

# Great Food Ideas

## Rainbow Trout Stars In New England-Style Favorite

New England cuisine is fast becoming America's latest food trend. With a rich culinary heritage dating back to our nation's first settlers, this region is the home of such favorites as chowder, maple syrup, cranberry sauce and fish cakes.

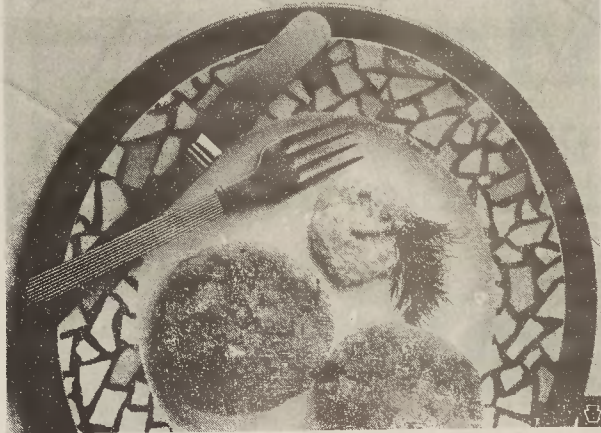
Borrowing from the original, this recipe for New England-Style Trout Cakes features the delicate flavor of Idaho Rainbow Trout, for a new, lighter twist on an old classic.

Succulent morsels of poached Idaho Rainbow Trout fillets combine with breadcrumbs, tender-crisp celery and onion.

Reduced-calorie mayonnaise is added for extra moistness. Form the mixture into patties, then saute until crisp and golden brown. Accompany with a creamy dill sauce, for the finishing touch.

For a festive autumn buffet, serve New England-Style Trout Cakes with a mixed green salad, marinated fall vegetables, crispy french bread and plum tart for dessert.

For more rainbow trout recipes, send a self-addressed, stamped envelope to: Fall Trout Recipes, C/O SY&T, 460 Boulevard Way, Oakland, California, 94610.



- 6 tablespoons bread crumbs, divided
- 1 egg
- 1 teaspoon Dijon mustard
- 2 tablespoons each finely chopped celery, bell pepper and green onion
- Salt and pepper
- 2 teaspoons butter

Combine 3 tablespoons mayonnaise and next 4 ingredients in bowl. Cover and refrigerate. Fill large skillet with water. Bring to simmer; reduce heat. Poach trout fillets in gently simmering water for about 5 minutes, or until fish flakes with a fork. Remove skin from trout and flake meat into bowl. Add 1/4 cup mayonnaise, 2 tablespoons bread crumbs and next 5 ingredients. Season with salt and pepper. Shape mixture into 8 cakes. Dredge in reserved bread crumbs. Melt butter over medium heat in skillet. Saute trout cakes about 3 to 5 minutes, or until golden brown and heated through. Serve immediately with sauce. Makes 4 servings. About 321 calories per serving.

**Oral-B Buy Two, Get One Free.** Free toothbrush. Send form and POPs as listed. 9/30/90. Send stamped self-addressed envelope for form: Oral-B Buy Two, Get One Free Offer, Box 8660, Young America, MN 55551-8660.

that my coupons were for products we used — not just needed that week — and hummed happily to myself while stuffing my shopping bags.

### Hint of the Week

Check specially marked packages of Kit 'n Kaboodle for a free 3.5-pound bag offer.

### Pick of the Week

**Malibu Action Glasses,** Box 4080, Westbury, NY 11592. Send name and address on a 3-by-5 card and UPC from one carton of Malibu Cigarettes for each pair. Must be over 21. 8/31/90 or while supplies last.

Listed below is another offer that does not require a form:

**The Little Mermaid Videocassette,** Box 400131, El Paso, TX 88540-0131. \$3. Send printed name and address and the POP from inside videocassette pkg. 9/15/90.

The following offers DO require forms:

**Revlon Great Rebates.** \$1. Send form and POPs as listed from Revlon implements. 3/28/90. Write for form with words "Revlon Great Rebates Rebate Certificate" on a 3-by-5 card: Revlon Great Rebates Offer, Box 6084, Douglas, AZ 85655.

**Sheer Indulgence.** \$2. Send form and POPs as listed. Stamped self-addressed form request must be postmarked by 9/1/90: Sheer Indulgence \$2 Rebate Offer, Box NN1, Burlington, NC 27220.

## Italian-Style Chicken Wings Mamma Would Love

You need not have grown up in an Italian neighborhood to truly appreciate down-home, Italian cooking. After all, what really makes homemade Italian dishes so special — like zesty pasta and chicken, hearty soups and fresh fish — is the love that goes into making them. And if you grew up with a relative who's anything like the loving, constantly cooking Vincenza DeStefano DeLuise — mother of one of America's best-loved comedians, Dom DeLuise — you're probably a home-cooking connoisseur!

"When I was a kid, if I was sick, depressed, fell down or got into a fight, my mother's response was always, 'Eat this, it'll make you feel better,'" notes DeLuise, spokesman for Ziploc® brand bags. DeLuise's new cookbook, *Eat This. It'll Make You Feel Better!*, is dedicated to the mother who endowed him with a love for cooking and making people happy. "Some of my favorites were her delicious chicken dishes," says DeLuise. "Roasted, baked, or broiled, mamma's chicken was always special!"

