

what's new

GLACEE BELOUQUE

Specialty blends can be provided by the ice cream maker called Glacee Belgique. Until now, the concept of Glacee Belgique has only been available in ice cream shops, where the professional version of this machine mixes frozen confections with fruits, nuts, candies, liqueurs and other delights. A new scaled-down version is manufactured for home use and distributed by International Food Equipment Inc. It is available through major retail stores, select gourmet and specialty shops and catalogs. Suggested retail prices is \$299.

MICROWAVE DRESSING

Zebbie's has introduced a new microwave dressing made with fresh produce. Holiday dressing can be made in 10 minutes with the Fresh Vegetable Micro-Wave Dressing (stuffing mix), in local supermarkets for the holidays. It's sold in the fresh produce department because the basic recipe calls for chopped fresh broccoli, fresh cauliflower, fresh green onions, fresh celery and one fresh apple, to combine with vegetable oil, egg and water, and the packaged seasoning mix from Zebbie's.

CHOCOLATE BAR

The Meadow Brook Bar, a chocolate bar in a souvenir wrapper, is now being made and sold by Gayle's Chocolates of Royal Oak, the official chocolatier of Meadow Brook Theatre on the Oakland University campus in Rochester Hills. Imported French hand-dipped cherries hand-dipped in Gayle's bitter-sweet chocolate blend are among the other gourmet chocolates available at Gayle's counter in the lobby, before the show or during intermission. A portion of proceeds from the sales go to support Meadow Brook Theatre.

QUICK COOKS

The National Live Stock and Meat Board offers advice to cooks who find themselves and their families running out of time but not appetite during the work week. Two brochures give tips on preparing beef and veal. "Beef Is Microwave Favorite," a 20-page booklet gives information on cuts of beef suitable for cooking in the microwave. Tested for full-size and mid-size microwaves, the booklet's 19 recipes include main dishes, beef soups, stews and snacks. Each cooks in 30 minutes or less. To receive a copy of the booklet, send 50 cents, your name and address to Meat Board, Dept. BMF, 44 North Michigan Ave., Chicago, Ill. 60611. Allow six-eight weeks for delivery.

By mailing a self-addressed stamped envelope to the Meat Board, Dept. Veal, at the same address, hurried cooks can obtain a free copy of a brochure containing three veal recipes. Featured are recipes for veal cutlets with plum sauce, veal rib eye roast with herb sauce, and grilled veal chops. Each recipe is under 25-calories per 3-ounce, cooked, trimmed serving. The brochure gives information on selecting, cooking, storing, freezing and defrosting veal.

KID CONCOCTIONS

Kraft Inc. introduces a video cassette teaching 8-12-year-olds to cook. "Kids Cooking" contains eight lessons focusing on basic cooking skills, kitchen safety and cleanliness. The lessons are led by an adult cooking coach who helps the youngsters prepare the food. The oven, range top, broiler and microwave are used. The 100-minute video features 17 recipes for meals from breakfast to dinner as well as snacks. A 28-page booklet accompanies the video. "Kids Cooking" is available for \$14.95, which includes postage and handling. Send a check or money order to Kids Cooking Video, P.O. Box 68618, Dept. P, Indianapolis, Ind. 46268. Specify VHS or Beta format. Allow six-eight weeks for delivery.

ELEMENTARY RECIPES

Forest Elementary School, Farm-

It's a dilly of a recipe

AP - This recipe can be combined with both types of squash or halved baby squash may be added. The cooking time is about the same.

DILLY SUMMER SQUASH
1 lb. zucchini or yellow crookneck squash
2 tbsp. margarine or butter
1 tsp. snipped parsley
¼ tsp. salt
¼ tsp. dried dillweed
Dash pepper

Slice unpeeled squash to make 3 cups. In a medium skillet melt margarine. Add squash; sprinkle with parsley, salt, dillweed and pepper. Cover and cook over medium-low heat 5-10 minutes or till tender, stirring frequently. Makes 3 or 4 servings.

Nutrition information per serving: 94 calories, 2 g protein, 6 g carbohydrates, 8 g fat, 273 mg sodium. U.S. RDA: 18 percent vitamin A, 51 percent vitamin C.

ington Hills offers its school cookbook, "What's Cooking at Forest." Containing 560 recipes contributed by students, parents, teachers and school staff, the book is available at Jeanne's Hallmark, Farmington Road at 12 Mile, Farmington Hills. Bookpeople, Orchard Lake at Maple, West Bloomfield. From 9 a.m. to 6 p.m. Saturday, Dec. 12, it will be on sale at the Great Scott! supermarket, Orchard Lake at 13 Mile. To order by mail, send a check for \$9 to Forest Elementary School, 34545 Old Timber, Farmington Hills 48018. Include your name and address. Metrovision Cable will air a cooking show based on the book at 4 p.m. and 6 p.m. Thursday, Dec. 10, on local access channel 10. The show features recipes for holiday entertaining prepared by moms and kids.

