

Culinary Outlook

Fresh fruit makes summery dressing Today's comfort foods

By Aileen Claire
NEA Food Editor

Give a new twist to salads with homemade, fruit vinegar dressings. They are easy to do. Just squeeze or press the juice from a favorite fruit, such as strawberries, and mix with ordinary vinegars and oil. Many restaurant chefs use fruit vinegars to heighten the flavor of fish, poultry and ham dishes, as well as a melange of salads.

CHICKEN BREASTS WITH FRUIT

- 6 chicken breast halves, skinned, boned and cooked
- 2 pint fresh strawberries, washed and stemmed, divided
- 1/4 cup red wine vinegar
- 1/4 cup white vinegar
- 1/4 cup salad oil
- 2 teaspoons sugar
- 2 teaspoons ground ginger
- 1 Dash salt
- 1 Lettuce leaves
- 1 cup fresh fruit, in season (blueberries, grapes, peaches, plums, kiwi)

Bake or poach chicken breasts. In bowl, crush 1 pint of the strawberries with a fork or potato masher. Stir in vinegars; cover and refrigerate over-



STRAWBERRY VINAIGRETTE dresses up mixed fruit and chicken salad.

night. Strain, pressing firmly on the solids to extract as much liquid as possible. (There should be about 1/4 cups.) Discard solids. Whisk together 1/4 cup of the strawberry vinegar with the oil, sugar, ginger and salt. Refrigerate remain-

A warm, aromatic Fruit Crisp fresh from the oven evokes comforting memories of Mother's or Grandmother's cooking. If you delighted in such treats as a child but never learned the recipe from your Mother, be sure to clip and file this scrumptiously versatile Fruit Crisp. It's a recipe from a book every bride should have.

The Fruit Crisp requires five cups of your favorite fresh fruit. Use different fruits as they come into season and you'll have a variety of desserts to carry your family through the year. This simple but versatile recipe is just one of 300 from the "Imperial Guide to Great Cooking." An ideal gift for a bride or someone setting up a home, this value-packed cook book provides all the basic shopping and cooking information needed by new cooks. Experienced cooks also will enjoy the new flavor adaptations and time-saving ideas found in the broad range of recipes.

To prepare fruits for this recipe...

- Apples and peaches: peel and slice before measuring.
- Blueberries: wash and pick over.
- Rhubarb: cut into small pieces; toss with 1/4 cup sugar.
- Strawberry-Rhubarb: substitute half the rhubarb with hulled and sliced strawberries; toss with 1/4 cup sugar.
- Sour cherries: wash and pit; toss with 1/4 cup sugar.

Fruit Crisp
5 cups prepared fruit
1 cup packed brown sugar
1/2 cup quick cooking rolled oats
1 cup all purpose flour
1 tsp cinnamon
1/2 tsp nutmeg
1/2 cup Imperial margarine

Arrange prepared fruit (as outlined above) in a 7 x 11-inch baking dish. Combine sugar, oats, flour and seasonings with margarine until crumbly. Spread mixture over fruit. Bake at 350°F for 40 to 50 minutes. Serve with ice cream or whipped cream, if desired. *Makes 4 to 6 servings.*

Hash makes quick work of leftovers

By Aileen Claire
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We may think of hash as a dish born on the American frontier. Yet, hash — traditionally a combination of chopped potatoes, onions and leftovers — has counterparts around the world. French cooks add chopped meat, seafood or poultry and the British treasure their shepherd's pie made with mashed potatoes and chopped meat. Some early American versions have become regional favorites, including Vermont's "red flannel" hash made with cooked beets and corned beef. People in the Northwest add local fish, and seafoods and in the Mid-westerners often combine ham and beef with their hash.

Let your imagination go as you combine ingredients for a tempting hash dish. Making a hash only takes about half an hour. Curried vegetable hash with spices and raisins, for example, provides a hint of India. Another version features pork and apples.

CURRIED VEGETABLE HASH

- 1 package (8 ounces) dehydrated, hash brown potatoes

- 4 cups very hot water
- 1 1/4 teaspoons salt, divided
- 3 tablespoons butter or margarine
- 1 medium onion, chopped
- 1 rib celery, sliced
- 1/2 teaspoon curry powder
- 1/2 teaspoon ground ginger
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1 large carrot, shredded
- 1 cup raisins
- 1/4 teaspoon, slivered almonds or peanuts, optional

In a large bowl, stir together potatoes, water and 1 teaspoon salt. Let stand 15 minutes, drain thoroughly. In a large skillet, melt butter. Add onion, celery, curry powder, remaining 1/4 teaspoon salt and ginger. Cook 5 to 7 minutes until vegetables are tender. Add flour, cook 1 minute, stirring constantly. Gradually stir in milk; cook, stirring occasionally until thickened. Stir in potatoes. Cover; simmer 10 minutes until heated through. Stir in shredded carrot and raisins. Sprinkle with almonds or peanuts, if desired. This kitchen-tested recipe makes 4 to 6 servings.

PORK 'N' GRAVY HASH

- 3 tablespoons butter or margarine
- 1 large onion, chopped
- 1 large apple, cored and chopped
- 1 small red pepper, chopped
- 1 rib celery, chopped
- 1/2 teaspoon dried leaf thyme, crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups frozen "Southern-style" hash brown potatoes
- 1 cup cooked pork, cut into julienne strips
- 1 cup gravy, homemade or canned
- 1/4 tablespoons fresh lemon juice
- 1/4 Chopped fresh parsley

In a large skillet, melt butter. Add onion, apple, red pepper, celery, thyme, salt and pepper. Cook 5 to 7 minutes until vegetables are tender. Stir in potatoes. Cover. Cook 15 to 20 minutes until potatoes are tender, stirring occasionally. Stir in pork, gravy and lemon juice; heat through. Sprinkle with chopped parsley, if desired. This kitchen-tested recipe makes 4 servings.

POLLY'S POINTERS

DEAR POLLY — I'm sure we all have favorite recipes that have been cut out of the paper. It's very upsetting when we lose or tear a recipe and it can no longer be read. I take a couple of extra minutes after cutting out a recipe to tape it to a page that fits into a 7-by-10 inch binder. After that, I write the name of the newspaper

and the date on which it was printed in the corner. That way, if anything should happen to it, I know where to write or call for the recipe. — BOBBI

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