

Fruit juice adds punch to barbecue recipes

See related column on Taste front.

BLUEBERRY BARBECUE SAUCE

- 1 teaspoon olive oil
- 1 teaspoon vegetable oil
- 4 tablespoons minced onion
- 1 tablespoon minced fresh jalapeno chili, seeded
- 1/3 cup ketchup
- 1/4 cup rice wine vinegar
- 3 tablespoons light brown sugar
- 3 tablespoons Dijon mustard
- 1 teaspoon mustard powder

- 1 teaspoon Tabasco sauce
- 1 teaspoon onion powder
- 2 cups fresh or frozen blueberries

Salt and freshly ground pepper

Heat the oil in a nonreactive saucepan. Add the onion and jalapeno and cook over moderate heat, stirring, until wilted, about 3 minutes. Add the ketchup, vinegar, sugar, mustard and Tabasco and bring to a simmer.

Add the blueberries and simmer over low heat, stirring until thickened, about 10 minutes.

Puree the sauce in a blender or food processor until smooth. Pass through a strainer and season with salt and pepper.

Serve at room temperature with pork, chicken or a hearty fish. Makes about 1 1/2 cups.

TEQUILA CHICKEN

- 1/4 cup vegetable oil
- 3 tablespoons fresh lime juice
- 2 tablespoons fresh orange juice
- 3 tablespoons tequila
- 2 tablespoons Triple Sec
- 1 large jalapeno chili, seeded,

- minced
- 1-1/2 teaspoons grated lime peel
- 1 tablespoon brown sugar
- 1/2 teaspoon coarse salt
- Pinch of pepper

Mix all ingredients in small bowl. Let stand 15 minutes. (Can be prepared a day ahead.) Cover and refrigerate.

Marinate poultry 1 to 3 hours and sear/roast 30 minutes in refrigerator. Drain (do not pat dry) and grill.

Boil remaining marinade in

heavy small saucepan 1 minute. Drizzle some of marinade over poultry or seafood just before serving.

HERB CHILI GARLIC PRAWNS

- 12-16 large fresh prawns
- 1 onion, small
- 8 garlic cloves
- 1-inch piece of ginger
- 1 teaspoon red or green chili paste or red chili powder
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- 1/8 cup olive oil

3 tablespoons favorite barbecue sauce

Shell, devein, clean and butterfly the prawns with tails left on.

Mix the remaining ingredients together and marinate the prawns in this mixture, covered in the refrigerator, for 1-2 hours.

Grill until prawns are cooked, brushing with marinade and turning twice. (Do not overcook the prawns as they will get tough. It is better to rather slightly undercook them.)

Recipes compliments of Kelli Lewton.

Toss doggie bag into refrigerator within two hours

It's not uncommon to still have enough food left on your plate at a restaurant for another meal. Many box up or put leftovers in a "doggie bag" to take home and eat later.

But doggie bag leftovers always run the risk of causing food poisoning and certain pre-

cautions must be taken to reduce the risk.

First, it's important to determine how soon the leftovers will find their way into a refrigerator. If you don't plan on being home within two hours after bringing up leftovers, it may be safer to just leave the food at the

restaurant.

The outside temperature is also a consideration, especially if the food might be sitting in a warm car even for a short time. It's always safer to go directly home to refrigerate the food

instead of leaving it in a car.

If leftovers do find their way home, they should be immediately placed in the refrigerator. Then, before re-serving, the food should be reheating to about 165 degrees.



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BLAZER SELECT FALL 1999 TEAMS

Birmingham, MI.



BOYS' Tryout Dates

Year	Age	Coach	Phone	Date	Time	Field
83	U18	Tony Deason	623-1888	6/25	12:30 PM	Dorcy
84	U18	Steve Leckman	275-1872			
85	U18	Pat Ferrara	618-2642	6/18, 6/22	2-3PM	Groves
86	U18	Kenn Argue	300-4379	6/18	6-8 PM	West Maple
87	U14	John Jackson	642-4825	6/18	12-2 PM	Dorcy
88	U14	Chris Beyer	846-0004	6/18	6-8 PM	Dorcy
89	U13	Mike Thomas	643-9088	6/18	6-8 PM	Lutheran Church
90	U12	Russ Hess	644-7754	6/18, 6/19	12-2 PM	Berium
91	U12	Russ Hess	644-7754	6/12, 6/18	12-2 PM	Berium
92	U9	Russ Hess	644-7754	6/12, 6/14	6-8 PM	Dorcy

CALL YOUR AGE GROUP COACH FOR MORE INFORMATION

GIRLS' Tryout Dates

Year	Age	Coach	Phone	Date	Time	Field
83	U18	Russ Hess	644-7754	6/17, 6/18	12-2 PM	Groves
84	U17	Russ Hess	644-7754	6/17	10-12 PM	Groves
85	U18	Roger Cummings	642-2988	6/17, 6/18	12-2 PM	Groves
86	U18	Pat Ferrara	618-2642	6/18, 6/22		
87	U14	David Levine	248-3000	6/18	6-8 PM	Dorcy
88	U13	Mike Ruddy	641-7183	6/18, 6/20	6-8 PM	Groves
89	U11	Russ Hess	644-7754	6/18, 6/19	6-8 PM	Groves
90	U11	Jim Cori	640-2343	6/18	10-12 PM	Groves
91	U10	Russ Hess	644-7754	6/15, 6/19	6-8 PM	Berium
92	U9	Russ Hess	644-7754	6/12, 6/18	8-10 PM	Berium
93	U8	Russ Hess	644-7754	6/12, 6/14	6-8 PM	Dorcy

THRYOUTS LOCATION

*Club representative - coach & trainer TBD
Dorcy Middle School—Adams between Maple and Big Beaver
Groves HS—NW corner of 13 Mile and Evergreen
Our Shepherd Lutheran Church—14 Mile Rd. & Malton
E. of Woodward

Berium Medical Center—on Pierce north of Lincoln
West Maple—Inkster-N. of Maple

MIGRAINES

If you suffer from migraines and...

- 18 years or older
- have at least 1 year history of migraines
- experience 3-8 moderate to severe migraines per month
- in good overall health

You may qualify for a medication research study for migraines. All research related care and study medication is provided at no cost to those who qualify. You will be paid for your participation in this research. All medication is taken orally at home. If interested, please call for more information.

INSTITUTE FOR HEALTH STUDIES
(517) 349-5505 / 1-(800) 682-6663
Robert J. Bieliski, MD

When is Shy Too Shy?

Answer the following questions based on the last 2 weeks or more.

- | YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. I feel embarrassed or nervous when beginning conversations |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. I don't enjoy social events or being part of a group |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. I get anxious when giving a report or talking to a supervisor |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I blush, perspire, my heart races in certain social settings |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. It feels like "severe shyness" |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. I feel nervous when I'm the center of attention |

If you answered "yes" to 3 or more statements, you may be suffering from social anxiety, a serious condition affecting 20 million Americans. The Institute For Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for social anxiety. If you are selected, all research related care and study medication are provided at no cost. Get answers and information about social anxiety.

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