

Split pea soup warm, nourishing on chilly autumn days

With their robust flavor, stomach-filling ability and low cost, legumes (dried beans, peas and lentils) are one of the oldest and most universally used foods. Among legumes, split peas are favored by today's busy cooks because they require no pre-soaking and can cook in about the time that it takes to make pasta.

This week, as National Split Pea Week, is the perfect reason to highlight the benefits of such an excellent source of low-fat vegetable protein. Supplying protein iron, split peas are also rich in fiber and carbohydrates and are low in sodium and calories.

One of their more important benefits may have been discovered when several studies found that legumes such as split peas may help fight some cancers because of their high concentration of cancer-fighting substances.

Unlike many beans, split pea preparation is a snap. After a quick rinse, simply place peas in a sauce pan with double their amount of water and bring to a boil. Reduce the heat, cover and simmer 10 to 15 minutes, or until the peas are tender.

Split peas come in yellow and green varieties. While the yellow are milder than the green, they can be used interchangeably in recipes. Flavor split peas with onion, garlic, lemon, curry, thyme or dill, to make a colorful side dish.

Jazz up a rice pilaf or green salad by tossing in some cooked split peas. Make creative vegetarian dinners with pureed split peas as a filling for tacos or pita sandwiches.

Split pea soup is a warm, nourishing treat on cool days that makes it a perennial fall favorite. Traditional recipes call for carrots, onions and celery, along with a bit of ham, some savory and bay leaf.

Add spicy Indian flavor to your next batch of split pea soup by including cauliflower, and seasoning it with garlic, cumin, coriander, red pepper flakes and turmeric.

Another variation, Mushroom Split Pea Soup, has a rich mellow flavor with only the light seasonings of onion, garlic, salt and pepper.

MUSHROOM SPLIT PEA SOUP

1 tablespoon vegetable oil
1 medium onion, chopped
1 teaspoon crushed garlic
3/4 cup yellow split peas
1 cup sliced mushrooms
1 medium carrot, peeled and chopped
1 stalk celery, chopped
3 1/2 cups chicken stock
5 teaspoons low-fat yogurt (optional)
Salt and pepper to taste

Rinse the peas. In a large saucepan, saute onion, garlic, celery, carrot and mushrooms until softened, approximately 5 minutes. Add the stock and split peas to the pan and stir. Reduce the heat, cover and simmer for 40 minutes or until the peas are softened, stirring occasionally.

Cool the soup slightly before pouring the mixture in a food processor and pureeing until it is creamy and smooth. Pour the soup into bowls and garnish with yogurt (if desired). Each of the 6 servings contains 172 calories and 4 grams of fat.

Recipe and information supplied by the American Institute for Cancer Research.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Savory soup: Mushroom Split Pea Soup has a rich mellow flavor with only the light seasonings of onion, garlic, salt and pepper.

Here are some fall 'Cooking Secrets of the CIA'

AP — The following recipes for Fall Peanut Soup, Apple Sautéed Pork with Shiitake Mushrooms and Baked Stuffed Winter Squash are from the companion cookbook to the public television series "Cooking Secrets of the CIA," which airs nationwide on PBS stations every weekend.

Add the honey; stir. Remove from the heat, strain and add the heavy cream. Adjust the seasoning with salt and pepper and garnish with chopped peanuts, if desired. Serve hot. Makes 12 six-ounce servings.

APPLE SAUTEED PORK WITH SHIITAKE MUSHROOMS AND SHALLOTS

For the marinade:
1 1/2 cups apple cider
3/4 cup chicken stock
3 tablespoons Dijon mustard
2 whole cloves
3 cloves garlic, chopped
For the pork:
18 pork medallions (3 ounces each)
For the vegetables:
24 shiitake mushrooms (1 stick) unsalted butter at room temperature
1 pound shiitake mushrooms, stemmed and cleaned
6 tablespoons applejack brandy
3 tablespoons olive oil
6 sprigs fresh rosemary

In a glass bowl, whisk together all the ingredients for the marinade. Add the pork, making sure that it is well covered with the marinade. Cover and refrigerate for 2 hours, then remove the pork from the marinade; strain and reserve the liquid.

Meanwhile, boil a medium pot of water, drop in the shallots and

cook for about 5 minutes. Immediately transfer them to a bowl of ice water to stop the cooking. Peel them.

Melt 2 tablespoons of the butter in a large nonreactive saute pan over medium heat; add the mushrooms and shallots. Sauté until the shallots are translucent, about 5 minutes. Remove from the pan. Add the applejack and reserved marinade to the pan. Bring to a light simmer and continue cooking until the liquid has reduced by one-third.

While the liquid is reducing, heat the olive oil in another large saute pan. Pat the pork dry with paper towels and saute over medium heat for about 3 minutes on each side, or until thoroughly cooked and opaque throughout.

