

## Menu cookbook filled with company recipes

"Company's Coming," a menu cookbook, features a collection of more than 100 recipes by Prelude members of the Plymouth Symphony League.

The 46-page softcover cookbook sells for \$5 and may be ordered by sending in a check to: The Plymouth Symphony, 11876 Beacon Hill Drive, Plymouth 48170.

Following is one of the menus from "Company's Coming."

### HASH BROWN BRUNCH

by Mary Thomas

#### MENU

Fruit Salad  
Morning Glory Muffins  
Hash Brown Brunch  
Bisque Tortoni

#### FRUIT SALAD

Fresh fruit or canned fruit cocktail (chunky) with fresh fruit added. Can add a little champagne. Spoon into sauce dishes.

#### MORNING GLORY MUFFINS

4 cups flour  
2 1/2 cups sugar  
4 teaspoons baking soda  
4 teaspoons cinnamon  
1 teaspoon salt  
4 cups grated carrot  
1 cup raisins  
1 cup chopped pecans (or walnuts)  
2 apples, peeled and chopped  
1 cup coconut  
2 cups oil  
2 teaspoons vanilla  
2 eggs

Sift dry ingredients together. Stir

in carrots, raisins, pecans, coconut, apples. Beat eggs with oil and vanilla. Stir into flour mixture until combined. Spoon into muffin pans that have been greased or lined with paper cups. Fill 3/4 full. Bake at 350 degrees for 35 minutes. (About 30 muffins)

#### HASH BROWN BRUNCH

24 ounces shredded frozen hash browns  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
5 tablespoons butter, melted  
15 eggs  
1 cup milk  
1 cup chopped ham (can use 1 pound sausage that has been browned)  
One 4-ounce can mushrooms  
Salt and pepper  
8 ounces shredded Swiss cheese

Mix potatoes, onions, peppers and butter in a 9-by-13-inch pan. Press into bottom and up the sides a little. Whip eggs and milk together in bowl. Add ham, cheese, mushrooms, salt and pepper. Pour over potatoes. Bake at 325 degrees 50-60 minutes or until knife comes out clean.

#### BISQUE TORTONI

1/2 cup finely crushed macaroni crumbs  
2 tablespoons diced candied cherries  
1/2 cup chopped salted almonds  
1 pint vanilla ice cream  
1 tablespoon sherry (optional)

Combine crumbs, cherries, almonds and sherry. Slightly soften ice cream and add cherry mixture. Spoon into dishes and freeze. (Serves 4)

## Chicken suits all kinds of dinners

Rock Cornish hens, broiler-fryers, roasters, capons and stewing hens — all rule the roost on America's dining tables.

Thanks to the versatility and economical status of chicken, it fits into a budget family meal or the most elegant formal dinner party. You can poach, roast, grill, broil, sauté or simmer it, dress it up or down. Not only is chicken easy to prepare, but it's easy on the pocketbook and gentle on the waistline. Who are these rulers of the roost? Rock Cornish hens are the smallest and youngest members of the chicken family. These are a cross between two breeds that usually weigh 1 1/2 pounds or less. They are wonderful roasted whole, or split and grilled or broiled. Usually figure on one hen per person.

Broiler-fryers are all-purpose chickens. They are young, meaty birds that weigh 3 to 4 1/2 pounds. These tender birds are best broiled, fried or grilled but can be roasted, steamed or poached.

THE ROASTER is a little older and larger than the broiler-fryer. Generally, they weigh between 6 1/2 and 8 pounds with more meat. These are perfect for roasting but also can be cut up and sautéed, broiled or poached. Look for

plump-breasted birds with creamy white or yellow skins and short bodies.

A capon: lives a lazy life and grows big and fat. They have a delicate and tender abundance of white meat. Usually, a capon weighs between 8 and 10 pounds and is perfect for roasting.

Stewing hens are older birds and weigh between 3 and 7 pounds. These are basically soup chickens and sometimes are hard to find at the store. Because they are older the meat is stringy but loaded with flavor. They require slow, long moist cooking to tenderize the meat to produce a rich, wonderful broth.

Choose chicken with moist skin, tender flesh and fresh smell. Since many times you are unable to smell the chicken because of packaging, check the expiration date for freshness. The feed a chicken has been fed accounts for the skin color, but the taste is the same. Figure three-quarters to one pound of bone-in chicken for each serving. A 3 1/2-pound bird will feed four comfortably but a 1 1/2-pound Rock Cornish hen will only serve one person. If you're serving chicken parts, a half breast or two drumsticks or thighs per person is a satisfactory amount.

Small chickens (broilers and



Lois Thieleke

home economist, Cooperative Extension Service

frfryers) and Cornish game hens are the leanest poultry, as small young birds tend to be leaner than older ones. Chicken broilers have less than 10 percent fat, roasters have 12 to 15 percent and large hens have 20 to 30 percent, so you may want to use two small birds instead of one large. In poultry, the white meat has less fat and cholesterol than the dark.

