



A cheese topping, bread crumbs and just a few minutes in the microwave make for a delicious chicken dinner.

This baked chicken is wave of the future

Tender, juicy, golden brown chicken that looks like slow-baked oven fried can be prepared in minutes in the microwave. Served over pasta and topped with processed cheese spread — hot from the microwave — it's a time-saving, satisfying meal that fits busy fall schedules.

Perfectly baked chicken that's moist inside, golden brown on the outside is easy with coating of bread crumbs, dill, paprika and margarine. Arrange coated chicken breasts in a baking dish with the thickest portion toward the outside of the dish. Then pop chicken into the microwave and cook on

high for 10-12 minutes, turning dish about 6 minutes. While chicken is cooking, prepare pasta — angel hair, linguine or narrow egg noodles — to "al dente."

Remove chicken from microwave, and while it's standing, heat cheese spread.

Beef up your noodles

POT SHOTS: The Cookbook.
To: Celebrity Gourmets.
From: Committee Chairpersons Geraldine Tobin and Dianne Paul.
Subject: Farmington Community Center Volunteer Guild Cookbook.
While I don't consider myself a gourmet — let alone a celebrity — I was honored by the invitation to submit one of my favorite recipes for consideration.
The Farmington Community Center is a Michigan historical site that is used by residents in the area for educational, cultural and social activities. The center operates solely on income generated by classes, rentals and the proverbial fund-raiser.
The guild hopes to raise money with a new cookbook it is compiling. It was made quite clear, however, that inclusion in the cookbook will be

the decision of the cookbook committee.
In the case I get edged out, I want to share with readers my choice: Carl Hagelin's Beef Roulades.
My late stepdad cooked on land and sea, when he was a steward on yachts and marine research boats. This recipe was his favorite.

CARL HAGELIN'S BEEF ROULADES
3 pounds round steak, pounded thin
24 dill pickle slices
1 large onion, thinly sliced and cut up
12 bacon strips, halved
margarine
salt and black pepper to taste
brown mustard
1/4 cup warm water
1 tablespoon cornstarch
1/2 cup cold water

1 tablespoon chopped parsley
Worcestershire sauce

Cut meat in 2-by-4-inch strips. Tuck pickle slice and some onion in meat, wrap bacon around it, roll, secure with toothpicks. Makes 2 dozen roulades. In large skillet, melt 3 tablespoons margarine, brown first dozen roulades on medium heat, season with salt and pepper before turning over; smear with mustard before turning again, remove. Repeat process, add margarine as needed; leave second batch in pan. Return first batch, add warm water, cover, cook on low heat 1 hour, remove to covered dish. Dissolve cornstarch in cold water, add to pan with parsley, some Worcestershire, a little salt and pepper, stir several times. top roulades with sauce. Serves 6-8.

Hash it all out with potato pancakes

Potato pancakes make any breakfast seem special. And there's a very special variation of potato pancakes. Tender potato strips are dressed up with sliced green onions, imitation bacon and Swiss cheese. The pancakes are easy to make because they start with hash brown potatoes so the real russet potatoes are already shredded and peeled for you.

1/4 cup sliced green onions (with tops)
1 tbsp. plus 1 tsp. imitation bacon
2 eggs, beaten
1 to 3 tbsp. vegetable oil
Cover potatoes with hot water in 2 1/2-quart bowl; stir in salt. Let stand uncovered 15 minutes; drain thoroughly. Mix potatoes, cheese, green onions, imitation bacon and eggs. Heat oil in 10-inch skillet. For each pancake, spoon about 1/2 cup potato mixture into skillet; press into patty about 3 inches in diameter, with back of spoon. Cook over medium-high until brown, about 2 minutes; turn and cook other side until brown, about 2 minutes. 5 servings

DELUXE POTATO PANCAKES
1 pkg. (6 oz.) hash brown potatoes
4 cups hot water
1 1/2 tsp. salt
1 cup shredded Swiss cheese (about 4 oz.)

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Patty deluxe

Vegetables and herbs top the basic burger

Burgers are an all-American tradition for grilling because of their ease of preparation and versatility. Preparation is easy because the burgers are made with convenient ground meat. They're versatile because a different topping or seasoning can easily change their appearance and flavor.

Create a different burger every time you cook when you prepare Three-Way Pork Burgers. Ground pork makes a nice alternative to the usual ground meat patties. Prepare Pork Burgers for the Grill by adding minced onion, salt, pepper and crushed fennel seeds to ground pork to enhance its flavor.

ONE POUND of ground pork will provide four, 3-ounce cooked pork patties. Carefully press the pork mixture lightly to form the patties. Then grill slowly over medium coals and broil thoroughly for a total of 16 minutes.

Now comes the fun of creating your own unique version of a basic pork burger. Use different buns or breads and unique toppings to make three different pork burger recipes — Red Pepper Relish Topped Burgers, Healthful Vegetable and Walnut Topped Burgers or Curried Chutney Topped Burgers.

A colorful and tasty Red Pepper Relish Topped Burger is created by roasting the red peppers and mixing them with red wine vinegar and dried basil leaves. This step can be done a day ahead if you prefer. Serve your pork burgers on a lettuce leaf and Vienna bread, top with the red pepper relish and sprinkle with crumbled cheese.

Healthful Vegetable and Walnut Topped Burgers contain a grilled burger, stir-fried vegetables and tomato slices stuffed into pita loaf pockets. And Curried Chutney Topped Burgers give an up-to-date Indian flavor to pork burgers. For a unique presentation serve on a pineapple slice and bed of spinach leaves rather than the traditional bread or bun.

Prepare Pork Burgers for the grill and choose one of three different burger recipes such as Red Pepper Topped Burgers, Healthful Vegetable and Walnut Topped Burgers or Curried Chutney Topped Burgers.

you can hold your hand in that position before the heat forces you to pull it away.

Preparation time: 10 minutes
Cooking time: 16 minutes.

RED PEPPER RELISH TOPPED BURGERS

1 recipe Pork Burgers for the Grill
1 large red pepper
1 tsp. red wine vinegar
1/4 tsp. dried basil leaves
4 leaves Boston or bibb lettuce
4 slices Vienna bread
1 oz. Gorgonzola cheese, crumbled

Place red pepper on rack in broiler pan. Broil 10 to 13 minutes or until skin blisters, turning occasionally. Place peppers in plastic bag; close and let stand 15 to 20 minutes. Remove loosened skin. Cut the pepper in half and remove seeds and veins; cut into 1/4 inch pieces. Stir in red wine vinegar and basil; reserve. Place one lettuce leaf on each slice of bread and top with a burger. Spoon an equal amount of red pepper relish on each burger; sprinkle with cheese. 4 servings.

One-half 7-oz. jar roasted sweet

red peppers may be substituted for the large red pepper. Cut into 1/4 inch pieces.

Preparation time: 25 to 30 minutes
Cooking time: 10 to 15 minutes./

HEALTHFUL VEGETABLE AND WALNUT TOPPED BURGERS

1 recipe Pork Burgers for the Grill
1 medium carrot, cut into julienne strips
1 small zucchini, cut into julienne strips
1 tsp. olive oil
3 tbsp. coarsely chopped walnuts, toasted
2 pita loaves, cut in half crosswise and warmed
1 small tomato, thinly sliced

Stir-fry carrots and zucchini in hot oil in frying pan 1 to 2 minutes or until tender-crisp. Stir in walnuts. Place burgers in pita loaf pockets. Place tomato slices on one side; spoon an equal amount of vegetable mixture on the other side. 4 servings.

Preparation time: 15 minutes
Cooking time: 1 to 2 minutes.

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