

Master chef shares fish recipes in new video series

See related story on Taste Front. Recipes from "From the Hunt to the Cook," new video series by Certified Master Chef Milos Cihelka, Wild Harvest Video Co.

potatoes and a salad. Healthier version: Replace clarified butter with 2 tablespoons canola oil. Omit flour. Serves 4. From "Cooking Seafood" video.

Place cooked swordfish on platters. Add marinading juice to the skillet and swirl around. Combine in one pan, add olives, reduce if necessary by boiling, then spoon over fish.

Mix hazelnuts with bread-crumbs. Season fish and dust with flour. Dip it in the beaten egg, then coat with hazelnut and crumb mixture on both sides. Shake excess crumbs off. Heat the butter in pans, place fish in. Brown nicely on one side, turn and brown the other side. Transfer fish to a cookie sheet, place in the oven for about 3 minutes.

SCALLOPS SAUTEED WITH FRESH HERBS

1 1/2 pounds scallops
Salt and pepper to taste
Flour
4 tablespoons butter, clarified
1/2 cup chopped fresh herbs
continued: chives, parsley, tarragon, chervil
Juice of 1/2 lemon

Prepare a large, stick-free skillet or two.
Dry the scallops, season them and roll in flour. Add butter to hot pans, then the scallops in a single layer and over high heat sear them quickly on all sides, just to heat through. Add the herbs and lemon juice, toss to coat.

Serve with mashed or boiled

SWORDFISH STEAK MARTINI

4 8-ounce swordfish steaks
1/2 cup dry vermouth
1/4 cup gin
Salt and fresh ground pepper to taste
3 tablespoons clear melted butter
1/4 cup chopped green olives

In a glass (or ceramic or plastic) dish marinate the swordfish in vermouth and gin, covered and refrigerated for two hours.

Remove, pat dry with a paper towel. Reserve juice. Preheat 2 non-stick skillets, add butter and slice swordfish in. Over medium-high heat cook steaks until you see their juice rising on the surface. Turn them over and finish on the other side. Do not overcook.

WALLEYE SAUTEED IN HAZELNUT CRUST

6 walleye fillets, boned and skinned, 6-8 ounces each
Salt and pepper to taste
Flour
3/4 cup fresh bread crumbs
3/4 cup finely ground hazelnuts
1 egg, beaten with 2 tablespoons milk
1/2 cup clarified butter

Preheat oven to 350 degrees F. Preheat 2 large skillets to medium hot.

You may sear it as with lemon wedges. Serves 6.

Chef's Tip: To make fresh bread crumbs, trim crust off fresh white bread, place the white bread in a food processor or mixer and grind up.

To make clarified butter, place it in a tall pot over moderate heat and cook until it stops bubbling. Then pour it into another container.

From "Cooking Freshwater Fish" video.

Fruity pizza lots of fun

See related story on Taste front.

SUMMER FRUIT PIZZA

1 (20-ounce) package refrigerator sugar cookie dough
1 (8-ounce) package cream cheese, softened
1 cup powdered sugar
1 tablespoon milk
1 teaspoon vanilla
3 tablespoons Fruit-Fresh Fruit Protector
2 quarts water
1 peach
1 apple
1 pear
2 bananas
2 kiwi, peeled and sliced
1/2 cup halved red grapes
1/2 cup sliced strawberries
1/4 cup raspberries
1/4 cup blueberries

Cut chilled cookie dough into eight 1-inch slices. Press each slice of dough with hands into a 4 1/2-inch circle. Place shaped dough on an ungreased cookie sheet 1 inch apart. Bake at 350 degrees F. for 10 to 15 minutes. Allow cookies to cool on cookie sheet 1 minute. Place cookies on a wire cooling rack; cool completely. Baked cookies will be about 5 inches in diameter. Mix cream cheese, powdered sugar, milk and vanilla in a blender or with an electric mixer until fluffy. Chill.



Fruity pizza: Serve up a slice of summer fun with Summer Fruit Pizza.

Combine Fruit-Fresh and water in a large bowl. As peach, apple, and banana are prepared, place in Fruit-Fresh mixture to prevent browning. Dip peach in boiling water 30 to 60 seconds; immediately place in cold water. Peel, pit and slice peach. Core and slice apple and pear. Peel and slice banana. Let fruit stand in Fruit-Fresh mixture five minutes. Drain. To assemble fruit pizza: spread cream cheese mixture on cooled cookies. Arrange fruit on individual cookies in a happy face or random design. Chill until ready to serve. Makes eight 5-inch fruit pizzas.

Recipe from: Alltrista Consumer Products Co.

Videos from page 1B

you'll feel less cautious about home. cooking fish and seafood at "Cooking Freshwater Fish,"

begins with a lesson on preparing walleye sauteed with a hazelnut crust. Then Chef Milos takes viewers fishing, and explains how to prepare steelhead trout outdoors.

video series. The first, "The Reward of the Hunt," included "Big Game Field to Table," "Venison Healthy & Taste," and "Care and Cooking of Gamebirds & Animals."

Broiler flounder, salmon cutlets with Gremolata, and grilled tuna with Gazpacho sauce are featured on "Cooking Saltwater Fish," along with tips for buying fresh fish. "Cooking Seafood," the viewer is taken to a fish auction in New Bedford, Mass. and tours the M.F. Foley Company processing plant, the nation's leading fish wholesaler market to see how the pros buy, store and ship fish and seafood. You'll learn how to get the best value when buying scallops and shrimp, and how to cook soft shell crab, boil and broil lobster.