LATELY, STORIES have surfaced regarding salmonella bacteria in chickens. Don't kick the chicken habit because of these stories. Instead, take extra precautions. At the grocery store, put chicken in a plastic bag, even though it is wrapped. Most meat counters will have a bag readily available. This way no drippings will contaminate other foods while you are shopping or while it is stored in the refrigerator. You may want to refresh the chicken by squeezing fresh lemon juice over the skin and into the cavity prior to cooking.

Refrigerate or freeze chicken as

soon as possible. To keep it longer than two days, re-wrap and freeze. Defrost chicken in the refrigerator, never at room temperature. A 3 1/2-pound bird will thaw in about a day in the refrigerator, or thaw quickly in the microwave and cook immediately. Make sure you clean everything that touches the raw meat: knives, cutting boards, countertops and especially your hands. Clean up thoroughly with soap and warm water.

Never eat chicken that is still pink in the center, whether you are eating out or in your kitchen. Since heat destroys salmonella, the chicken has to be cooked to at least 180-185 degrees Fahrenheit on a meat thermometer. Using a common-sense approach to handling chicken will give you a safe product. From drumstick to breast, chicken provides high-quality protein in your diet. Chicken also is kind to your diet (calories), easy to digest, requires no cooking fat and has a tender, flavorful taste.

## 17 pounds fresh tomatoes equal 1 pound dried

AP — Dried tomatoes provide the flavor and color of fresh tomatoes. They are height-of-season, vine-ripened tomatoes, cut in half and dehydrated, either in the sun or in a dehydrator.

In the drying process, a fresh tomato shrinks to about one 17th of its original volume, producing a small, deep red, wrinkled morsel with an intense, sweet tomato flavor and chewy, satisfying texture.

Timber Crest Farms of Healdsburg, Calif., maker of Sonoma Dried Tomatoes, says it takes 17 pounds of fresh tomatoes to make 1 pound of dried tomatoes.

Dried tomatoes are available as minced bits, dried tomato halves or

minced in olive oil. Minced dried tomato bits can be used like bacon bits. Dried tomato halves can be used in pastas, sauces and soups.

### ITALIAN GREENS AND VINAIGRETTE ON GOAT CHEESE TOASTS

12 baguette slices, cut 1/2-inch thick, toasted  
2 ounces fresh goat cheese, at room temperature  
8 cups crisp torn mixed greens (such as escarole, curly endive, Belgian endive, radicchio, watercress and Italian parsley)  
Dried Tomato Vinaigrette (recipe follows)  
3 tablespoons walnut pieces, toasted

Spread toasted baguette slices with goat cheese, set aside. In large bowl, toss greens with 1/2-cup of the vinaigrette. Divide greens among 4 salad plates. Sprinkle with walnuts and serve with cheese toasts. Makes 4 servings.

### Dried Tomato Vinaigrette

1/2 cup olive oil  
2 1/2 tablespoons extra-virgin olive oil  
3 tablespoons red-wine vinegar  
2 tablespoons balsamic vinegar  
1 1/2 teaspoons sugar  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 cup dried tomato bits  
2 tablespoons fresh parsley, chopped

2 tablespoons fresh basil, chopped  
1 tablespoon garlic, minced  
1 tablespoon shallots, minced

Combine olive oils, vinegars, sugar, salt and pepper in a small bowl, whisk to blend thoroughly. Mix in tomato bits, parsley, basil, garlic and shallots. Cover. Set aside for at least 2 hours to blend flavors. Bring to room temperature before serving. Makes about 1 cup.

Note: The vinaigrette can be stored, properly covered, in the refrigerator for up to 1 week.

Recipe from Timber Crest Farms

## new products

### • 'LITE' DISHES

A variety of "Marketplace Lite" dishes are being offered at Hudson's stores' Marketplace departments. These dishes limit fat, cholesterol and calories. A dish must contain no more than 360 calories, 12 grams of fat and 75 milligrams of cholesterol in a four-ounce serving.

Thirty different Lite selections are available, including main and side dishes, fruits, desserts and dressings. Half-pound servings range from \$1.49 to \$5.99 and are available in the Marketplace at Northland, Westland, Fairlane, Twelve Oaks, Briarwood, Eastland, Woodland Mall and Genesee Valley Mall.

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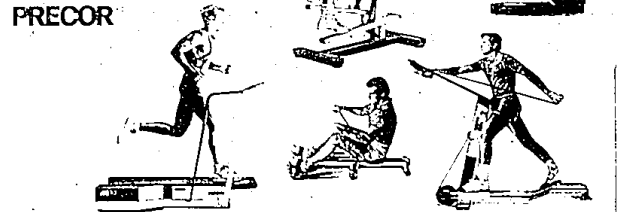
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