

Easy dishes help students survive without mom

See related *Taste Buds* column on *Taste Front*.

I didn't think it would be a good idea to print basic cooking instructions for rice but after paging through the "The Campus Survival Cookbook #2," I found this great recipe that can be made in an electric skillet and has all the tastes of what my momma used to call "comfort food."

MARION'S PORK CHOP DREAM

2 medium onions
2 tablespoons butter or margarine

8 thick center cut pork chops (1 1/4 1/2 ounce) can brown gravy
1 (14 1/2 ounce) can water
4 ounces canned sliced mushrooms
1 cup raw white rice (Uncle Ben's Converted)
Salt and pepper to taste

Peel and chop onions. In an electric skillet, melt butter or margarine over 375° F. heat. Add onions and stir and cook for 2-3 minutes. Add pork chops and brown 2-3 minutes on each side. Reduce heat to 300° F. Add gravy,

water, mushrooms and rice, mix well. Cover and cook for 30 minutes. Season to taste with salt and pepper. Serves 6 or 3 if you're really hungry.

Recipe from "The Campus Survival Cookbook #2" by Jacqueline Wood and Jocelyn Gilchrist, copyright, 1981 by Morrow Quill Paperbacks, \$8.95.

Here's another recipe that can be cooked in anything from a hot plate to an electric skillet. I made it and it was just as good as it sounds! It also made great leftovers and was outstanding as a sandwich the next day!

PORCUPINE MEATBALLS

1 pound ground beef
1/4 cup uncooked rice
1 (10 1/2 ounce) can condensed cream of chicken soup
1/4 cup minced onion
1/4 cup minced green pepper
1 teaspoon salt
1/4 teaspoon pepper
1 egg, beaten
1 cup water

Thoroughly combine the ground beef, 1/4 cup of the creamed soup, rice, onion, pepper, salt and egg.

Mix well and shape into meatballs. Brown in a skillet for 2-3 minutes on each side. Mix remaining soup with water; pour over meatballs, cover and allow to simmer for 30-40 minutes or until rice is tender. Serves 3-4.

When was the last time you found a recipe for homemade drain cleaner that doesn't consist of the things you would find at a toxic dump? Here's one from the book:

DRAIN CLEANER

1/2 cup salt
1/2 cup baking soda

2 tablespoons cream of tartar

Mix dry ingredients in a bowl and store, covered. Label. To use, spoon 4 tablespoons of the mixture into a slow drain and slowly pour in 1 cup hot water; the mixture will bubble. When bubbling has stopped, repeat, then run cold water down the drain. Use this mixture once a month to keep drains running free.

Recipes from: "Where's Mom Now That I Need Her" by Betty, Kathryn and Keny Frandeen. (Copyright, 1983, Aspen West Publishers, \$18.95).

Michigan apples add flavorful dimension to foods

See related story on *Taste Front*.

CHICKEN APPLE CURRY

Serves 8
2 tablespoons olive oil
3 cups chopped apple
1 cup chopped onion
2 cloves garlic
4 tablespoons flour
4-6 teaspoons curry powder (amount & strength to taste)
2 teaspoons salt
2 cups low fat milk
2 cups no fat, low sodium chicken broth
4 cups cooked, cubed chicken breast

Heat oil in non-stick pan. Sauté onion, garlic and apple for 5 min-

utes. On low heat, stir in flour, salt and curry. Slowly add milk and broth, stirring gently.

Sometimes more flour is needed to thicken sauce. If needed, remove some of the sauce and stir a little flour into it, then return to the pan while stirring. Add chicken last. To make ahead of time: make sauce and leave chicken separate until time to serve. Serve over white rice.

This dish is traditionally served with chutney. Other condiments that complement it are chopped tomatoes, raisins, shredded coconut, chopped peanuts, finely chopped parsley, and green onions.

Nutrition information: per serving 385. 4 calories. 19.42 g

protein, 7.43 g fat, 675.72 mg sodium, 58.88 g carbohydrate, percent of calories from fat 17.35.

Recipe by Peggy Martinelli-Everts, registered dietitian, HDS Services, Farmington Hills.

FRENCH STYLE CHICKEN WITH APPLES

6 boneless, skinless chicken breasts
1 sliced onion
10-ounce can condensed chicken broth
3 tablespoons apple brandy; cider or apple juice
3 sweet-tart or tart apples, cored and sliced
6-8 canned artichoke hearts, drained and cut in half

Pinch each of ground cinnamon, nutmeg, salt and pepper, minced fresh dill or parsley

Spray a large non-stick skillet with cooking spray. Brown chicken breasts on both sides. Remove chicken from skillet and set aside.

