By Jennifer L. Hitt special writer

What goes into the making of a glunch? Anything and everything the answer.

A bag lunch is a picnic for one.

## Everybody just loves pita bread

See related story, Page 1B.

GRAPE LEAVES WITH MEAT GRAPE LEAVES WITH MEAT
I pound jar grape leaves (available
at Middle Estern specialty stores)
1½ pounds ground imm bor beef
1½ pounds uncooked white rice
1½ pounds on the proper
1½ pounds of the proper
1½ pound

Drain grape leaves and rinse with cold water. Set aside. Melt butter and mix all other ingredients. Take 1 grape leaf at a time and put 1 tablegrape leaf at a time and put I table-spoon of meat mixture on each grape leaf and fold sides. Roll it toward the center. Place each roll seam side down in a large skillet. Finish rolling all grape leaves and add 3 cups water. Cover the pot and place on medlum heat for about 40 minutes. Lower heat and 'cook for another 15 minutes. Serve with plain yogurt and pita bread. Serves 4.

TABBOULEH

F TABBOULEH

1 cip balgur cracked wheat

1 cip chopped green nolons

1 cip chopped green nolons

1 cip chopped green nolons

1 cip chopped fine

1 cip collect of a salad oil

4 cup lemon falce

1 tablespoon salt

1 teaspoon black pepper

2 large bunches paraicy

8 medium tomatoes

2 sprigs of miat (optional)

Out tomatoes and onlons into small pleces. Chop parsley and mint very fine. Rub white onlon with a little sait and pepper. Mix all ingredients well, adding oil and lemon juice gradually. Chill. Serve on a platter with lettuce or pita bread. Serves 8.

# clarification

Regarding the article on Greek cooking in Taste on April 29, Olga Leiton says the recipe for Triangle Spinach Ple should not include celery, which was listed as one of the ingredients. The Sutified Graph Leaves recipe give I cup of vegetable oil as an ingredient, W. cup oil can be added to the rice mixture, W. cup oil when water is added. Loizon also says she is Greek Orthodox, not Catholic, as the article stated.





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This picnic isn't enjoyed high atop a mountain or deep in a valley near a stream but rather in a park around the corner or perhaps just at your deak in the office. Anywhere you have your bag lunch the same parts can be included, a main dish as the focal point and an assortment of side dishes comprised of items ranging from fruits and vegetables to cheeses and desserts.

Here are a few suggestions for side dishes in your bag lunch.

A thermoe of cold soup, fruit or vegetable, is a delightful and 're-freshipa alternative as a side dish, Lunch does not have to be a sand-wich or a salad. Soups make a wonderful focal point for a bag lunch. Have you ever thought of cool, re-freshing cherry soup when Michigan cherries are in season?

Salads, such as pasta, potato or bean, you might have had for dinner last night complement any sandwich at lunchtlime.

last night companion.

at lunchtlime.

Pack your bag with all that the season has to offer. Fruits and vegetables are are common bag lunch fare but a little added enhancement makes them all the more interesting.

makes them all the more interesting © Celery siticks stuifed with cream cheese and peanut butter or fresh cut vegetable sitcks and your favorite dip add crunch to any meal. • Relisti packets made up of such ingredients as marinated roast bell pepers, dill pickle spears, artichoke hearts and olives will give a 1990s- dell addition to these lunches. • Fresh fruit goes well with el-ther salads or sandwiches. It also can be a perfect ending to your meal. • Fresh berries can be dipped

meai.

• Fresh berries can be dipped into confectioners' sugar or a mixture of brown sugar and vanilla yogurt. This will add splice to any prelude or conclusion of a lunch.

mm prunes can be stuffed with cream cheese or nuts for your unch.

\* Take a trip to your nelighborhood bakery to see what they have to offer. Bakerles and pastry shops have many wonderful tiens that pack perfectly in a bag lunch.

\* Breads, such as croissants, baguettes and brioche, found in bakerles and a special touch to salade. These breads also are perfect if you plan to take cheeses with you.

\* Pastries and baked goods are worth the templatun. Cookies, sliced cake, tarts and celairs are all great to tote.

\* You don't have to donend on

to tote.

• You don't have to depend on bakeries for such treats. You can bake your favorite muffins, cookies or quick breads at home. Try adding your favorite herb to a biscuit mix to make an herb-studded biscuit to ac-

make an herb-studded biscuit to accompany a salad.

Scenes are an alternative to
your basic biscuit.

To add crunch to your lunch,
try one of the following suggestions:
bread sticks, matzo, Norwegian flat
bread, pretes

Let's not forget the beverages!
With so many types of beverages to
choose from — sparkling waters
(plain and fruit flavored), sodas, bottled 'julesa and milk — there is a
never-ending variety to what you
can take. Iced coffee and tea are
wonderful accompaniments too. Just
remember, if it has a cork, take a
corkscrow.

remember, if it has a cork, take a corkscrew.

Whether you have your meal on a park bench or under a tree, you want most of all to take an appetite and a relaxed attitude to prepare for the remainder of the work day.

See Larry Janes' column Taste Buds, Page 1B.

BAKED ONIONS

l onions, peeled I tablespoons butter/margarine Fresh ground pepper 1 tablespoon fresh-grated Parmesan

On the top of the peeled onlon, make a well, using a spoon or small melon-baller. Place I tablespoon of butter in each well and sprinkle with pepper. Sprinkle with Parmesan, cover and bake at 350 degrees for 30 unders. Remove the cover and op under the broiler until golden brown for 5 minutes. Enfoy. for 5 minutes. Enjoy.

CREAM OF ONION SOUP
2 cups chicken broth
3 large onions
1 tablespoon flour
2 egg yolks, beaten
2 cups beef broth
1 tablespoon butter
2 cups beavy cream
Salt and pepper to taste

Peel and mince onton. Combine broths with onion and boil for 5 minutes. Strain onton through a sieve. Press out as much of the onion juice as possible from the onion and add to the stock. Return to a boil. Mix butter with flour and whisk to a paste form. Whisk in cream until smooth. Whisk into soup and continue cooking until slightly thickened, whisk about "A cup of the bot soup into the egg yolks and return mix to the pot, continue whisking until thick. Correct seasonings, if needed, but do not both.

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ONION APPETIZERS

1 medium onion, grated

1 cup mayonnaise
1 cup fresh-grated Parmesan cheese
3 English muffins, split

In a non-metallic bowl, combine grated onton with mayonnaise and Parmesan cheese. Mix well. Split the muffins and spread the mixture evenly over the muffins. Pop under the broiler till golden, about 5 minutes. Divide into bite-sized bits. Serve immediately.

Press out as much of the onion juice as possible from the onion and add to the stock.

0 000 Clasifieds work!





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