

Pears are perfect for salads, dessert, entrees

See related story on Taste front.

BREADED CALIFORNIA BARTLETT PEAR SALAD

Lemon Vinaigrette
1/3 cup olive oil
1/4 cup fresh lemon juice
2 teaspoons chopped fresh parsley
1 clove garlic, minced
1/4 teaspoon kosher salt
Freshly ground black pepper to taste

Pear Salad
1/2 cup all purpose flour
1/4 teaspoon salt
1/4 teaspoon ground white pepper
1/4 teaspoon paprika
4 eggs lightly beaten
3/4 cup seasoned dry bread crumbs
1/4 cup olive oil
4 ripe, medium-size fresh California Bartlett pears, cored

and quartered
Vegetable oil for frying
4 cups mixed baby field greens
6 ounces prosciutto, sliced very thin
Aged balsamic vinegar (optional)

For Lemon Vinaigrette: Combine ingredients in a bowl and beat well or in a screw-top jar and shake well. Chill several hours to meld flavors.

For Pear Salad: Combine flour, salt, pepper and paprika in small, shallow bowl. In another bowl, lightly beat eggs. In still another shallow bowl, toss crumbs with olive oil. Dredge pear quarters in seasoned flour. Dip in beaten egg; drain off excess. Then, roll in crumb mixture. (In order for crumb mixture to adhere, pears must be ripe.) Deep-fry at 350 degrees F. until golden brown. Beat or shake vinaigrette again

and toss greens with half of dressing.

To serve, arrange prosciutto on 4 salad plates. Mound greens in center and arrange 4 warm pear quarters on top. Drizzle remaining vinaigrette and aged balsamic vinegar (if desired) over each salad. Sprinkle lightly with pepper to taste. Makes 4 servings.

Recipe from Todd English, Olives restaurant in Charlestown, Mass., and the California Pear Advisory Board.

ROASTED CALIFORNIA BARTLETT PEARS WITH CINNAMON AND WINE

6 fresh California Bartlett pears, cut in quarters and cored
1/4 cup honey
1/4 cup light brown sugar
1/4 cup dry red wine
1 teaspoon ground cinnamon
Glazed almonds, for garnish (recipe follows)

Place pears in a 9- by 13- by 2-inch glass baking dish. Mix honey, brown sugar, wine and cinnamon together in small bowl. Spoon over

pears and toss gently until coated. Bake at 400 degrees F. for 20 to 30 minutes or until tender. Spoon into individual dessert bowls. Sprinkle Glazed Almonds on top. Makes 6 servings.

Glazed almonds: In small bowl, beat 1 egg white until foamy. Stir in 1 package (6 ounces) sliced almonds until well coated; remove almonds and drain. Toss with 1/3 cup granulated sugar. Spread in lightly oiled baking sheet. Bake at 300 degrees F., turning frequently with spatula, until golden brown and caramelized, about 12 to 15 minutes.

Recipe from Gale Grand, Brasserie T. restaurant, Northfield, Ill. and the California Pear Advisory Board.

GRILLED PORK TENDERLOIN WITH CALIFORNIA BARTLETT PEAR RELISH

2 pounds pork tenderloin or pork medallions
Marinade

1/2 cup olive oil
4 sprigs fresh rosemary leaves, crushed
3 sprigs fresh thyme leaves, crushed
2 cloves garlic, minced
1 teaspoon black pepper, corns, crushed
California Bartlett Pear Relish
1 cup diced fresh California Bartlett pear
1 cup diced fresh mango
1 cup diced fresh pineapple
1 cup diced fresh tomatoes
1 teaspoon minced garlic
3/4 cup thinly sliced green onion
2 tablespoons chopped fresh cilantro
1/2 cup chopped macadamia nuts
1/2 teaspoon finely chopped jalapeno chile pepper
Salt and pepper to taste
Balsamic Rum Syrup
1/4 cup granulated sugar
1/4 cup water
3/4 cup balsamic vinegar
2 tablespoons rum

For marinade: Place tenderloins in shallow glass pan. Com-

bine olive oil, rosemary, thyme, garlic and peppercorns in small bowl; mix well and pour over meat. Cover and refrigerate several hours or overnight.

For California Bartlett Pear Relish: Combine all ingredients in stainless steel or glass mixing bowl and mix well. Adjust seasonings to taste. Chill thoroughly.

For Balsamic Rum Syrup: Combine sugar and water in saucepan. Heat, stirring until sugar is dissolved. Bring mixture to a boil; boil until reduced to 1/4 cup. Add balsamic vinegar and reduce to 2/3 cup. Remove from heat and stir in rum. Keep warm.