Stir in sliced onion, apples, artichokes, broth, juice and spices. Cook 3 minutes. Spread chicken breasts in skillet; arrange apples, onions and artichokes on top. Simmer, covered, about 10 minutes or until chicken is tender and heated through.

Sprinkle with salt and pepper. Garnish with fresh parsley or dill and apple slices before serving. Serves 6.

Nutrition information: 241 calories, 5 g fat, 66 mg cholesterol, 3 g sodium 252 mg sodium, percent calories from fat 18 percent.

Recipe from the International Apple Institute

CINNAMON BAKED APPLES

8 sweet apples, cored
1 cup sugar
2/3 cup water
1/4 cup lemon juice
1 teaspoon ground cinnamon
1 teaspoon grated lemon peel
1/2 teaspoon ground nutmeg
1/4 cup boiling water

Paro apples 1/3 of the way down from top. Place in 13 by 9 by 2-

inch baking pan. Combine sugar, 2/3 cup water, lemon juice, cinnamon, lemon peel and nutmeg; bring to boil. Pour over and around apples. Bake, uncovered, in 350° F. oven 50 to 60 minutes or until apples are tender. Baste with mixture in pan every 15 minutes. Cool in pan.

When ready to serve, remove apples to serving dish. Add 1/4 cup boiling water to pan to dilute mixture in pan. Drizzle mixture over apples. May top with frozen yogurt if desired. Makes 8 servings.

Nutrition information: 221 calories, 1 g fat, 0 mg cholesterol, 4 g fiber, 2 mg sodium, percent calories from fat 3.

Recipe from the International Apple Institute.

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 591-7279.

Tri-County Celiac Sprue Support Group
Meets 7:30 p.m. Monday, Sept. 16, Southfield Presbyterian Church, 21675 W. 10 Mile Road,

Southfield, (810) 477-6953 or (313) 274-9232. For persons diagnosed with Celiac Sprue and Dermatitis Herpetiformis, their families, spouses and friends. Monthly meetings include information on gluten-free foods, label reading, recipe sharing, taste testing, ideas for children and information from professionals.

Vegetarian Cooking School
Dr. Arthur Weaver and his wife Natalie are hosting a cooking school 2-6 p.m. Sunday, Sept. 15 in the Community Room at Plymouth Seven-day Adventist Church, 4295 Napier (between Ann Arbor and Warren Roads). The cost is \$15 per person, or \$25 per couple. Call (810) 349-6883 or (313) 531-2179. There

will be lectures, and cooking demonstrations. Each participant will receive a vegetarian cookbook, and many other materials and recipes. The school finishes with a delicious vegetarian meal.

Crittendon Hospital
Join Julie Framm, a chef and registered dietitian as she discusses Photochemicals, which

are found in sweet potatoes and tofu, to name a few, 7 p.m. Thursday, Sept. 12. These foods can help prevent cancer. Learn how to prepare tasting recipes, taste testings at Kitchen Glamour. The fee is \$5. Class sponsored by the Crittendon Weight Management Center, call (810) 662-5626.

Canning Class
Learn more about canning. Canning season is upon us and if you have always wanted to learn how to can, freeze or dry foods now is the time. The seven lesson class is offered through the Michigan State University Extension. The cost is \$15 to cover postage and all handouts. To receive an enrollment form call (810) 858-0904.

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CLARIFICATION

S'MORES S'MORES
2 cups oats (quick or old-fashioned, uncooked)
1 1/2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt (optional)
1 cup (2 sticks) butter or margarine
One 7-ounce jar marshmallow creme
1 cup (6 ounces) semisweet chocolate pieces

Heat oven to 350°F. Lightly grease 13 by 9-inch baking pan. In large bowl, combine oats, flour, baking soda and salt; mix well. Add butter; blend with electric mixer on low to medium speed until crumbly. Reserve 1 1/2 cups oat mixture for topping; set aside. Press remaining oat mixture evenly onto bottom of pan. Bake 15 minutes.

Remove pan from oven to wire rack. Drop spoonfuls of marshmallow creme in rows across crust. With knife or spatula, carefully spread creme to within 1/4-inch of edges. (If marshmallow creme is difficult to spread, place baking pan in warm oven about 1 minute to slightly soften the creme). Sprinkle chocolate pieces evenly over marshmallow creme. Crumble reserved oat mixture evenly over chocolate pieces.

Bake 25 to 30 minutes or until topping is light golden brown around the edges. Cool on wire rack 30 minutes. Cut into bars while warm. Serve warm or cool completely and store tightly covered. Yield 2 dozen.

Recipe from Quaker Oats Company.

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