

Dad from page B1

Grilled Halibut with Summer Salsa.

The price of halibut, one half that of swordfish, was no small consideration. Cost, combined with the requisite meaty texture, makes this fish perfect for grilling. I used Worcestershire sauce to emphasize the meat-like qualities. I prefer not to marinate fish because the acid in the marinade will partly cook the fish flesh before you ever get near the heat. Overcooking is one of the reasons people don't like fish.

Of course, you're familiar with the nutritional virtues of fish. Halibut is one of the lowest fat fishes. It has half the fat, one-

tenth of the cholesterol-raising saturated fat and one-half of the cholesterol of an equal amount of lean strip steak. This, of course, holds true only when it's not cooked in fat or accompanied by a fat laden sauce such as tartar sauce. You don't need these when you have a really fresh piece of fish. Fresh fish does not smell or taste fishy. Know your fish market, and trust your nose.

For the Summer Salsa, pick mangoes that give slightly but are firm to the touch. The skin should be yellow with touches of red. Peel and slice parallel to the large flat mango pit.

Your nose is also a good guide to the ripeness of the melons.

The cantaloupe rind should have a yellow background as should the honeydew. The melons should yield to slight pressure.

If you find the melons are not quite as ripe as you would like, a teaspoon of sugar helps. Be sure to wash the melons before you cut into them. In these days of a "look for me" Dish Matic on the second Sunday of the month in Taste, Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter dealing from refrigerator to service plate. Even if you don't use the recipe, it is good to read it and follow the safety tips to fight "back!"

I'm sure you know that you should wear plastic or rubber gloves when preparing a jalapeno pepper. Discard the seeds and ribs to lower the heat. I used only half a pepper, but adjust that to your taste for "hot-

ness." Be sure to wash your hands with soap and water after handling the pepper.

Round out your feast with roasted vegetables for a dinner that will make everyone feel that they are truly "Eating Younger."

Look for my Dish Matic on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dietitian and nutrition therapist with an office in Southfield. She publishes "Eating Younger," a quarterly newsletter dealing from refrigerator to service plate. Even if you don't use the recipe, it is good to read it and follow the safety tips to fight "back!"

Health from page B1

EATING HEALTHFULLY



PEGGY MARTINELLI-EVERTS

Wash the surface first with soap and water to remove soil, spray on the bleach sanitizer, then rinse with clean water and allow to air dry.

I've included a recipe for Confetti Chicken Chipotle that demonstrates proper food handling from refrigerator to service plate. Even if you don't use the recipe, it is good to read it and follow the safety tips to fight "back!"

CONFETTI CHICKEN CHIPOTLE

- 4 chicken breasts
- 1 tablespoon olive oil
- 1 cup any commercial barbecue sauce
- 2 tablespoons canned chipotle peppers, including juice. (Since this pepper has a hot, spicy, smoky flavor, you may want to increase or decrease the amount of peppers you use according to taste. The balance of the can can be mixed into mayonnaise for a spicy sandwich spread or added to tortilla soup)
- 2 ears sweet corn
- 1 red bell pepper
- 1 green bell pepper
- 1 small sweet onion
- Flat leaf parsley (small bunch, finely chopped)

For chicken and sauce: Remove chicken skin and discard. (Be sure to clean all surfaces and utensils that the chicken touched with bleach and water. Refrigerate fresh chicken or thaw frozen chicken on lower shelf of refrigerator to avoid juices from dripping on fresh food.)

Divide barbecue sauce and chipotle into two bowls (one suitable for the microwave), mix well. Refrigerate the microwavable bowl to use later for plating chicken. Use the other bowl for the barbecue sauce. (We prepare two separate mixtures of barbecue sauce to avoid contaminating the sauce for plating with the sauce used to brush on the raw chicken.)

Rub breasts lightly with oil and place on a clean hot grill. Brush

frequently with barbecue sauce. (If you check the chicken for doneness, the juices around the bone should run clear. Don't use this knife again on the cooked chicken. Remove the chicken from the grill with clean tongs to a clean platter.)

To prepare corn: Peel back the husks, but leave them attached. Remove silk and for a couple of minutes. Vegetables should still be crisp and crunchy. Season lightly with salt and pepper to taste, remove from pan and set aside for plating.

To prepare peppers and onion: Finely chopped the red and green peppers and onion. Sauté in a hot pan (lightly wiped with oil) for a couple of minutes. Season lightly with salt and pepper to taste, remove from pan and set aside for plating.

To serve: Microwave a second portion of sauce for 15 seconds, stir and puddle sauce on the center of 4 plates. Place one grilled chicken breast on top of sauce. Sprinkle corn kernels, peppers and onions around the perimeter of the plate. Sprinkle with parsley all over.

Wash your hands thoroughly during the preparation of this recipe. Disinfect the area where you skin the chicken with bleach and water and wash the utensils used for chicken preparation before preparing the vegetables. Remember to use 2 cutting boards, 1 for preparing raw meats and the other for the fresh vegetables. Serves 4.

Nutrition information per serving: Calories, 354.81; Protein 31.26g; Fat 13.2g; Sodium 716.88mg; Carbohydrates, 27.22g. Percent of calories from fat: 33.48.

Peggy Martinelli-Everts of Clarkston is a registered dietitian and director of clinical operations for HDS Services, a Farmington Hills based food service and hospitality management and consulting company. Look for Peggy's column on the second Sunday of the month in Taste. Recipe compliments of HDS Services.

