



FOOD



Seafood Grilling Ideas

Summer here in Portland is fading, but there should be enough sunny weather left to cram in a few more barbecues. Why not take your Columbia catch and barbecue some fillets or kabobs with it? Here is some advice on barbecuing fish.

Grilling time will depend on the thickness of the fish, the type of fire (wood, charcoal, gas, electric), the distance of the fish from the heat source, and whether you use a covered or open grill. Make sure the grill grid is hot before you start cooking. Prior to placing the fish over the heat, spray the grill with non-stick product, or very lightly glaze the fish with cooking oil (if you add lemon juice—a favorite of mine—later, it will dispell the oil, and you won't get unneeded fat calories). Befor grilling a large whole fish, make three deep cuts with a knife diagonally along each side to ensure even cooking. Cook fish and shellfish over a medium hot fire. Whole fish, steaks, and fillets take between 6 and 12 minutes per inch thickness; shrimps and scallops average 3 minutes per side. Remove fish from grill when it is opaque throughout, being careful to not overcook.

For a free brochure on *Seafood Grilling Made Easy*, send a self-addressed, stamped envelope to: National Fish & Seafood Promotional Council, 1825 Connecticut Avenue NW, Suite 620, Washington D.C. 20235.

If you have any recipes, household hints, food events, or health/nutrition questions, please send them to: Angelique Sanders, Food Editor, c/o the Portland Observer, 4747 N.E. Martin Luther King, Jr. Blvd., 97211 or call me at 288-0020. I test everything before including it, and reserve the right to edit contributions before publication.

Pork Marinade Recipes

Mediterranean Rub for Pork Roasts

- 3 tablespoons dill seed
- 1 tablespoon fennel seed
- 1 teaspoon oregano
- 1 teaspoon lemon pepper
- 1 teaspoon garlic powder

Mix together well.

Herb-y Rub for Pork Chops

- (best when grilling and panbroiling)
- 1 teaspoon tarragon leaves, crushed
- 1/2 teaspoon marjoram leaves, crushed
- 1 teaspoon rosemary leaves, crushed
- 1 teaspoon thyme, crumbled

Brush surfaces of chops lightly with olive oil. Combine herbs and rub onto surface of chops.

Marinade for Pork Kabobs

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon brown sugar
- 1/2 teaspoon crushed dried red pepper
- 1 teaspoon crushed coriander seed
- 1/2 teaspoon crushed cumin seed
- 1 teaspoon dried minced garlic

Mix all ingredients together. Marinate 1 pound pork tenderloin (cubed) for 30 minutes before skewering and grilling.

Product Recommendations:

Dromedary Date Nut Bread

Editor's note: The "product recommendations" feature, which I run from time to time, is not a paid endorsement or advertisement of any sort. The Observer and myself are not steared in any way by the companies to endorse their product. Using my knowledge about products, my attempt is to give you, the consumer, an objective insight as to which are superior products.

Despite dull packaging, Dromedary Date Nut Bread really impressed me. It's inexpensive—I paid \$1.50, which is even cheaper than one would expect to pay to make it from scratch—and it requires the addition of only water, oil, and eggs. The ingredients really impressed me (I was familiar with them all, and in this age of processed foods, that's amazing). In order, ingredients are as follow: flour, dates, brown sugar, corn or cottonseed oil, sugar, walnut, salt, baking powder, soda, cinnamon, xanthan gum (which helps, like eggs, to hold the mixture together), and vanilla.

The taste is terrific, too, but could be further improved...I'd recommend adding some grated zucchini, lemon peel, apple, or carrot, or any other vegetable or fruit that you have on hand.

How to Figure Fat Into Your Diet

Dietary fat accounts for about 37 percent of the total calorie intake of Americans. Compare this figure to the 30 percent or less recommended by the American Heart Association and the American Cancer Society, notes Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

Scientific research shows that diets high in fat are associated with higher rates of obesity. Research also establishes a clear link between obesity and cardiovascular disease as well as possible links with other health-related problems.

In addition, certain types of fats—specifically saturated fats—are believed to play a significant role in raising blood cholesterol levels. High blood cholesterol is one of the major risk factors for coronary heart disease. It's because of these health concerns that experts are advising Americans to reduce fat—all types of fat—in their diets.

So, how do you determine the fat content of foods? How do you know when the fat content of your diet is more than 30 percent of calories? Here is a simple step-by-step approach.

- First, identify the appropriate number of total daily calories for yourself. A registered dietitian can help you select a total calorie count based on your height, ideal weight, activity level and specific health considerations.
- Now, let's assume that your recommended figure is 1800 calories. This means your fat intake should account for no more than 540 calories per day.
30 percent (.30) calories from fat x 1800 total calories = 540 calories from fat
- When choosing foods, take a look at the nutrition information on the label. It will include a statement about the grams of fat per serving. Each gram of fat—any type of fat—has 9 calories. Therefore, a food that contributes 10 grams of fat per serving has 90 calories from fat.
9 calories per fat gram x 10 grams of fat = 90 calories from fat

With some foods in the supermarket, you will not see nutrition information on the package. Fresh meats, poultry and seafood, fresh fruits and vegetables as well as bakery items are examples of such foods. A good source of information is a booklet called "Nutritive Value of Foods" available from Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402-9325. Send \$2.75 by check or money order made payable to Superintendent of Documents. Include this order number: 001-000-044575. To order by Visa or Mastercard, call 202-783-3238.

If you have serious health concerns related to fat consumption, you may need to calculate fat grams and calories from fat on a daily basis. Others will simply want to check fat intake periodically. As you become more aware of the fat content of various products, you will be able to do quick calculations in your head and monitor your own fat intake easily.

Don't be alarmed if the fat content of one day's meals exceeds the 30 percent goal. Recognize what foods and ingredients contribute significant amounts of fat and begin to substitute lower-fat alternatives. Offset an occasional high-fat day with a day of low-fat meals and snacks. The key is overall balance, concludes Gunkler.

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