

Times for food

Peaches on sale at peachy prices

Canada Safeway

Peaches, Ontario-grown, Canada No. 1 grade, 4 qt. basket, \$2.49. Head lettuce, Ontario-grown, Canada No. 1 grade, four for \$1. Side spareribs, fresh Canadian pork, \$1.28 lb. Regular quality ground beef, \$1.28 lb. Libby's tomato juice, Canada fancy, 48 fl. oz. tin, 69¢. Tide powdered laundry detergent, 12 litre box, limit two per family purchase, \$6.29.

light tuna, 6.5 oz. tin, \$1.09. Cut from Canada grade A beef, full slice round steak, \$2.28 lb. Sunspun rindless bacon, 500 gm. pkg., \$1.68. Chiquita bananas, 29¢ lb.

Best Buys

Dominion

Product of U.S.A., Canada No. 1 grade cantaloupe, 57¢ each. Ideal for picnics, store-sliced cooked ham, \$1.39 lb. Ideal for barbecue, meaty shoulder or butt pork chops, 96¢ lb. 24 x 10 fl. oz. tins, Coca-Cola, \$4.99. All-purpose grind Chase and Sanborn coffee, 1 lb. bag, \$2.98.

A & P

Grade A frozen chickens, 3-4 lb. average, 79¢ lb. Schneiders Wieners, red hots, all beef, Dutch treat or dinner franks, 1 lb. pack for \$1.19. Mountain Dew or regular or diet Pepsi-Cola, 6 pack 750 ml. bottles, \$2.19 plus bottle deposit. Scott towels, pkg. of 2 rolls for 99¢, limit of 4 per family purchase. Fine granulated white sugar, 2 kg. bag for \$1.99, limit 6 per family purchase. Mason jars, qt. size, carton of 12, \$2.99, limit 6 cases per family purchase.

Food City

Cut from Canada Grade A beef, boneless outside cut, round steak roast, \$1.95 lb. Canada utility grade frozen eviscerated young chickens under 6 lbs., 69¢ lb. Ontario-grown Canada No. 1 grade peaches, \$2.19, 4 qt. basket, weather permitting. Produce of U.S.A. Red Cardinal grapes, 99¢ lb. Cloverleaf solid white tuna, 7 oz. tin, \$1.49. Assorted flavors Sun Pac fruit drinks or Country Lane apple drink, 48 fl. oz. tin, 49¢.

I.G.A.

Mary Miles sliced side bacon, 500 gm. pkg., 89¢. Mary Miles wieners, 1 lb. pkg., 79¢. Ontario-grown Canada No. 1 grade peaches, 4 qt. basket \$2.19, weather permitting. Ontario-grown Canada No. 1 grade corn on the cob, 5 for 59¢. Sunsqueeze frozen concentrated orange juice, 12½ fl. oz. tin, 49¢. Sunsqueeze from concentrate apple juice, 48 fl. oz. tin, 69¢.

Loblaws

Ground beef, regular freshly ground, limit 10 lbs., \$1.05 lb. Boneless, Mary Miles brand, cooked, smoked dinner hams, \$1.59 lb. Mary Miles brand, sliced side bacon, 500 gm. package, 99¢. Loblaws frozen concentrated unsweetened orange juice, 6¼ fl. oz. tins, 29¢, limit 4 tins per family. Produce of U.S.A. seedless green grapes, 88¢ lb. Ontario-grown, No. 1 grade cauliflower, 59¢ ea.

Bell's Red and White

Kellogg's corn flakes 675 gm. \$1.09. Heinz tomato ketchup, 1.25 litre bottle, \$1.89. Cloverleaf chunk

Ferlisi Supermarkets

Coca-Cola, 10 oz. cans, \$4.98, limit of 2. Sugar, 2 kg. bag, \$1.98, limit of 2. Kleenex towels, 2 roll pack, \$1.18. Primo or Lancia pasta, plain all cuts, 68¢ each, limit 4. Fresh ricotta cheese, 98¢ lb. Bravo tomatoes, 28 oz. can, 68¢ ea. Fresh veal scallopini, \$3.98 lb. Veal chops, \$2.98 lb. Ontario tomatoes, 3 lbs., 99¢. Celery, Ontario-grown 38¢ ea.

Happys Foods

McCormick's party crackers, 350 gm., 69¢. Habitant pea soup, 28 oz., 59¢. E.D. Smith ketchup, 1.5 litre, \$1.89. Tomato clam cocktail, 28 oz., 79¢. Mushroom soup, 10 oz. tin, 4 for \$1. Orange Pekoe tea bags, pkg. of 100, 99¢.

