

Local cook, chef win contests

Eleanor Froehlich of Rochester Hills has been named a finalist in the Distinctive Taste Recipe Contest, a national competition sponsored by Ocean Spray.

Froehlich's recipe for "Yogurt Nog" was one of two finalists in the punch category. She received \$250 and her recipe was featured in Ocean Spray's new recipe booklet.

Froehlich was also one of eight finalists in the contest, out of more than 600 entries. Four first-place winners and one honorable mention were selected.

A retired Birmingham Groves High School English teacher, Groves has won many cooking contests. She enjoys cooking as a hobby.

To receive a copy of the booklet, send \$1, check or money order for postage and handling to Ocean Spray, Distinctive Taste Recipe Booklet, 9 Gallen Road, Kingston, MA 02364.

Here's Froehlich's recipe.

YOGURT NOG

1 quart frozen low-fat vanilla yogurt
1 cup low-fat milk
1 cup Ocean Spray Craapple, cranberry apple drink
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 tablespoon brown sugar
1/2 cup light rum or apple brandy

Put all ingredients in a large mixing bowl. Thoroughly combine ingredients until smooth and frothy, using an electric mixer on high speed. Pour into chilled punch bowl. Makes about eight 6-ounce servings.

SPEAKING OF winners. Chef de Cuisine Steven Allen of the Golden Mushroom in Southfield was one of four chefs from across the United States and Canada chosen to receive an all-expense paid trip to California.

tidbits Keely Wygonik

Allen won the honor by submitting recipes in a competition developed by J. Lohr Winery.

Chefs from 85 of the top restaurants in the United States and Canada were invited to compete and submitted 168 recipes. From these, four were chosen for a special dinner served at Page Brown Mansion in San Francisco.

The meal was the finale to the J. Lohr Winery annual meeting and marketing seminar.

Here's Steve Allen's winning recipe, mussel, spinach and Brie soup.

CHEF STEVEN ALLEN'S MUSSEL, SPINACH AND BRIE SOUP

18 mussels
1/2 cup Johnnieberg Riesling
few parsley stems
15 crushed peppercorns
1 sprig thyme
1 clove garlic, crushed
4 shallots, chopped
1/2 cup mushrooms, chopped

Check mussels and discard any open ones. Soak them in cold salt water for one hour, drain and rinse with fresh water.

In stainless steel saucepan, bring everything except mussels to a boil, add mussels, cover tightly and over high heat steam until shells open.

Remove from fire, strain juice through cloth and reserve. Cool mussels, remove them from

shells, remove beards and cut mussels in half.

1/2 cup sliced leek
1/2 cup dried onion
1/2 cup unsalted butter
1/2 cup flour
3 cups clam broth
mussel juice
1 cup packed spinach leaves
1/2 cup ripe Brie
1/2 cup heavy cream

In heavy saucepan melt the butter,

add leeks and onion and saute until transparent. Add flour, stir one minute. Add clam broth and mussel juice, bring to a boil. Simmer 15 minutes.

Remove from fire, add spinach, Brie and cream and blend (in a blender) smooth.

Taste and correct seasonings. Before serving, reheat without boiling. Add mussels and serve.

May be garnished with croutons.

Betty Crocker Tip of the week: To use cream cheese as a spread, let wrapped cream cheese stand to room temperature or remove foil wrapper and microwave on medium setting just until softened.

For answers to questions about articles or recipes in Taste: Call Keely Wygonik, Taste/Entertainment Editor, Observer & Eccentric Newspapers, Inc. 953-2105.

Permanent Weight Loss

Dr. Ralph P. Keith, PH.D.

28336 Franklin Rd.
Southfield, MI
746-0844



If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who are, or have been, in unfulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

CALL 746-0844



Ackroyd's

SCOTTISH BAKEHOUSE
REDFORD BIRMINGHAM
25566 Five Mile Road 300 Hamilton
832-1181 540-3575

For all your bakery needs... EVERYDAY:

- Gift Baskets/Special Orders
- Imported Specialty Foods
- Shepherd's Pies
- Shortbread & Cookies
- Scotch Meat Pies
- Scottish Pasties
- Cinnamon Rolls
- Brownies
- Crumpets
- Scones
- Bread
- Steak Pies

ALL WEEK!

BROCCOLI & CHEESE TURNOVERS

6 for **3⁹⁹**

TUESDAY-
WEDNESDAY
SPECIAL

PASTIES 4/**3⁹⁹**

Beef, Chicken
or
Pizza

Good Thru Saturday 2/29/92

• The pulse of your community • The pulse of your

477-3100



The FRESH CHOICE

SEAFOOD	FLOWERS	BAKERY
---------	---------	--------

HOURS: Mon-Sat. 9-8 Sun. 9-5
Food Stamps Welcome
Gift Baskets by Appointment



Whole Boston Butt PORK ROAST

Sold as Roast Only

88¢ LB.



Fresh Frozen CORNISH HENS

Twin Pack

88¢ LB.



Our Own • Sugar Cured • Thick Sliced PLATTER BACON

88¢ LB.

Land O'Lakes
1 lb. in Quarters • While Supply Lasts Only!

BUTTER

\$1.59 LB.

19330 Middlebelt • Livonia
BETWEEN 7 & 8 MILE NEXT TO KIDS R US
ACROSS FROM SEARS • LIVONIA MALL
We Reserve The Right To Limit Quantities.

Large • Fresh • Fancy • In Shell

TIGER SHRIMP

\$4.99 LB.

California

LETTUCE

2 **88¢** HEADS

Fresh • Whole
Bar-B-Q

CHICKENS

\$2.99 EACH

Fresh • Crisp • Green

CABBAGE

4 **88¢** LBS.

Deli Fresh
Imported

FETA CHEESE

\$2.49 LB.

Yellow Dry

ONIONS

2-3 LB. BAGS
88¢

Deli Fresh

TURKEY BREAST

\$1.99 LB.

Fresh

PEACHES, PLUMS NECTARINES

88¢ LB.

Deli Fresh

HARD SALAMI

\$2.99 LB.

Oven Roasted

PEANUTS

88¢ LB.

Deli Fresh Colby

LONGHORN CHEESE

Sliced or Chunk **\$1.99** LB.

COME IN, SHOP AND SAVE!!! SALE PRICES GOOD THRU SUNDAY, MARCH 1, 1992