Flavorful condiments complement grilled foods

See related 2 Unique column on Taste front. Recipes compliments of Chef Kelli Lewton 2 Unique Catering and Event Planning.

- onion
- 1 tablespoon chopped capers
 - 2 tablespoons minced roasted, peeled red peppers (or canned pimiento)
 - 1 tablespoon fresh dill chopped
 - Juice from 1/2 lemon
- Combine all ingredients and whisk.
- Serve with your next barbecued salmon or fish steak.

- ### SUMMER PEACH KETCHUP
- 1 cup fresh peaches (peeled, chopped, medium dice)
 - 2 tablespoons butter
 - 1 cup brown sugar
 - 1 (16 ounce) bottle of your favorite ketchup
 - Pinch of salt and pepper

Melt butter in sauté pan and add fresh peaches. Simmer on low for 3-4 minutes. Add brown sugar, continue to simmer on low, stirring occasionally for 10-12 minutes. Add ketchup and mix.

Use as a condiment or brush on grilled meats.

- ### NECTARINE PLUM RELISH
- 2 cups sliced nectarines
 - 1 cup sliced fresh plums
 - 1/2 cup canned Mandarin oranges - drained and chopped
 - 1/2 diced red pepper
 - 4 scallions, chopped
 - 2 tablespoons Balsamic vinegar
 - 2 tablespoons chopped cilantro
 - 1/4 cup prepared plum sauce
 - Pinch of cayenne pepper
 - Salt to taste
- Add a couple of tablespoons sugar to the plums and nectarines. Combine all ingredients and let rest overnight.
- Serve with grilled pork or your favorite meat.

- ### RED PEPPER REMOULADE
- 1 cup mayonnaise
 - 2 tablespoons minced fresh

2 Unique from page B1

the British at Mahon, (a port of the Mediterranean island of Minorca). Hence, the name Mahon later renamed Mahonaise. It found its way to the U.S. by an immigrant named Richard Hellman, who spread it for two cents a dollop on his custom deli sandwich. By 1912 he was manufacturing mayo and selling it in jars. Hellman's came out with their first flavored mayo "honey mayo" last year.

U.S. chefs stopped hearing "hold the mayo" when we turned it into dill, sun-dried tomato, calamata, herb, pesto, and the list goes on and on.

Relish and Chutneys

Not long ago you would only find relish in dill or sweet, in grandma's potato salad, ham salad, and of course, at any respectable barbecue where hot dogs and hamburgers were being served.

Now, only your imagination is the limit. At 2 Unique Caterers, Chef Jeff makes a fabulous Nectarine Plum relish that would perk up any pork chop or tenderloin off the grill.

How about an apple, caraway, onion chutney? Or a fruited relish on your next tuna steak? Relishes, chutneys and salsas in hundreds of varieties are finding their way around the open flame to be united with fresh grilled meats, fish and veggies. Relishes, chutneys and salsas can often be a great condiment to your grilling affair, lending taste, style, and texture.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planning in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month.

Barbecue tips, recipes

AP - If you enjoy barbecuing, here is some news you can use. The Weber Grill-Line is a toll-free consumer barbecue information hotline: (1-800-474-

5668).

Sponsors, Weber-Stephen Products Co., say the line offers answers to all outdoor-cooking questions, from grill preparation and cleanup to recipe suggestions, cooking hints and food-safety tips. The Grill-Line is open for calls 9 a.m. to 6 p.m., Monday through Friday through Labor Day. A taped recording offers limited information 24 hours a day.

A team of home economists certified by Weber as barbecue experts answers consumer calls. There is a free booklet available to all callers. "Barbecuer's Dozen Rib-Tickin' Recipes."

■ Tips online

There is a Father's Day Grill Tips and Recipes area on StarChef.com, a Web site that features celebrity chefs and cookbook authors.

The Father's Day feature includes chef Janos Wilder's recipe for Smoke Cured Grilled Rib Eye Steak with Calabacitos Con Queso, Frijoles de la Olla and Salsa Fresca. There are also several fish and seafood recipes from other notable chefs, among them Grilled Salmon from chef Wayne Nish.

Broccoli makes slaw stylish

AP - This Grape and Broccoli Slaw, a stylish variation on a familiar salad theme.

- ### GRAPE AND BROCCOLI SLAW
- 4 cups fine julienne broccoli stems
 - 2 cups California seedless grapes, halved
 - 1 can (16 ounces) navy beans, rinsed and drained
 - 1/2 cup sliced water chestnuts
 - 1/2 cup Balsamic Dressing (recipe follows)
 - 1 cup diced lowfat Cheddar cheese
- Toss broccoli stems, grapes, beans, water chestnuts and dressing together. Refrigerate until

serving time. Mix in cheese and serve. Makes 4 to 6 servings.

- ### BALSAMIC DRESSING
- 1/3 cup balsamic vinegar
 - 2 tablespoons olive oil
 - 2 tablespoons Dijon-style mustard
 - 1 tablespoon chopped fresh basil
 - 1 teaspoon salt
 - 1/4 teaspoon freshly ground pepper
- Mix well. Makes 1/2 cup.
- Nutritional information per serving:** 335 cal., 18.9 pro., 11.7 fat, 44.0 carb., 16 mg chol., 974 mg sodium.
- Recipe from California Table Grape Commission.

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