

Sausage-apple dish shortcut to supper

On those days when you feel like you need a mini-vacation from cooking chores, map out plans for Glazed Sausage and Apple Platter. It will be just the get-away you've longed for. The preparation is almost effortless. No need to feel guilty for making it easy on yourself, however, for the result is nutritious, delicious and satisfying.

Apple slices are briefly cooked in a buttery syrup that's flavored with lemon and lightly spiced with cinnamon and nutmeg. Then smoked sausage links are slowly cooked in the syrup until heated through and glazed. For preparation that's even more streamlined, the recipe also includes microwave directions.

The key to this entree's convenience and speed is the smoked sausage link that are fully cooked when you buy them. Modern man has continued ancient man's practices of curing and smoking meat so that we can enjoy the distinctive flavors and satisfying goodness of processed meat products.

The answers to questions you have about what goes into today's smoked sausage links can be found on the package label. Ingredients must be listed in order of their predominance of weight. The type of meat (beef, pork, etc.) must be listed and unless otherwise stated, only skeletal meat (that attached to bone) can be used. If by-products such as variety cuts are used, they must be listed, too.

You can buy modern sausage products with confidence for they are inspected from the first step of processing to the last. The inspection stamp on the label tells you that the product is wholesome, was derived from healthy animals, was processed under sanitary conditions and is honestly packaged and labeled.

sugar, butter or margarine, lemon juice, cinnamon and nutmeg in large frying-pan. Bring to a boil, place apple slices in frying-pan, reduce heat and cook slowly 1 1/2 to 2 minutes on each side. Remove apple slices to warm platter; cover. Place sausages in frying-pan and cook slowly, turning once or twice, 7 minutes or until liquid is evaporated and sausages are glazed. 4 servings of 2 sausages and 2 apple slices each.

Microwave directions: Prepare apples as above. Reduce water to 2 tablespoons and combine with brown sugar, butter or margarine, lemon juice, cinnamon and nutmeg in 1 1/4 x 7 1/2-inch microwave-safe baking dish. Microwave at high 2 minutes, stirring after 1 minute. Arrange apple slices in crockery at high 2 minutes. Invert apple slices and rotate dish 1/4 turn and continue cooking at high 1 1/2 to 2 minutes. Remove apple slices to warm platter; cover. Place sausages in dish, cover with waxed paper and microwave at high 4 minutes, turning sausages and rotating dish 1/4 turn after 2 minutes.

To complete the menu for a family supper, serve the sausage and apple with cut green beans flavored with pieces of bacon. For an easy salad, alternate tomato slices and onion rings in lettuce cups and drizzle with French dressing.

Keep the sausage-apple combo in mind, too, for a relaxed weekend brunch. Simply round out the late morning menu with coffee cake, coffee and lots of lively conversation.



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COUPON

STROHS **\$8.49** tax & deposit

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Limit 3

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Sunday Liquor Sales after NOON **KEG BEER**

GLAZED SAUSAGE/Apple Platter
 1 package (12 ounces) smoked sausage links
 2 large tart cooking apples
 1/4 cup hot water
 2 tablespoons butter or margarine
 1 teaspoon lemon juice
 1/4 teaspoon cinnamon
 Dash nutmeg

Core apples and cut each crosswise into 4 slices. Combine water, brown

A beet for all seasons

Clyman, Wis., 40 miles northwest of Milwaukee, becomes the "Beet Capital of the United States" during August, when tons of beets are harvested and packed each day.

Home economists point out that the beet tops, rather than the roots, were preferred by earlier civilizations in Europe, Africa and Asia. Today, however, beets are harvested, washed, peeled, trimmed, sorted and packed within hours. The smaller beets are packed as whole beets, while the larger ones are sliced, diced or cut before packing.

With today's modern processing equipment, beets are available in a wide range of styles and flavors. In addition to whole and sliced beets, there are:

- Crinkle cut — Beets are sometimes sliced to produce a corrugated, fluted or scalloped effect.
- Diced — These are cut into cubes approximately 1/4-inch square.
- Harvard — A tiny whole beet processed in a sweet sour beet sauce.
- Pickled — A blend of vinegar and spices is added to sliced beets, which are then usually served chilled.
- Shoestring — French style beets are cut into strips with cross sections measuring approximately 3/16 of an inch.

Beets have gained favor because, with so many varieties, they can be served hot or cold to complement meals throughout the year.

HARVARD BEET SPICE CAKE

- 1/4 cup (1 stick) butter
- 1 1/4 cups sugar
- 2 eggs
- 1 jar (16 oz.) Harvard beets
- 2 1/2 cups sifted all-purpose flour
- 1 1/2 tsp. allspice
- 4 tsp. baking powder
- 1 cup coarsely chopped walnuts
- Confectioners sugar

Beat butter with sugar until light and fluffy. Add eggs; beat well. Blend beets in electric food blender until smooth. Add sifted dry ingredients alternately with beets to butter mixture mixing well after each addition. Fold in walnuts. Turn batter into greased, lightly floured 9-cup bundt pan. Bake at 350 degrees for 55 minutes or until cake tests done. Cool on rack for 30 minutes before removing from pan. Sift confectioners sugar over top of cooled cake.

