Creole flavor is not a lot of mumbo gumbo

For the best fish recipes cooks have only to turn in the direction of coastal and river areas where fish and seafood have been cooked for hundreds of

In the U.S., New Orleans is one such spot, famed for its combination of early French cuisine and the ingredients native to that part of the country—including fresh and salt water fish and seafood.

The New Orleans Creole touch converts routine white fish fillets into a dish that tempts anyone's palate, even the most timid about trying a new fish dish.

And when you serve this exciting New Orleans Fish Crecle on a bed of steaming white, fulfy white rice, the meal suddenly expands to feed a few more. And the rice (as it has done for centuries) complements the sauce, letting its subtle combination of seasonings steal the show.

The mildness of rice dilutes the hot taste of certain dishes, such as some Creole creations, curries and chilis. And it stretches the budget.

NEW ORLEANS FISH CREOLE

- 55 cup chopped onions
 56 cup chopped celery
 1 clove garlic, minced
 2 Tbps, butter or margarine
 1 can (15 ounce) tomato sauce
 1 tsp. salt
 1 tsp. curry powder
 1 tsp. Worcestershire sauce
 56 togen files of sole or other white fish
 (about 1-1½ pound), partially thawed
 1 cup chopped green peppers
 3 cups hot cooked rice

In a large skillet cook onions, celery and garlic in butter until tender crisp. Stir in tomato sauce, sea-sonings, and sauces. Bring mixture to a boil. Add fish. Reduce heat, cover, and simmer 25-30 min-utes, or until fish flakes easily with a fork. Serve over beds of fluffy rice. Makes 6 servings.

MICROWAVE METHOD: In a shallow 12-x-8inch microproof dish melt butter on High (maximun power) 1 to 2 minutes. Add onions, celery, and
garlic, cook on High 1 to 2 minutes or until tender risp. Stir in tomato sauce, seasonings, and sauces.
Cook mixture on High, 4 to 5 minutes or until busbly. Add fish. Cover; cook on High 6 to 7 minutes,
or until High flakes easily with a fork. Serve over beds
of Huffy rice.

RIVERBEND RICE SALAD

- 3 cups cooked rice, cooled
 1 can (15% cunces) salmon, drained
 1 can (15% cunces) salmon, drained
 1 large tomato, peeled and chopped
 3 cap pitted ripe olives, chopped
 2 Thaps, cappes
 2 Thaps, anipped paraley
 15 cop Italian salad dressing
 1 thap, cider vinegar
 3; tap, salf
 4; tan, granud black nepuer

- 14 tsp. ground black pepper
- Combine ingredients; chill. Serve on salad greens, if desired. Serves 6.

And for the soup course ...

Jambalaya, pie and file gumbo have been South-ern (avorites, honored in both song and legend. This super supper soup uses a canned pasta in tomato sauce which gives it extra body and flavor. Add a bit of chicken and okra and the Southern accent comes forth. This version of the Jamous gumbo will make just enough for two people. It avoids having leftovers that often go to waste. It can be ready in just minutes using off-the-shelf con-venience foods.

GUMBO MACARONI SOUP

- ¼ cup chopped onion
 ¼ cup chopped celery
 ¼ cup sliced carrots
 ¼ cup chopped fresh or drained canned tomatoes
 1 Thsp. butter or margarine
 ¼ tsp. salt
 Lenp water
- 1 cup water 1 can (7½ ounces) macaroni with beef in tomato
- sauce
 ½ cup chopped leftover chicken or shrimp
 ½ cup defrosted frozen okra or drained canned

In 2-quart sauce pan, saute onion, celery, carrots and tomatoes in butter. Add salt and water. Cover, simmer for 10 minites. Add macaroni and beef, cover and simmer for 10 minutes. Add chicken or shrimp, okra, parsely and pepper sauce; simmer for 10 minutes. Serves 2.

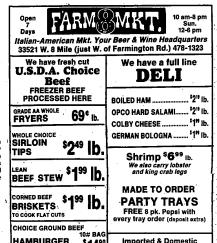
No one in the kitchen not even Dinah

Words from Syracuse University say that even home economics graduates don't intend to spend much time cooking or keeping house.

The university surveyed its 1980 graduating class in the College for Human Development and not one of the respondents claimed to be a full-time homemaker. The group included women already married and a few who are already mothers.



New Orleans Fish Creole, made as they do down in the Paris of the South, is simmered in a typical Creole tomato sauce



HAMBURGER

\$ 1490

1 LB. package of bacon

Low beer prices 50° off a case 1-10-82

Imported & Domestic Pasta & Cheeses

Every Wednesday Senior Citizen Day 10% OFF ANY PURCHASE

COUPON 10% OFF EXPIRE any bottle of wine Limit 1 to a customer



HOLLY FARMS Grade A

Mixed Fryer

Parts 39¢ Ib.

IGA TABLERITE

Boneless Beef

Chuck Roast

\$169 Ib. SOLD AS FOAST ONLY

Bread

2/89⁴

89

Apples

IGR

From the Freezer

2/\$

Orchard-10 IGA 24065 Orchard Lake Rd. Mon.-Fri. 9-9 Sat. 8-9

Sun. 9-5 WE FEATURE WESTERN BEEF

DOUBLE COUPON

DOUBLE COUPON
ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¹ face value. Other retailers and free coupons excluded. Limit.1 coupon for any one product. Coupon but 100% bonus cannot exceed price of the item. Offer in effect now through Sunday, January 10, 1982.

(IGA) BONUS • COUPO

IGA TABLERITE

Boneless Beef Chuck Steak

\$ 179



FAME **1** 59

Boston Butt Pork Steak \$ 129

Peschke or T.A.V.

Sliced Bacon

FAME SKINLESS

Franks 1 lb. pkg.

IGA TABLERITE Small Pork Spare Ribs

\$129 lb.

Lowest Price in Years! **Fame Tasty** Sliced Bologna



IGA TABLERITE Sliced Beef

SAVE (42°)-

SAVE (59.)







Michigan Potatoes Green Cabbage.....19¢ 12/99¢

\$ 18

\$119

Cottage Cheese.

Under Norman Street Str

ery 10, 1982. 041 SAVE 241

Coupon expires Sur-ary 10, 1982. SAVE (59°)