

Arabian Night party can be fun

In the last several years, there has been an influx of Arab peoples into our society. Their foods are becoming quite familiar to Americans. Most people have tried some of the better-known dishes in local restaurants. Even some fast-food places serve pita bread sandwiches these days.

If you find yourself in the mood to host a romantic dinner party for a few friends, or just an intimate evening for two, why not plan an "Arabian Night"? Try your hand at preparing some of these delicacies. It's lots of fun, and not nearly as difficult as it may sound.

Set the mood by draping sheets from the center of the ceiling to hide the walls and create the illusion of being in a tent. Pile big pillows on the floor to sit or recline around a low table. And don't forget to burn a little incense ahead of time, and play appropriate music in the background.

Dress the part, and encourage your guests to do the same. Small women look great in harem pants, and big girls look marvelous in striped and tasseled caftans. Make up your eyes to look as large and dark as possible. Use a pale ivory foundation base on your face, and no rouge. You want to appear mysterious and sultry. Wear lots of large silver or gold jewelry.

MEN SHOULD wear robes and El Khatiyas or turbans. You may wish to provide these for your man, and dress him yourself. Drape his head with a scarf, or even a towel, and tie it with a braided cord.

He will love the comfort of the loose robes and the excitement of playing a very macho role with you as his handmaiden.

But remember, this is just a game for one evening. Next time you play it, let him dress like the genie from Aladdin's lamp and be your slave. He can cook and serve the food, peel your grapes and cater to your every command.

After dinner, provide appropriate entertainment. If you are the type for it, do some belly-dancing or perform a dance of the veils. However, if that is not your cup of tea, try a little Turkish Coffee.

Entertain your guests by preparing this in front of them, with all its ritual. Serve it in tiny demi-tasse cups, and then read their fortunes in the coffee grounds.

The suggested menu is Almond Soup, Mint Salad, Feta Cheese and Greek Olives, Stuffed Grape Leaves, Open-Faced Meat Pies, Fresh Dates, Kadayif and Turkish Coffee.

STUFFED GRAPE LEAVES (Can be made ahead and served cold or re-heated. Can even be frozen.)
1 cup canned or packaged grape leaves, or 2 1/2 cups fresh leaves
Fresh leaves are picked early in the summer, before they are fully mature
Juice of two lemons
1 tablespoon olive oil or other vegetable oil
water
sprigs of fresh mint or parsley filling mixture

RAINBOW FRUIT COMPOTE
2 medium oranges
1/4 cup sugar or honey
1/4 teaspoon finely shredded lemon or lime peel
1 tablespoon lemon or lime juice
1/4 teaspoon ground cinnamon or ground nutmeg
1 cup fresh blueberries or raspberries
1 1/2 cups cubed papaya, honeydew melon or cantaloupe
1 cup peeled and sliced kiwi fruit, sliced carambola (star fruit), seedless green grapes or seedless red grapes
1 cup halved strawberries
toasted coconut or slivered almonds

Over a small bowl peel and section oranges, reserving juice. Stir sugar or honey, lemon or lime peel and juice, and cinnamon or nutmeg into oranges and juice. Cover and chill several hours or overnight. Use a slotted spoon to transfer oranges to a 1 1/2 quart glass compote, reserving syrup. Layer blueberries or raspberries, papaya or melon, kiwi fruit, carambola or grapes, and strawberries on top of oranges. Drizzle reserved syrup over all. Sprinkle with coconut or almonds. Makes 4 servings.

Nutrition information per serving: 182 cal., 2 g pro., 45 g carb., 1 g fat, 0 mg chol., 7 mg sodium. U.S. RDA: 20 percent vit. A, 223 percent vit. C.

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kitchen witch

Gundella

Put the leaves in a large bowl, and scald them with boiling water. Soak for 5 minutes. Drain and rinse with cold water.
Separate the leaves and drain them on paper towels, dull side up.

Use broken leaves (about 10 full ones in all), to line the bottom of a baking dish or casserole. Take the remaining leaves, one at a time, cut off any stems and place one tablespoon of filling in the center.

Fold the stem end of the leaf over the filling. Then fold in the sides and roll up in a neat little roll about 2 inches long.

Layer the stuffed leaves into the pan, side by side, seam side down. Sprinkle them with lemon juice and olive oil. Add enough water to just barely cover the rolls. Place a plate or saucer over the rolls to hold them down.

Bake at 350 degrees for 45 minutes to 1 hour.

Serve hot or cold. Drain and arrange on a serving tray in neat straight lines, and garnish with slices of lemon and sprigs of mint or parsley.

Filling Mixture:
1 medium onion, finely chopped
2 tablespoons olive oil, or other vegetable oil
1 pound ground lamb or beef
1 cup cooked long-grain rice

1/4 teaspoon allspice
2 cloves garlic, pressed
2 tablespoons finely chopped parsley or mint
salt and pepper to taste

Fry onions in oil until transparent. Combine with the other ingredients and mix thoroughly.

ALMOND SOUP
3 cups chicken stock
2 tablespoons butter
1 small onion, finely diced
2 tablespoons flour
1 cup ground almonds
1 cup light cream (or frozen non-dairy creamer)
salt and pepper
slivered almonds for garnish.

Bring stock to a boil. Meanwhile, melt butter in pan and saute onions until just softened. Stir in flour, and blend well. Slowly add boiling stock, stirring constantly.