Chicken has always been popular at home and in restaurants, where dishes like spicy chicken wings are a favorite appetizer. Here's a terrific variation called "Honey and Vinegar Chicken Wings." They're a delicious Italian-style appetizer (or main dish if you use larger pieces of chicken) your family and friends will love.

Preparation is easy. Use a gallon-size Ziploc storage bag to marinate the wings in a flavorful concoction of honey, vinegar, onion, mint, garlic, salt and pepper. Clean-up is a breeze — just throw the bag away!

Ziploc storage bags can make clean-up a cinch for many other kitchen duties. Use the clear, re-closeable plastic bags for making your own favorite deviled egg recipe. Simply fill the bag with the yolk filling, seal, snip a corner and pipe into eggs for practically no-mess preparation. For pie crusts, crush graham crackers easily by putting them in a zipper-top bag; seal and use a rolling pin. Zip-up whatever is left and save for next time.



In addition to "Honey and Vinegar Chicken Wings," the makers of Ziploc storage bags are offering 22 recipes in a booklet excerpted from *Eat This. It'll Make You Feel Better!* Recipes for Italian favorites such as "Dom's Mom's Meatballs," "Mamma's Spaghetti Sauce with Italian Sausage" and "Julann's Fat-Free, Hearty Mushroom Barley Soup" are featured in the booklet which you can receive by sending 50 cents (for postage and handling) to: Dom DeLuise Cookbooks, P.O. Box 8133, Clinton, IA 52736.

### HONEY AND VINEGAR CHICKEN WINGS

- 3 pounds chicken wings
- 1/2 cup red wine vinegar
- 1/2 cup honey
- 3 green onions, with partial green tops, minced
- 3 tablespoons chopped fresh mint leaves
- 2 large garlic cloves, minced
- 1/4 teaspoon black pepper
- Dash hot pepper sauce

Fold wing tips inside each wing, or discard wing tips and halve each wing at joint. Arrange pieces in gallon-size Ziploc® brand storage bag (use two if necessary). Combine remaining ingredients in small bowl. Stir to blend thoroughly. Pour over chicken in bag; seal zipper-top. Marinate in refrigerator at least 4 hours, turning bag over several times. Open bag and remove chicken, reserving marinade. Arrange pieces in baking pan. Brush with marinade. Bake in 400° oven 15 minutes. Turn pieces and brush with marinade again; bake 15 minutes longer. Serve hot.

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## REFUNDING \$\$\$ AND SENSE

VICTORIA R. FLEMING

### Shopping Ahead

As I was paying the cashier at the supermarket last week, the shopper next in line praised my coupon savings of over \$18. I'm always happy when others don't complain about the few extra moments that coupons take and doubly happy when someone takes note of how much it's possible to save. (Maybe others also could be impressed and use coupons, too, if the \$18 was actually handed to them in cold cash.) So I blithely mentioned that the coupons used were only for products I really needed. But then I noticed I had bought two cans of cleanser for 59 cents (and then used a 25-cent cash-off) even though I still had some at home. But the coupon was close to expiration date and the cleanser was usually 45 cents per can. That's 56 cents in savings right there. And I had a few dozen cans of the featured cat food on sale for five for a dollar (vs. the regular price of 35 cents per can) because we use at least 35 cans per week. It just made sense (cents!) to do so. Subtracting manufacturers' coupons worth \$1 off every 10 cans added to my savings. It always pays to shop ahead this way if you have the storage space and the items are non-perishable. So, then I corrected my statement to the other shopper by saying

## Everybody's Favorite... Chicken Nacho Dip



Add a south-of-the-border flair to your next party by serving some quick and easy Mexican dips. "Mexican foods have become more and more popular over the past several years," says Nina Swan-Kohler, home economist for Gold-n-Fresh® Chicken. "Americans love ethnic foods, especially at parties. For an extra easy appetizer, simply pour your favorite salsa over cream cheese and serve with tortilla chips. To impress your friends and family with something special, prepare this easy-to-make Chicken Nacho Dip. Serve both dips with regular or blue tortilla chips at your next party. O'le!

### Chicken Nacho Dip (Microwave Recipe)

- 8 ounces Mexican pasteurized process cheese spread, cubed
- 1 (4 oz.) can diced green chilies, drained
- 1/2 cup sour cream
- 1/2 teaspoon cumin
- 1 package Gold-n-Fresh boneless, skinless chicken thighs, cooked and diced
- 1/2 teaspoon coriander
- Tortilla Chips

Combine cheese and sour cream in a 1-1/2 quart casserole. Heat on High 2 to 4-1/2 minutes, or till cheese is melted. Stir twice during cooking time. Stir in chicken, chilies and spices. Heat on High 1-1/2 to 3-1/2 minutes, or till heated through. Stir halfway through cooking time. Pour into fondue pot or candle heating unit. Keep warm. Serve with chips.

To serve all at once, spoon chicken dip over chips. Sprinkle with lettuce, tomato and olives. Top with salsa and sour cream. Serves 10 to 12.

For a free Chicken Cookbook, write to: Gold-n-Fresh Chicken, P.O. Box 2879, Cedar Rapids, Iowa 52406.



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