To serve, drain tenderloin; slice and season with salt and pepper. Grill until medium-well done. Arrange on serving plates. Drizzle with Balsamic Rum Syrup. Spoon generous servings of California Bartlett Pear Relish alongside. Makes 8 servings.

Recipe from Alan Wong, Alan Wong's Restaurant, Honolulu, Hawaii and the California Pear Advisory Board.

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Chef Larry shares secrets, answers reader requests

See related Taste Buds column on Taste front.

Sandy Goodall of West Bloomfield called wanting to know if there was a directory of culinary schools throughout the world. Sandy, as I'm sure you know, we have some of the best programs right here in our own backyard.

Schoolcraft College in Livonia is one of only three schools nationwide that has five certified Master Chefs on their staff. Oakland Community College offers an outstanding program at their Orchard Lake campus in Farmington Hills as does Henry Ford Community College, Dearborn and Washtenaw Community College, Ypsilanti.

But, if you want to know about the rest, you can request "The International Guide to

Culinary Schools" from the International Association of Culinary Professionals, 304 West Liberty, Suite 201, Louisville, KY. 40202, Attention: Brian Dougherty.

Rod Chubb of Canton called with a question about grilling beef tenderloins. First off, remove the tenderloins about 45 minutes before you begin grilling. (I remove mine from the freezer when I light the charcoal.)

I season them with 2 tablespoons Mrs. Dash table blend seasoning mix, 1 tablespoon fresh ground pepper and 1 teaspoon of Kosher salt. Rub it in good.

After the coals heat up, I cook them indirectly (not directly above the heat source) on a cov-

ered grill. A good rule of thumb is 5-6 minutes per pound for a medium rare (125-130 degree F.) tenderloin. A five-six pound tenderloin should take about 30 minutes, covered. Always use a meat thermometer for accuracy and remember that the meat should sit for about 5 minutes before slicing. The internal temperature will rise about 7-10 degrees. Slice and enjoy.

Arlene Crosson of Troy called about a story I did a few years back on Norma Schonwetter and her heart-healthy microwave cookbook entitled "Microwave To Your Heart's Content," (copyright, 1993 by Micro Magic, \$12.95 plus \$2 postage and handling). Send check or money order to "Micro Magic," 23600 Cloverlawn, Oak

Park, MI. 48237-2410.

I love Schonwetter's book and use it frequently. Here's my favorite, just in time to utilize garden goodies!

ZUCCHINI TOMATO SAUCE

1/2 cup chopped onion
1 clove garlic, chopped or minced
2 teaspoons olive oil
1 cup chopped zucchini, about 1 medium
1 (8 ounce) can no salt added tomato sauce *see below
3/4 teaspoon Italian seasoning
1/4 teaspoon salt
1/8 teaspoon pepper
Combine onion, garlic and oil in a microwave 1 quart measure. Microwave, uncovered, on high for 2 minutes or until vegetables are soft.

Stir in zucchini, tomato sauce, Italian seasoning, salt and pepper. Cover with lid or vented plastic and microwave on high for 2 1/2 - 3 minutes or until boiling. Reduce power to medium (50 percent); recover and continue to microwave, 4-5 minutes or until zucchini is tender. Carefully remove cover and stir. Serve hot. Yield: 2 cups.

Per tablespoon: 7 calories, .2 gm protein, .3 gm fat, 1 gm. carbohydrates, 19 mg. sodium.

Recipe from: "Microwave To Your Heart's Content" by Norma Schonwetter.

Chef's secret: I made this with fresh tomatoes. I used eight Roma tomatoes, peeled and seeded, chopped with 1/4 cup of the sauce.

Marsha Williams of Birmingham called bragging about her backyard garden filled with corn that's beginning to come to silk. She says she has 40 or so stalks and is looking for the best corn book and some great recipes.

Well Marsha, look no more. Check out "Crazy For Corn" by Betty Fussell, (copyright 1995, Harper Collins Publishers, \$16). Here's a great recipe.

HOMINY PRIMAVERA

4 cups undrained canned hominy
1 sweet red pepper, seeded and diced
1 sweet green pepper, seeded and diced
12 snow peas or pea pods, cut in half
2 ears fresh sweet corn kernels (about 1 cup)
2 thin slices prosciutto (optional)
4 tablespoons butter or margarine
salt and fresh ground pepper to taste
1/4 cup Italian parsley, chopped

In a saucepan, mix the hominy and its liquid with the sweet peppers and bring to a simmer. Add the remaining vegetables in order, the prosciutto and the butter.

Taste and correct seasonings with salt and pepper. Sprinkle with parsley and serve. Serves 4-6 as a first course or a side dish.

Recipe from: "Crazy For Corn" by Betty Fussell, (copyright, 1995, Harper-Collins Publishers, \$16).

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