Wild Harvest Videos is working to develop a new series of half-hour TV programs with WTVS Channel 56 in Detroit for public television. The new programs with a live audience will emphasize the cooking of fish and game with a strong slant on how to buy fresh ingredients plus tips on cooking in a healthy yet tasty fashion. Chef Milos will film some segments on location in public markets to demonstrate what to look for when selecting the best cuts of meat, game, poultry and fresh fish, and how to select the best herbs, spices, fruits and vegetables.

Opa! Fest offers Greek delights

Mouth-watering delights await at Opa! Fest, July 12-14 at St. Nicholas Greek Orthodox Church, 760 West Wattles Road in Troy, (810) 362-9576. Hours are 11 a.m. to 10 p.m. Friday and Saturday and 11 a.m. to 9 p.m. Sunday. Admission is 41 at the door.

Last year more than 7,000 people attended the festival which features authentic Greek folk dancing, live music, Festival singers, children's activities, and specialty food items. Cooking demonstrations will be presented throughout the day. Recipes will also be available.

Keep cool with easy summer dishes

See related Taste Buds column.

HUMMUS
2 cups canned chick peas, drained
2/3 cup tahini (sesame seed paste)
1/2 to 3/4 cup lemon juice
1 large clove garlic (optional)
Salt and pepper to taste

Combine all ingredients in a blender or food processor and process until smooth. Makes about 3 cups.

EASY PESTO
1 cup fresh basil leaves (flat leaf parsley can be substituted)
1/2 cup pine nuts
1 clove garlic
1/2 cup freshly grated Parmesan cheese

1/2 cup olive oil
In a blender or food processor, combine basil leaves, pine nuts, garlic and Parmesan cheese and process until finely chopped and coarse. With the motor running, slowly drizzle in olive oil until a smooth pate forms. Makes about 1 1/4 cups.

SOUTHWESTERN TABOULLI

1 cup bulgur
1/2 cup hot water
1 cup prepared salsa
1 cup fresh parsley, chopped
Soak bulgur in hot water for 15 minutes. Drain off any excess water. Place bulgur in a bowl and add salsa and parsley. Toss to mix well. Season to taste with salt and pepper, if desired (but not necessarily needed). Makes about 3 1/2 cups.

Get HOT coffee and WARM bread without heating up your kitchen!

BOTTOMLESS CUP \$1.00
ESPRESSO \$1.25
CAPPUCCINO \$2.20
Espresso, steamed and frothed milk
LATTE \$2.20
Espresso and steamed milk

NO CHARGE FOR DOUBLES!

NEW CUSTOM COFFEES

Great Harvest Bread Co.

BIRMINGHAM
1137 S. Adams Rd. at Lincoln
810-433-1833
Tues. - Fri. 7-6. Sat., 7-4

SEAFOOD COOKING DEMONSTRATION
featuring Executive Chef Roger Sutton of Peabody's
Saturday, July 13th • Between 10:00 a.m. - 12:00 noon
OPEN TO THE PUBLIC • FREE SAMPLES • FREE RECIPES

SUPERIOR FISH
The House of Quality

SUPERIOR FISH COUPON
Please Present Coupon Before Ordering
50¢ OFF PER POUND
Fresh North Atlantic **SALMON FILLETS**
Reg. Price \$5.99

SUPERIOR FISH COUPON
Please Present Coupon Before Ordering
50¢ OFF PER POUND
Fresh Farm Raised **CATFISH FILLETS**
Reg. Price \$3.99

SUPERIOR FISH COUPON
Please Present Coupon Before Ordering
50¢ OFF PER POUND
Fresh North Atlantic **SEA SCALLOPS**
Reg. Price \$8.49

SUPERIOR FISH COUPON
Please Present Coupon Before Ordering
50¢ OFF PER POUND
"Product of USA" **SHELL-ON SHRIMP**
Reg. Price \$8.99
26/30 CT.

SUPERIOR FISH COUPON
Please Present Coupon Before Ordering
50¢ OFF PER POUND
Legs and Claws **ALASKAN KING CRAB**
Reg. Price \$9.99

Expires 7/20/90. Not valid with any other coupon and/or discount.

Featuring **Live Maine Lobsters**
1 1/2 pound average call for current market price

From the SEASHORE to your DOOR
Soft Shell Crabs
CLAMB • MUGGELS • OYSTERS
GRAYFISH • SQUID • CONCH

309 E. Eleven Mile Rd. • Royal Oak
• 541-4432 •

QUALITY • VARIETY • SERVICE
FREE RECIPES
Hours: Mon. - Fri. 8-6; Sat. 8-1

IGA
Corner of Orchard Lake Rd. and Ten Mile in Farmington
476-0974

Your Hometown Savings Headquarters

FAME FROZEN BONE-IN TURKEY BREAST **99¢ LB.**

CALIFORNIA HEAD LETTUCE **59¢ A HEAD**

SIRLOIN TIP ROAST **\$1.59 LB.**

CALIFORNIA BLACK PLUMS **89¢ LB.**

COUNTRY LANE ICE CREAM **3/\$5** 1/2 Gal. Square

FAME FROZEN LEMONADE **39¢** 12 OZ. CAN

12 OZ. CANS • 12 PAK. PEPSI COLA **\$7.00** 3 for + DEP.
With Additional \$10 Purchase

WEDNESDAY & THURSDAY ONLY!
Double Coupons
Up To **\$1.00**

WE ACCEPT **DOUBLE UP TO 50¢ COUPONS** **Prices & Name Good Through Sunday, July 14, 1990**
Check Sale Items in Store Paper