

Delicious ways to enjoy this year's crop

See related story on Taste front.

EASY HOMEMADE STRAWBERRY FREEZER JAM

1 box Sure-Jell Light Fruit Pectin
3/4 cups sugar, divided
4 cups crushed strawberries (2 quarts fully ripe strawberries)
Mix fruit pectin and 1/4 cup sugar in a small bowl. Add pectin mixture gradually to fruit, stirring vigorously. Let stand 30 minutes, stirring occasionally.
Stir remaining sugar gradually into fruit mixture until sugar is completely dissolved and no longer grainy, about 3 minutes (a few sugar crystals may remain).
Pour into clean plastic containers; cover. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator or freeze extra containers. Thaw in refrigerator. Store in refrigerator up to 3 weeks or freeze up to 1 year. Makes about 6 (1 cup) containers.
Recipe from Sure-Jell, Kraft General Foods, Inc.

SUGAR FREE STRAWBERRY PIE

1 baked 9-inch pie shell
4 cups sliced or whole strawberries, washed and hulled
Glaze:
1 box Jello sugar-free vanilla pudding, cooked type (not instant) 4 serving size
1 box Jello sugar-free strawberry Jello, 4 serving size
2 1/2 cups cold water
In a saucepan mix pudding mix, Jello mix and 2 1/2 cups water. Stir over medium heat until mixture comes to a full boil. Remove from heat. Cool in refrigerator until slightly thickened. Arrange strawberries in pie shell.
Pour cooled mixture over berries. Chill till set. Serve with whipped cream.
Prize-winning recipe from the North American Strawberry Growers Association from Mary Abbott, Warren, IN.
STRAWBERRY PASTRIES
2 (8-ounce) cans refrigerated crescent rolls
2 (8-ounce packages) cream cheese, softened

1/4 cup sugar

4 cups strawberries, washed, hulled and sliced
1 egg white, beaten
Fresh strawberries for garnish
Preheat oven to 325 degrees. Press the dough from one package of the rolls into the bottom of a greased 9 by 13-inch pan.
In a separate bowl, mix cream cheese and sugar until smooth. Spread on dough. With a rolling pin, roll out the second package of dough to a rectangle approximately 9 by 11 inches.
Place sliced strawberries on top of cream cheese mixture. Top with rolled dough. Brush with egg white. Sprinkle top with 1 tablespoon sugar.
Bake at 325 degrees for 35 minutes. Serve warm. Makes 24 small or 16 large portions.
Prize-winning recipe from the North American Strawberry Growers Association from Mary Hardt Vingling, Mercer, PA.
STRAWBERRY SOUP
1 quart fresh strawberries, hulled
2 cups freshly squeezed orange juice

1/4 teaspoon cinnamon

1/4 teaspoon freshly grated nutmeg
2 tablespoons honey
2 tablespoons balsamic vinegar
1 tablespoon cassia
1/2 cup club soda, or more if necessary
Thinly sliced fresh strawberries, raspberries, blueberries, peaches and plums for garnish
Fresh fruit sorbet and fresh mint leaves for garnish
Combine all ingredients except club soda and garnishes in the bowl of a food processor and pulse until mixture is well puréed.
Transfer mixture into 2 bowl and chill. Just before serving, stir in enough club soda to make a thick soup.
Ladle fruit soup into shallow soup plates. Garnish with little clusters of fruit, and a small scoop of fruit sorbet, and mint leaves. Serves 6 to 8.
Recipe from "The New American Farm Cookbook," (Viking Studio Books, August 1993, \$30) by Linda and Fred Griffith.

Strawberry from page 1B

you head out to the u-pick farm. Strawberry fans won't want to miss these "berry" good events.
The Franklin Community Association is hosting a Strawberry Jazz Festival noon to 6 p.m. Sunday, June 26 on the historic Village Green, west of Franklin Road, between 13 and 14 Mile Roads. Admission is free to hear the Patrick Creek Jazz Society, playing traditional Dixieland music, and Heyden Street, with a rhythm & blues-flavored sound.
Fresh strawberry sundaes, hand-dipped chocolate strawberries and other goodies will be offered for sale. The music begins at 12:30 p.m., and there will be an All-Star baseball game at 1 p.m.
The Garden City Hospital Volunteer Guild will sponsor its annual Strawberry Festival 10 a.m. to 6 p.m. Sunday, June 26 on the lawn of the hospital at 6245 Inkster Road, four blocks north of Ford Road. There will be strawberry shortcakes and sundaes, and other goodies, a bake sale, kiddie booth and raffles.
Entertainment will be provided at 1 p.m. and 4 p.m. by the Rockin' Rhythm Cloggers. Festival proceeds will be used to renovate hospital patient rooms.
Blake's Orchard and Cider Mill in Armada is having a Strawberry Festival Saturday and Sunday, June 25-26. It will feature strawberry desserts, entertain-

Jams preserve taste of fresh berries

See Chef Larry Jones' column on Taste front.

BASIC STRAWBERRY JAM

8 cups strawberries
6 cups sugar
2 tablespoons lemon juice (optional)
Wash, drain and hull strawberries. Crush strawberries. If they are very ripe & sweet, add lemon juice.

Place in a large non reactive (not aluminum) saucepan. Add sugar and cook slowly, stirring constantly until sugar dissolves.
Bring quickly to a boil and boil rapidly until the fruited syrup coats the back of a spoon and "slides off." Ladle into sterilized hot and dry jars to within 1/2 inch of top. Wipe jar rim; adjust lid. Process in a boiling water bath for 5 minutes.

Remove from canner and complete seals unless closures are of the self-sealing type. Makes 6 half pints.

