

Rochester cook is runner-up in contest

Eleanor Froelich of Rochester, was named a runner-up in the 1993 Bays English Muffins "High Tea on the High Seas" National Recipe Contest for her original creation, "Pepper Sauté with Grilled Cheese Muffins."

In this original snack recipe, Froelich's vegetable melt sandwich combined a colorful array of sautéed peppers and was accented with fresh rosemary and balsamic vinegar.

Froelich's recipe was selected from more than 3,000 entries nationwide. She was awarded a gift pack of Bays English Muffins and a Bays gourmet apron in recognition of her delicious winning entry.

Contest rules required entrants to develop an original dessert or snack recipe using English muffins. Judging was conducted on the basis of taste, imagination, appearance, practicality and appropriateness for the dessert/snack theme by food editors from Lady's Circle, Chicago Magazine, Parent's Magazine and Redbook.

Karen Durrutt of Portland, Oregon won first place for her original recipe, "Bays Blueberry Crumb Cakes."

Here are the winning recipes.

BAY'S BLUEBERRY CRUMB CAKES

1 (8 ounce) package cream cheese, softened

- 1/4 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3 Bays English Muffins, lightly toasted
- 1 cup frozen blueberries thawed or fresh
- Crumb topping:
 - 2 tablespoons butter or margarine
 - 2 tablespoons flour
 - 1/4 cup packed brown sugar
 - 1/4 cup quick-cooking oats

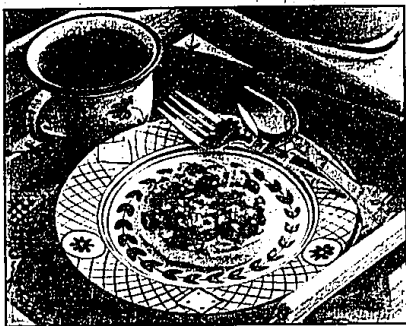
In medium bowl, beat cream cheese, sugar and vanilla until smooth. Place about 2 rounded tablespoons of cream cheese mixture on each muffin half. Evenly arrange blueberries on top of cream cheese.

Make crumb topping. In a small bowl, with pastry blender, cut butter into flour until mixture resembles coarse crumbs. Stir in brown sugar and oats.

Sprinkle one to two tablespoons crumb topping over each muffin. Place muffins on a cookie sheet; bake in a preheated 350 degree F. oven, 20 to 25 minutes. Cool 30 minutes before serving. Serves 6.

PEPPER SAUTE WITH GRILLED CHEESE MUFFINS

- 1/4 cup olive oil
- 2 medium onions, thinly sliced
- 2 medium red peppers, cut into 1/4-inch strips



BAYS ENGLISH MUFFINS

Winning recipe: "Bays Blueberry Crumb Cakes" placed first in the 1993 Bays English Muffins "High Tea on the High Seas" national recipe contest. Winner Karen Durrutt used English muffin halves as the base for her blueberry cheese cake mixture, topped with a crunchy crumb topping and baked until golden brown.

- 1 medium yellow pepper, cut into 1/4-inch strips
- 1 medium green pepper, cut into 1/4-inch strips
- 1 fresh rosemary sprig
- 1 tablespoon balsamic or red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 Bays English muffins, lightly toasted and buttered
- 1 cup (4 ounces) shredded Swiss cheese
- Chopped parsley (optional)
- Sliced chives (optional)

In large skillet, over medium-low heat, add oil, onions, peppers and rosemary. Sauté until onions and peppers are crisp-tender, about 15 minutes. Stir in vinegar, salt and pepper. Set aside. Arrange muffins on a baking sheet.

Sprinkle muffins evenly with shredded cheese. Broil 2 to 3 minutes, or until cheese is melted. Top muffins evenly with pepper mixture. Garnish with parsley and chives. Serve immediately. Serves 6.

Appetizing classes offered in Southfield

No matter what your tastes, you're sure to find something appetizing to choose from this fall's culinary arts program offered Southfield Public Schools. For registration information, call 746-8700.

Here's a sampling of class offerings.

Helen Coon explains "Cooking the Asian Way" in a series of classes offered 6:30-9:30 p.m. Mondays through Nov. 1. The cost is \$29 per person per class or \$108 for a series of four classes.

