 gallon good quality chocolate ice cream, soft-ened until spreadable
- 1 Oreo cookie crumb crust (recipe to follow)

- 1 cup smooth peanut butter
- 1 cup chocolate or hot fudge sauce
- 1/2 cup coarsely chopped unsalted peanuts

Use an ice cream spade to spread half of the softened chocolate ice cream over the crumb crust. Drop the peanut butter by rounded teaspoons evenly over the chocolate ice cream. Spread one half cup of the chocolate or hot fudge sauce over the peanut butter pieces. Spread the remaining chocolate ice cream over peanut butter pieces. Drizzle any remaining chocolate or hot fudge sauce over top of pie. Sprinkle peanuts evenly over the top. Makes one 9 inch pie, enough for 8-10 people.

To freeze: Wrap the pie tightly with plastic wrap, then with heavy aluminum foil, gently pressing against the pie. Freeze.

OREO COOKIE CRUMB CRUST

- 2 cups Oreo cookie crumbs
- 2 tablespoons butter, melted

Preheat oven to 325 degrees. Place the crumbs in a large mixing bowl. Drizzle with melted butter. Toss to mix well. Press evenly to a baking pan or a spring form pan. Bake in a preheat oven for 6 minutes. Cool crust thoroughly before filling. Makes one 9-10 inch crust.

LEMON RIPPLE ICE CREAM PIE

Crust:

- 3/4 cup graham crackers
- 1 1/4 cup ground toasted almonds
- 2 teaspoon grated lemon zest
- 6 tablespoons (3/4 stick) butter
- 1/2 teaspoon almond extract

Place the crumbs, almonds and lemon zest in a medium bowl and mix well. In a small saucepan, melt butter with the almond extract. Pour the butter mixture over the crumb mixture and stir until crumbs are well moistened. Transfer crumb mixture to a 10 inch pie plate or spring form pan. Press evenly. Bake crust for 6 minutes in a preheat 325 degree oven. Cool completely before filling. Makes one 10 inch crust.

- 1/2 gallon good or premium quality vanilla ice cream, softened until spreadable
- 1 1/2 cup lemon curd

Use an ice cream spade to spread half the vanilla ice cream over the prepared crust. Spread 3/4 cup of the lemon curd over the ice cream. Combine remaining ice cream with remaining lemon curd and mix well. Spread evenly over the top of the pie. Wrap in plastic and freeze until firm.

Makes one 10 inch pie that can serve 8-10 people.

CARAMEL FUDGE BROWNIE ICE CREAM PIE

- 2 pints premium chocolate ice cream, softened until spreadable
- 1 prepared Oreo or other cookie crust
- 2 cups homemade or store bought brownies, chilled, cut into 1/2 inch chunks
- 1 cup prepared caramel topping
- 1/2 cup chocolate or hot fudge sauce
- 2 pints premium vanilla ice cream, softened until spreadable

Use an ice cream spade to spread the softened chocolate ice cream over the prepared Oreo or other crumb crust. Sprinkle half the diced brownies over the pie and drizzle with half the caramel and half the fudge sauce. Freeze for 15 minutes. Spread the vanilla ice cream over the brownie pieces. Drizzle with remaining caramel and chocolate sauce. Freeze until firm. Makes one 10 inch pie, enough to serve about 8-10 people.

Additional information for this column was gathered in "Bake and Freeze Desserts" by Elinor Klivans, copyright, 1994, William Morrow Publishers, \$25.

Pesto cubes add instant flavoring

See related story on Taste front.

PESTO CUBES

- 3 cups (packed) fresh basil, without stems
- 3 to 4 healthy cloves of garlic
- 1/4 teaspoon salt
- 3/4 cup freshly grated Parmesan cheese

- 1/4 cup pulverized walnuts
- 1/2 cup olive oil
- 1/2 cup packed fresh parsley

Puree all ingredients in a food processor or a blender then pack into an ice cube tray. Cover and freeze.

Makes 6 to 8 cubes. When ready

to use, pop out one cube and add to soup, broth, stew, or sauce for instant seasoning.

Recipe compliments of Peggy Martinelli-Everts, director of clinical operations for HDS Services in Farmington Hills.

Yes you can, freeze a slice of summer

See related story on Taste front. *Recipe compliments of Peggy Martinelli-Everts, registered dietitian, director of clinical operations for HDS Services in Farmington Hills.*

■ Freezing corn-on-the-cob — Scrub to remove silks and rinse thoroughly in cool water. Place about six ears in large pot of boiling water and cover 7-11 minutes, dependent on size. Using tongs, remove and place into ice water. Drain, wrap individually and then put several into freezer bags. Store in freezer 4-6 months. Cook, without thawing, in an uncovered pan of boiling salted water to cover ears 5-10 minutes.

■ Freezing peaches — Rinse, blanch 20-30 seconds, then immerse in ice water for the same time. Remove skins, and pits. Allow 2-3 pounds peaches

for each quart. Dip peaches into water with ascorbic acid or 2 tablespoons salt and 2 teaspoons lemon juice for each gallon of water to retain color. Drain well. Halve or slice as desired. Stir 1 teaspoon ascorbic acid or salt and lemon juice into 4 cups cold water. Pack peaches tightly into quart containers, then add 1 to 1 1/2 cups of the water leaving 1/2-inch headspace. Seal, label and freeze.

■ Canning apples — Wash, peel and core apples. Slice, cut into chunks or leave in quarters. As you prepare apples, dip them in a solution of 1 tablespoon each salt and vinegar to 2 quarts of water to prevent darkening. Drain well, rinse and drain again. Hot pack only — Boil apples 5 minutes in syrup or water, and pack hot into clean, hot jars. Cover with the boiling

liquid and leave 1/2-inch head space. Process in boiling water bath: Pint jars 15 minutes. Quart jars 20 minutes.

■ Canning tomatoes — Wash tomatoes, slip skins by dipping into boiling water 30 seconds and then into cold water. Peel and remove stem ends. Tomatoes can be prepared whole, in halves or in quarters. Raw pack — Pack prepared tomatoes into jars leaving 1/2-inch head space. Pack tightly and press until juice covers tomatoes. Do not add water. Add 1/2 teaspoon salt and 1 tablespoon of bottled lemon juice to each pint and 1 teaspoon salt and 2 tablespoons lemon juice to each quart. Use spatula around sides to remove air pockets and wipe top of jar clean. Process in boiling water bath: Pint jars 35 minutes, Quart jars 45 minutes.

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