FASTER STRAWBERRY-RHUBARB JAM

1 quart strawberries
3 cups diced rhubarb (about 1 1/2 pounds)
6 cups sugar

Mash strawberries. Combine with rhubarb in a large non reactive saucepan. Add 4 cups sugar, bring to a rolling boil and boil for 4 minutes, stirring constantly. Add remaining 2 cups of sugar and boil for 4 more minutes, stirring constantly.
Ladle into sterilized jars and process in a boiling water bath for 5 minutes. Complete seal.

Spicy flank steak is stuffed with cheese

AP — Impress your family and barbecue guests with a lean marinated flank steak stuffed with cheese, combined with a flavorful mixture of onion, zucchini and Latin-style spices.
The cheese stuffing is wrapped by the steak, rolled up and tied, allowing the spicy flavors and meat juices to blend. Grill the steaks over an open fire of coals, serve them hot and slice them into rounds to display the melted cheese stuffing.
CHEESE-STUFFED GRILLED MONTEREY FLANK STEAK
For the marinade:

6 tablespoons red-wine vinegar
2 tablespoons olive oil
2 teaspoons oregano leaves, crushed
1 1/2 teaspoons salt
1 teaspoon ground black pepper
2 cloves garlic, minced
2 bay leaves
2 teaspoon ground cloves
2 flank steaks, about 1 1/2 pounds each, tenderized
In a small bowl, combine all marinade ingredients except steak. Place each steak in a plastic bag. Divide marinade equally, pouring

on steaks. Rotate bags to coat steak with marinade. Seal and marinate for 2 to 3 hours.
Note: Ask your butcher to put the meat through the tenderizer.

CHEESE STUFFING

3 tablespoons butter
1/4 cup finely chopped onion
1/4 cup shredded zucchini
2 cloves garlic, minced
3 tablespoons chopped fresh cilantro leaves
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 cup dry bread crumbs (made preferably from bolillos)
6 ounces manchego or Monterey Jack cheese cut into eight 1/4-inch-thick slices
String for tying meat

In a large skillet, melt butter. Sauté onion, zucchini and garlic for 4 minutes. Add cilantro, chili powder, cumin, salt and pepper. Stir in bread crumbs and saute until golden. Cool.
To assemble: Remove flank steak from marinade. Divide stuffing equally between steaks. Distribute stuffing on surface of meat. Place cheese slices in a row along upper third of longest side of steak. Starting with longest side, tightly roll up steak. Use string to secure roll, tying at 1-inch intervals.
Grill over medium-hot coals for 15 minutes total, turning three times. Allow to stand for 5 minutes. Remove string, slice and serve.

Nutrition Information per serving:
422 cal., 33 g pro., 118 mg calcium, 9 g carbs., 29 g fat, 0.6 g dietary fiber, 100 mg chol., 584 mg sodium.
Recipe from: California Milk Advisory Board.

Wine from page 1B

frustrated growing season makes even California winemakers swoon. There's no worry about hail, the plague of Burgundy and Bordeaux. No rain at harvest, a nearly universal wine region threat, and there are very few vine diseases. Days are warm, but nights are cool — just what the vine doctor ordered. All these conditions combined have catapulted South Africa to the eighth largest wine-producing region in the world.
Only a few years ago, one might have said that the Cape's finest wines were sherry and port-like fortified wines. This is no longer the case. The wine is balanced, the overly woody chardonnays, pleasant rieslings, and crisp sauvignon blancs among the white wines. Reds produced from merlot, cabernet sauvignon, cabernet franc and shiraz are mellow and full of flavor. And there's pinotage!
Pinotage is a regionally devel-

oped cross between pinot noir and cinsault. Until 1925, all wine grapes grown in South Africa were imports. Pinot noir is a case in point. This noble varietal from France's Burgundy region, and the backbone of all the great champagnes, was disease prone in the Cape region. Cinsault, from France's Rhone Valley, however, took well to the area's fertile soils, but the wine was thin and uninteresting.
By crossing the two varieties, it was hoped that the lusty growth of cinsault would combine with pinot noir's complex, rich and velvety flavors to produce both a wine and a wine of promise. These expectations have been more than fulfilled. The flavors of pinotage enhance those of grilled red meats, games, pasta with red sauce and a variety of tangy cheeses.
To leave a message on the Head's voice mail — dial 953-2047, mailbox 1864.

Chili cookoff June 26

Don't miss the First Downtown Birmingham International Chili Society Sanctioned Chili Cookoff, Sunday, June 26 in the Midtown

Parking Lot (east of Woodward between Maple and Brown Streets).

Presented by the Birmingham Principal Shopping District, the event will feature live Country Music and Line-Dancing by Southern Exposure. Admission is \$2 for adults, no charge for children 12 and under. Includes chili samples, line dancing lessons and door prizes.
Cooks meet at 11 a.m. and fire up their stoves at noon. Chili samples will be collected for judging at 3 p.m. The awards ceremony will be at 4 p.m. and the event will end at 5 p.m.
Call (810) 540-6688 for more information.

Mix herbs for flavor

Here are some tips from nutritionists for Total cereals. Combining two or more herbs can add a distinctive touch to your dishes. It works best to combine a dominant herb with small amounts of blending herbs such as basil or garlic.
Dominant herbs include: tarragon, oregano, cilantro and thyme. Medium blending herbs include: basil, garlic, mint and marjoram.
Mild blending herbs include: onion, chives, dill and chervil.

Help for grillers

If you've got questions about barbecuing, here's help. Weber-Stephen Products Co. is offering a toll-free hotline to answer consumers' questions on barbecuing. 1-800-GRILL-OUT. The hotline, staffed by 16 home economists, will be open 11 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. through July 8.

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