Howard Paige is teaching a 10-week Creole and Cajun cooking class 6-8:30 p.m. Mondays beginning Sept. 20. The cost is \$49. Paige is also teaching a class in International Cookery that includes recipes from all over the world for eight weeks, 6-8:30 p.m. beginning Tuesday, Sept. 7. The cost is \$44.

Cook with Certified Master Chef Milos Cibulka of the Golden Mushroom in Southfield, 6:30-9:30 p.m. Tuesdays, beginning Sept. 21. The home entertaining series will meet from Sept. 21 to Oct. 12. The game series will meet 6:30-9:30 p.m. Tuesdays, Oct. 19

to Nov. 9. Learn how to prepare hearty soups, luncheon party dishes, warm desserts, venison, small game and waterfowl. The cost is \$40 per class or \$150 for a series of four classes.

Award-winning bread baker Larry Galbraith will share his secrets in a series of three classes to be offered 7-9:30 p.m. Wednesdays, Oct. 13 through Oct. 27. The cost is \$35 for a series of three classes. Individual classes range from \$12 to \$15.

Learn cake decorating from Diane Zeller 6:30-9:30 p.m. Wednesdays for eight weeks beginning Sept. 15. The cost is \$49.

Travel to Italy with Anna Ivaldi and sample a variety of classic dishes 6-9:30 p.m. Thursdays beginning Sept. 23. The cost is \$29 per class or \$108 for a series of four classes.

Pierogi, peasant soups, and angel wings are on the menu in Cooking the Polish Way, a course taught by Jo Ann Taylor that will meet 6:30-9:30 p.m. Mondays, Nov. 15 through Dec. 6. The cost is \$39 for the series, or \$15 per class.

Schoolcraft announces culinary course offerings

Schoolcraft College in Livonia is accepting registrations for the following culinary arts classes that begin in September.

■ European Bread Making: Learn to make European style breads, including yeast doughs, sourdough breads, quick breads and rolls. The two-week course will meet 8 a.m. to 1 p.m. Saturdays beginning September 18. The fee is \$85.

■ Understanding French Wines: Participate in a comprehensive study of French Wines, including

information on Bordeaux, Burgundy, Rhone, Champagne, and other regions. Wine tasting is included. The five-week course will meet 7-10 p.m. Mondays beginning Sept. 20. The fee is \$96.

■ Pasta Cookery: Learn how to prepare quick, simple and hearty pasta dishes at home. Demonstrations will be given for ravioli, cannelloni, lasagna, fettuccini, and angel hair pasta entrees with sauces. The two-week course will meet 6-9 p.m. Mondays beginning Sept. 20. The fee is \$35.

Blueberry smoothie frozen treat

AP — Few kids would argue that a visit from the ice cream man is about as good as it gets on a hot summer day. But kids can enjoy making their own frosty treats at home.

Red, White & Blueberry Smoothies take advantage of summer's fresh strawberries blended with blueberry yogurt, ice cold milk and a dollop of honey. With a little help from mom or dad, youngsters of all ages can create their own frozen sweets.

Begin by filling an ice cube tray with milk. Place it in the freezer

until solid. In a blender, combine six frozen milk cubes with the rest of the ingredients; mix until frothy and smooth. Garnish with a fresh strawberry, if desired.

To make frozen pops, pour the mixture into an ice cube tray and toothpick into each cube and freeze until solid.

RED, WHITE AND BLUEBERRY SMOOTHIES

- 6 milk cubes (recipe below)
- 1 cup low-fat blueberry yogurt
- 1 cup sliced strawberries

- 1 cup extra-light 1 percent milk
- 2 tablespoons honey

To make milk cubes, pour extra-light milk into ice cube trays; freeze. Remove cubes from trays. Store in a plastic freezer bag or covered freezer container.

For the smoothies, combine six milk cubes and the remaining ingredients in a blender. Blend on high until smooth. Pour mixture into four tall glasses. For ice pops, pour mixture into pop molds and freeze, or fill ice cube trays, cover tightly with plastic wrap, stick a

toothpick into each cube and freeze. Makes four 8-ounce smoothies or 30 ice cube tray pops.

Nutrition information per 4-ounce smoothie: 151 cal., 6.8 g pro., 27.7 g carbs., 1 g dietary fiber, 2 g fat, 82 mg sodium, 7 mg chol.

Recipe from: California Milk Advisory Board.

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