PIZZA PIAZZ

Red Star Yeast offers "Let's Make American Pizza," a collection of recipes from across the country, for 75 cents. Recipes run the gamut from Vermont breakfast pizza to California veggie pizza. Send payment to Pizza Cookbook, Universal Foods Corp., P.O. Box 737, Milwaukee, Wis. 53201. For baking assistance on any cooking project, call the company's trouble shooting line, 1 (800) 445-4746.

HOLIDAY DELIGHTS

"Chocolate," a recipe booklet from the American Dairy Association, features treats like truffles and German chocolate cake. Nine recipes range from the quick and easy to more involved projects. To order a free copy, send a self-addressed stamped number 10 envelope to Chocolate, 28105 Orchard Lake Road, Suite 203, Farmington Hills 48018.

Do you suffer from vending machine snacks, coffee cart treats, cafeteria or fast food choices, or brown bag blues and boredom?

A too-busy schedule is an overlooked excuse for not eating properly. There are three four-letter words that apply to food issues: Busy, fast and good! Everyone has a busy schedule so we want food fast but we also want good food. What you need is a mess kit with some essential utensils and a supply of emergency mini meal foods at your fingertips for those busy days. Having this mess kit and emergency rations will help guard against the temptation of just grabbing something from the machine or cart. Usually what we grab is food high in sugar, salt, fat and calories.

If you haven't eaten all day, trying to keep the car from turning into the first fast-food restaurant you see will be a challenge. A mini meal or snack will help stave off the voracious hunger that may prompt you to eat too much or too fast at the next meal. Just remember to watch the calories for those mini meals and snacks.

Make up a mess kit that includes a can opener, bottle opener, mug, plate, plastic-coated paper bowls and plates, and plastic utensils. Grease does not seep through plastic-coated products and can be easily thrown away. Keep a selection of plastic bags, foil or plastic wrap and napkins on hand. These can be used to either heat or store foods. All of these can be stored easily in a desk drawer, file cabinet or locker.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

It's quick. It's easy. And it's the law.



Lois Thieleke

home economist, Cooperative Extension Service

CONSIDER The facilities available to you. If there is a refrigerator, take a few cartons of no-fat or low-fat yogurt, raw vegetables and cheese; they will stay fresh for a couple weeks. There may even be a freezer section in the refrigerator where sandwiches or leftovers can be kept for at least a month without a problem. A microwave will make food choices even more varied.

Be careful. Most employers will not care for the idea of cooking near your desk, so keep it simple. The idea is to eliminate hunger pangs and make you work more efficiently.

A hotpot works for heating soups or stews. The soup can be put directly into the pot. An immersion heater will heat water to mix dry soup, tea or coffee. Don't try to heat the soup with an immersion heater. A thermos can accommodate endless varieties of food and drink for a quick lunch. However, you will have to tote this back and forth daily to clean and refill.

Keep some basic foods in your food mess-kit for emergency rations when there is no time for lunch. A jar of peanut butter, small cans of

fruit, whole grain crackers, low-salt bread sticks, unsalted nuts, graham crackers, dried fruit, raisins or dates are a few ideas for the mess kit.

FRESH FRUITS are a natural for a mini snack. They generally come in their own packaging so there is little waste and no mess. Don't leave them in your desk for too many days or the office will wonder about the odor. Keeping some unbuttered popcorn in your desk, or your car, will eliminate the temptation to stop on the way home or eat everything in sight when you arrive home. Individual-size cans of fish or chicken are easy to store in the desk

for an emergency. Fruit and vegetable drinks will give that little pick-me-up, too. Don't forget little boxes of breakfast cereal can also be eaten as a snack without milk. Watch the amount of sugar they contain. Trail mix in a bag or plastic container will stay fresh for several days. Again, watch the sugar.

To avoid any accidents, make sure your food mess-kit doesn't make a mess on any important work. You don't want to have to explain the grease stains.

Now that you have the utensils and emergency food mess-kit there should be no excuses for not eating during the day. Eat a little something nutritious. It will give you more energy to survive during a busy day. You can easily pass the vending machine snacks, say no to the coffee cart treats, drive past the fast food restaurants with these survival tips. All you need is a little space in your desk drawer for good nutrition.

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