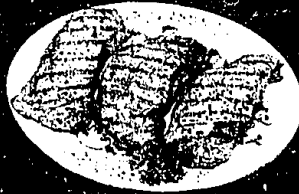


# CATTLEMAN'S FARMERS' MARKETS

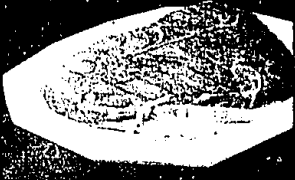
**FRESHNESS  
and  
QUALITY  
GUARANTEED!**

## BACK TO BASICS!!



**BONELESS  
NEW YORK  
STRIP**  
15-18 lb.  
average  
**CUT FREE** **\$1.99**  
A POUND  
FOR: Boneless  
New York Strip Steaks

**CENTER CUT  
BEEF  
CHUCK ROAST**  
**\$1.27**  
A POUND



**FULLY TRIMMED  
BEEF  
TENDERLOIN**  
4-6 lb.  
average  
**CUT FREE** **\$4.99**  
A POUND  
FOR: Fillet Mignon Steaks  
Tenderloin Roast



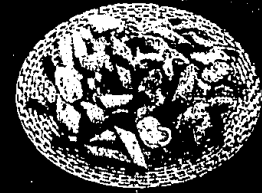
**BONELESS ENGLISH  
CUT ROAST**  
**\$1.47**  
A POUND

**BONELESS CENTER CUT  
PORK LOINS**  
**\$2.88**  
A POUND

**FRESH-GRADE A  
TURKEY DRUMSTICKS**  
**66¢**  
A POUND

**RATH JUMBO HOT DOGS** **99¢ 16 OZ. PKG.**

**CALIFORNIA  
BROCCOLI**  
**50¢**  
BUNCH  
LIMIT 4 BUNCHES



**HOMEGROWN  
SWEET  
CARROTS**  
**50¢**  
3 LB. BAG  
LIMIT 4 BAGS

**COCA COLA SALE!**  
+6 PACK/20 OZ. BOTTLES  
+12 PACK/12 OZ. CANS  
**\$2.75**  
REGULAR  
OR DIET  
PLUS DEPOSIT  
3 LITER BOTTLES **99¢ PLUS DEPOSIT**



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(1100 E. OF I-75)  
533-0640  
MACK AVE.  
I-75  
TAYLOR  
1100 TELEGRAPH  
(EASTERN MARKET & I-75)  
567-5554  
I-75  
EASTERN MARKET  
EASTERN MARKET

## Parfait honey of a breakfast

See related story on Taste front.

### CRUNCHY HONEY-YOGURT BREAKFAST PARFAIT

- 1 large banana, sliced and divided
- 1/3 cup yogurt, divided
- 1/2 cup plain low-fat yogurt, divided
- 1/2 cup Honey Granola (recipe follows)

Reserve several slices of banana for garnish. Layer 1/4 of the sliced banana, 1 tablespoon honey, 2 tablespoons yogurt, 2 tablespoons granola, 1/4 of the sliced banana, 1

tablespoon honey, 2 tablespoons yogurt, and 2 tablespoons granola in parfait glass.

Repeat for second parfait. Garnish with reserved banana and remaining honey. Serves 2.

### HONEY GRANOLA

- 4 cups old-fashioned rolled oats
- 3/4 cup coarsely chopped nuts
- 1 cup raisins
- 3/4 cup honey
- 1/4 cup butter or margarine, melted
- 2 teaspoons ground cinnamon

2 egg whites, lightly beaten

In large mixing bowl, combine oats, nuts and raisins; mix well and set aside. Combine remaining ingredients. Pour honey mixture over oat mixture and toss until well blended.

Spread on lightly greased cookie sheet. Bake at 350° F. for 20 minutes or until lightly browned; stir every 5 minutes. Remove from oven and cool. Crumble and store in airtight container up to 2 weeks. Makes 16 (1/2 cup servings).

Recipes from the National Honey Board

## 'Enlightened Home Cooking' for busy families

See related story on Taste front. Recipe from "Rose Reisman's Enlightened Home Cooking," (Warner Rose, Inc., September, \$19.95).

### HONEY COATED CRUNCHY CHICKEN FINGERS

- 1 pound skinless, boneless chicken breasts
- 1/4 cup honey (slightly warmed)

1/4 cup water

1 cup crushed corn flakes

Preheat oven to 425° F. Cut chicken breasts crosswise into strips 3/4-inch wide. In small bowl combine honey and water. Put corn flakes on a plate.

Dip chicken strips in honey mixture then coat with corn flake crumbs. Put on baking sheet sprayed with vegetable spray.

Bake for 10 minutes, or until cooked at center, turning chicken over at halfway point. Serves 6.

Per serving: 174 calories, 18 g protein, 1 g total fat, 0.3 g saturated fat, 23 g carbohydrates, 196 mg sodium, 44 mg cholesterol, 0 g fiber.

Make ahead! These "fingers" can be coated early in the day and refrigerated.

## Reader-requested recipes include bruschetta

See related Taste Buds column on Taste front.

Ida Baxter of Southfield called to learn more about Bruschetta, a Tuscan-style garlic bread. In order to make it, you need Tuscan style bread with a hard crust and chewy center; good olive oil, something imported and "first cold pressed," and fresh garlic cloves.

### BRUSCHETTA

- 4 large slices Tuscan styled bread
- 2 cloves garlic, peeled and cut in half
- 1/2 cup olive oil
- Salt and fresh ground pepper to taste

Place the bread slices on aluminum foil and place in an oven preheated to 375° degrees F. Toast the bread for about 8 minutes on each side, then rub each

side with the cut cloves of garlic while the bread is still warm. Warm the oil gently in a small saucepan and immediately drizzle over the toasted bread on a serving dish. Sprinkle lightly with salt and pepper. Serve immediately. Serves 4.

Recipe from: "The Fine Art of Italian Cooking" by Giuliano Bugiatti, (copyright 1977, Times Books, \$19.95).

Cindy from Walled Lake is hoping I might have a recipe for great tasting fry cakes.

### FRY CAKE DOUGHNUTS

- 4 cups sifted all purpose flour
- 5 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 3/4 cup sugar
- 1/4 cup shortening

3 eggs

2/3 cup whole milk

1 teaspoon vanilla extract

Oil for deep fat frying

Sift flour, salt, nutmeg, cinnamon and baking powder together. Set aside. Cream together the sugar and the shortening until fluffy. Blend in the eggs, milk and extract. Beginning and ending with the dry ingredients, alternately add the dry ingredients with the creamed ingredients, blending thoroughly after each addition. Chill dough for easier handling. Roll out dough 1/2 inch thick and cut with a lightly floured round doughnut cutter.

Fry in hot oil (375° degrees F.) for 1 1/2 minutes on each side, until golden brown, turning only once. Drain on absorbent paper towels. Makes about 24 medium doughnuts.

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