Heed Mama's advice: For meat, you better shop around

Should we cut down on our intake of meats? Or should we just be more selective in what we choose to cook?

To the folks at the American Meat Institute, an industry group representing meat packers and processors, the answer is the latter, as you might expect.

With growing consumer concern about food crisis, cancer risks and consumption of fat, they suggest choosing cuts of meat with a bit more care.

"We need to take in no more calories than we can burn," says Candace Pratt, the institute's director of consumer affairs. Despite statistics that show we are consuming fewer calories today than in 1900, "we're still gaining weight because we're getting less exercise."

The secret, she says, is in selecting and preparing. Select leaner cuts, and broil or boil them instead of deep frying. Drain fat from ground beef and trim fat from meats where possible.

And despite concerns, she says, the United States has the lowest rate of stomach cancer in the world.

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IGI Bonus Coupon

Banquet Dinners **59¢**

Limit 4 • 10-12 oz. Pkg. Limit one coupon per family. Coupon and \$15.00 purchase required including tobacco, alcoholic beverages or other coupon items. Good through Monday, Sept. 13, 1982. **SAVE 36¢**

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Appian Way Pizza Mix **59¢**

1 Roll Pkg.

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Clorex Liquid Bleach **69¢**

Limit 1 • Gal. Jug. Limit one coupon per family. Coupon and \$15.00 purchase required including tobacco, alcoholic beverages or other coupon items. Good through Sunday, Sept. 13, 1982. **SAVE 35¢**

IGI Bonus Coupon

Paula Red Apples **88¢**

1 1/2 lb. Bag

IGI Bonus Coupon

Yellow Onions **69¢**

3 lb. Bag

IGI Bonus Coupon

Ground Chuck **\$1.58** LB.

3 LBS. OR MORE

IGI Bonus Coupon

Paper Towels **69¢**

1 Roll Pkg.

IGI Bonus Coupon

Pork & Beans **3/\$1**

16 oz. Case

IGI Bonus Coupon

Tabletrite Fresh Cut Chicken Legs **59¢** LB.

BACKS ATTACHED

IGI Bonus Coupon

Minute Maid Orange Juice **99¢**

12 oz. Can

IGI Bonus Coupon

Crisp Lettuce **2/88¢**

Heads

IGI Bonus Coupon

Tabletrite Boneless Beef Chuck Steaks **\$1.88** LB.

IGI Bonus Coupon

Fleischmann Margarine **79¢**

1 lb. Pkg.

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Minute Maid Orange Juice **99¢**

12 oz. Can

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Farmer Peet Sliced Bologna & Loaf **1 lb. pkg. \$1.59**

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Macaroni & Cheese **3/\$1**

Limit one coupon per family. Good thru Sun., Sept. 12, 1982. **SAVE 32¢**

IGI Bonus Coupon

Log Cabin Syrup **\$1.99**

Limit one coupon per family. Good thru Sun., Sept. 12, 1982. **SAVE 69¢**

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Tabletrite Boneless Beef Denver Steaks **\$1.99** LB.

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Peanut Butter **\$1.99**

Limit one coupon per family. Good thru Sun., Sept. 12, 1982. **SAVE 89¢**

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Minute Maid Orange Juice **99¢**

12 oz. Can

IGI Bonus Coupon

Tabletrite Boneless Beef Denver Steaks **\$1.99** LB.

IGI Bonus Coupon

Tomato Catsup **99¢**

Limit one coupon per family. Good thru Sun., Sept. 12, 1982. **SAVE 36¢**

IGI Bonus Coupon

Minute Maid Orange Juice **99¢**

12 oz. Can

IGI Bonus Coupon

Tabletrite Boneless Beef Denver Steaks **\$1.99** LB.

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Kidney Beans **3/\$1**

Limit 3 • 15 oz. Can. Limit one coupon per family. Good thru Sun., Sept. 12, 1982. **SAVE 17¢**

IGI Bonus Coupon

Minute Maid Orange Juice **99¢**

12 oz. Can

IGI Bonus Coupon

Tabletrite Boneless Beef Denver Steaks **\$1.99** LB.

IGI Bonus Coupon

Liquid Cleaner **69¢**

Limit one coupon per family. Good thru Sun., Sept. 12, 1982. **SAVE 26¢**

IGI Bonus Coupon

Water Maid Rice **2/\$1**

Limit one coupon per family. Good thru Sun., Sept. 12, 1982. **SAVE 58¢**