When the marinade and applejack mixture has reduced to a saucelike consistency, blend in the remaining 6 tablespoons butter.

To serve, arrange some of the mushrooms and shallots, with 3 pork medallions on each of 6 plates. Spoon some of the sauce over the pork and garnish with a rosemary sprig. Makes 6 servings.

BAKED STUFFED WINTER SQUASH

1 butternut squash
8 tablespoons (1 stick) unsalted butter at room temperature
1/4 teaspoon ground allspice
2 tablespoons plus 4 tea-

spoons brown sugar
1/4 teaspoon salt
1 egg white, slightly whipped
About 1/4 cup milk
3 acorn squash
1/2 teaspoon grated nutmeg
Salt and freshly ground pepper to taste
1-3rd cup raisins
2 tablespoons sweet vermouth

Preheat the oven to 350 degrees F. Peel and seed the butternut squash; cut it into eighths. Place in a steamer, cover, and steam until tender, 15 to 20 min-

utes.

In a large bowl, mash the squash and add 4 tablespoons of the butter, the allspice, the 2 tablespoons brown sugar, the salt, egg white and enough milk to make the mixture soft and fluffy. Set aside.

Melt the remaining 4 tablespoons butter.

Cut the acorn squash in half and scoop out seeds and fibers. Pierce the inside of each with a fork several times. Sprinkle each half with the nutmeg, salt, pepper, the 2 tablespoons brown sugar and about 2 tablespoons of the melted butter. Place on a baking sheet

and bake for 20 minutes.

Meanwhile, soak the raisins in the sweet vermouth.

Remove the acorn squash from the oven and add one-sixth of the raisins to the cavity of each squash. Using a pastry bag, fill each cavity with one-sixth of the butternut squash mixture. Brush with the remaining melted butter and bake 15 to 20 minutes longer. Makes 6 servings.

Recipes from "Cooking Secrets of the CIA," the companion cookbook to the public television series featuring recipes from the Culinary Institute of America in Hyde Park, N.Y.

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Fest honors first Americans

Several Native American Indian nations will meet to share their heritage and traditions at the Fourth Annual Native American Festival and Mini Pow Wow 10 a.m. to 6 p.m. Saturday, Nov. 16 at the Novi Expo Center, south of I-96 at the Novi/Walled Lake exit.

Doors open 10 a.m. with two ceremonial processions at 11 a.m. and 3 p.m. Admission is \$5 (under 1 year old, free). For more information, call (810) 352-0990.

Festival-goers will be encouraged to participate in Native American dancing during the inter-tribal or friendship dances. Native American food featured at the event will include fry bread, corn soup, buffalo burgers and buffalo stew.

Trader tables, offering authentic Native American arts and crafts, will surround the dance area. A display featuring an authentic teepee will showcase a

typical Native American dwelling and artisans will demonstrate various traditions, such as basket weaving and wood carving.

Families will experience a day of fun-filled entertainment and education as they witness a spectacular celebration of Native American drumming, dancing and singing. Native American stories and folklore will be told throughout the day.

olive oil, parsley, cumin, salt and red pepper. Mix well.

Brush meat with basting sauce. Broil 5 inches from heat for 4 minutes. Turn and brush again with sauce. Broil 4-6 minutes longer or to desired doneness. (You may also grill the steak over moderate heat for the same amount of time, turning once and brushing with lemon-honey sauce as in the broiling instructions.)

Discard any leftover basting sauce. Serves 4.

Nutrition per serving: 210 calories, 10 g total fat, 65 mg cholesterol, 185 mg sodium.

Recipe from American Lamb Council

Now is a good time to try lamb

For meat and potatoes fans, it's time to head to the market for some great flavors for fall. Restaurant trends indicate that steak and potatoes are extremely popular and so simple to fix at home.

American lamb is filling meat counters this time of year and is a great way to celebrate a return to the kitchen for some hearty meals. Hearty fall meals don't necessarily mean lots of preparation and cooking time.

This simple lamb steak recipe and basting sauce is ready in minutes. For those of you still enjoying the warm outdoor days, fire up the grill or just pop the steaks under the broiler.

Lamb is best served pink in

the center so don't overcook. Lamb is best served medium-rare to medium.

CUMIN-HONEY LAMB STEAKS

1 to 1 1/4 pound American lamb steak, center leg or sirloin, 3/4-inch thick
Cumin Honey Basting Sauce:
2 tablespoons lemon juice
2 tablespoons honey
1 tablespoon olive oil
1 tablespoon finely chopped parsley
1 teaspoon ground cumin
1/4 teaspoon salt
1/8 teaspoon ground red pepper

Combine lemon juice, honey,