Add ground almonds. Stir well, reduce heat and simmer for 10-15 minutes. Remove from heat and stir in the cream. Season with salt and pepper, and serve with slivered almonds.

OPEN-FACED MEAT PIES
pita bread
1 cup pine nuts (or chopped walnuts)
pinch of cinnamon
1 tablespoon finely chopped parsley
juice of one lemon

salt and pepper to taste
butter, melted
plain yogurt, or sour cream

Carefully split and pull apart the two sides of each pita bread, so that you have two rounds. Brush each side with butter and arrange on a baking sheet, cup side up.

Mix together all the ingredients except the yogurt or sour cream, and spread the mixture evenly over the pita bread.

Bake in a 450-degree oven about 20 minutes, or until lightly browned.

Serve hot, with a bowl of yogurt or sour cream to be spooned over the pies before eating.

MINTED SALAD
(Prepare ahead)
1/2 head romaine lettuce
1/2 head Boston lettuce
1 tablespoon dried mint, or 3 tablespoons fresh mint, chopped.

Dressing:
6 tablespoons olive oil
1 1/2 tablespoons lemon juice
1/4 teaspoon sugar
salt and pepper

Mix dressing ingredients in a screw-top bottle or jar. If you are using dried mint, add it to the dressing now. Refrigerate.

Wash and dry the lettuce. Wrap in paper towels and store in the refrigerator until ready to use. When ready, unwrap lettuce and break into a bowl with the dressing, and toss. If you are using fresh mint, add it now.

Boned meats easy to carve for dinner

Cringe at the idea of carving the roast for a special meal? It's no big deal if you choose a boned beef, pork, veal or lamb roast. These meats are perfect for stuffing, too. Just cut the strings and open the rolled meat out on a cutting board with the boned side up. The cut area where the bones were removed makes a perfect pocket for an herbied rice or bread stuffing.

STUFFED LEG OF LAMB
1/2 cup chopped green onions
1/2 teaspoon dried thyme, crushed
1/4 teaspoon dried rosemary, crushed
1 clove garlic, minced
1/4 cup margarine or butter
1 cup brown rice
1 tablespoon instant chicken bouillon granules
2 1/2 cups water
1 large apple, chopped
1/2 cup raisins
one 3-to-4-pound boned leg of lamb

In a medium saucepan cook

onions, thyme, rosemary and garlic in margarine until tender. Stir in rice, bouillon granules and water; bring to boiling, reduce heat. Cover and simmer 35 minutes or until water is absorbed. Stir in apple and raisins.

Cut strings and open out lamb; boned side up. Spread 1 cup rice mixture in center. Fold lamb lengthwise over stuffing. Tie again with string. Place, seam side down, on rack in shallow roasting pan. Insert meat thermometer into thickest part of meat. Roast, uncovered, in a 325-degree oven for 2 to 2 1/2 hours or until thermometer registers 170 degrees. Place remaining stuffing in covered casserole. Place in oven with lamb after 1 1/2 hours to heat through. Makes 8 to 10 servings.

Nutrition information per serving: 428 cal., 42 g pro., 27 g carb., 16 g fat, 138 mg chol., 259 mg sodium. U.S. RDA: 21 percent thiamine, 26 percent riboflavin, 49 percent niacin, 21 percent iron.

cooking calendar

GOOD FOOD
Hundreds of free food items will be offered for sampling from Thursday-Sunday at the Good Food Co., Michigan's largest natural foods supermarket, in Livonia. Some of the newest products on the market will be featured.

The Good Food Co. is celebrating its fifth year. There will be free seminars on yoga and acupuncture and gemstone readings. Clowns and a magician will entertain, as well as bands playing everything from jazz to bluegrass.

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IGA Tablerite Country Style BBQ BEEF Ribs 1.49 lb. Save .50 lb.	Hygrade Hot Dogs Full Pound Package .99 lb. Save .50 lb.	Ole Carolina Brand Bacon 12 oz. Pkg. .79 Pkg. Save .40 Pkg.	IGA Tablerite Cube Steaks 2.39 lb. Save .50 lb.	Frozen Assorted Homestyle Varieties Swanson Entrees 7-10.5 oz. 1.39 1/4 Gallon Square Carton Premium Ice Cream 2.19	Dairy Assorted Flavors Creamy Blend 6 oz. .49 1/2 Gallon FAME 1/4% Low Fat Milk 1.69
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IGA Denver Boneless Steaks 1.59 lb. Save .50 lb.	Buy one... Get one Free at IGA Free Mr. Turkey Ground Turkey 1 lb. Roll 1.29 lb. Save .50 lb.	Free Unsweetened Sugar Sweetened Flavors Makes 8 Quarts • 22.5 oz. Canister Kool-Aid Drink Mix When you buy one at regular price, limit 1 coupon per family. Good at participating IGA stores. Expires Sunday, June 11, 1989.	Free 12 oz. 1/2 Gallon Brownie Mix When you buy one at regular price, limit 1 coupon per family. Good at participating IGA stores. Expires Sunday, June 11, 1989.	Free 16 oz. Box Sunbutter • Reg. or Unsalted Krispy Crackers When you buy one at regular price, limit 1 coupon per family. Good at participating IGA stores. Expires Sunday, June 11, 1989.
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