Fieldgate Red & White

Kellogg's corn flakes, 675 gm. \$1.09. Heinz tomato ketchup, 1.25 litre bottle, \$1.89. Cloverleaf chunk light tuna, 6.5 oz. tin, \$1.09. Canada Grade A round steaks, \$2.28 lb. Store-sliced cooked ham, \$1.99 lb. Bananas, 29¢ lb. Cooking onions, 2 lb. bag, 59¢. Flowerdale Orange Pekoe tea bags 100's, \$2.19.

Valley Meat & Cheese

Fresh regular ground beef, \$1.29 lb. Beef long loin, \$2.99 lb. Side beef, Grade A, \$1.59 lb. Front quarter, cut, ideal for barbecue, \$1.29 lb. Hot or mild Italian sausage, \$1.49 lb.

Locations

O. Ferlisi Supermarkets, 680 Silver Creek Blvd., Silver Creek Plaza; Bell's Red & White, Dundas Street West, Erindale; Fieldgate Red & White, 3445 Fieldgate Drive, Mississauga; A & P, 700 Burnhamthorpe Road E., 406 Lakeshore Road, 2550 Hurontario St., 1150 Lorne Park Road; Loblaws, Lakeshore Road W., Port Credit; Cousin's Foods, 1215 Hurontario Street, Mississauga; Happys Foods, 1107 Lorne Park Road, Lorne Park Plaza; Canada Safeway, 2500 Hurontario Street, Mississauga; Knob Hill Farms, Dixie Mall, Dixie Road, S. of Q.E.W.; Valley Meat & Cheese, 113 Dundas St. W., Mississauga; Dominion Stores, all locations in Mississauga. Dominion Stores: Square One, 100 City Centre Drive; Sheridan Mall, 2225 Erin Mills Parkway; 1125 Bloor Street; 377 Burnhamthorpe Road; 1575 Clarkson Road; 2458 Dundas Street; Applewood Acres Shopping Centre; 2900 Aquitaine Avenue. Food City, 60-70 Dundas St. E., 3100 Dixie Rd.; IGA, 1375 Southdown Rd., 1640 Crestview Ave.

Celebrity cooks

Wining and dining with romantic Sam

By ALANA PERKINS
Times staff writer

Sam McCallion can clean, sew, knit and crochet but can he cook?

The Britannia Road resident says he can do all these things because his mother taught him as a "matter of survival."

"She told me there may come a day when I would need it and she wasn't wrong," said McCallion, whose wife, Hazel, is mayor of Mississauga.

McCallion's philosophy while in the kitchen is to cook for enjoyment. He prefers an unconventional approach to cooking.

He rejects the idea that the recipe must be followed exactly and that the correct wine should be served for fish or fowl. Etiquette is not part of his recipes.

"I'm a firm believer that you don't have to be a gourmet to cook," said McCallion. "People usually cook to suit their own tastes anyway. I found that cookbooks make suggestions like the correct vegetable for a certain meal and I don't think a person has to feel obligated."

McCallion's favorite food is steak. Fifteen years ago, he built a backyard barbecue big enough to accommodate 15 steaks. During the winter, McCallion feels like the Galloping Gourmet, dashing from the house to the patio barbecue and back again. One little known fact about the McCallion steaks is that a cedar or Pine leaf is usually placed on the barbecue coals, giving the meat a smokey flavor.

McCallion chose the recipe, Candlelight Steak for Two because he is a romantic. "Aren't we all?" he asks indignantly.

CANDLELIGHT STEAK FOR TWO

2/3 to 3/4 lb. sirloin OR tenderized round steak, 1/2-inch thick
2 tbs. butter
2 tsp. each, chopped green onion, parsley and pepper cress
1/2 tsp. chopped fresh dill or 1/4 tsp. dill seed
2 tsp. lemon juice
Black pepper

Trim steak and cut into 2 servings. Discard bone. Flatten meat with a mallet or edge of a heavy plate until 1/4-inch thick or less. Melt 1 tablespoon of the butter in a heavy frying pan until hot but not smoking. Brown steak quickly on both sides for 1 or 2 minutes per side or medium rare. Stack steaks to one side of the pan and add remaining butter and the other ingredients. Stir and heat for 30 seconds, just long enough to melt butter. Lift steaks to hot plates and spoon sauce over each.

"The recipe looks complicated but it's really simple," said McCallion, "and the secret to this meal is heating up all the spices



PETER MCCUSKER/THE TIMES

McCallion pours on the romance

and seasonings while the steak is cooking. The flavors from the herbs get released and instead of the meat marinating before cooking, it gets marinated during the cooking."

The only food that McCallion has had to learn to like is fish.

"My recollection of fish as a young boy was a dried variety that was sold by a fishmonger who would come around in a wagon," said McCallion. "It tasted terrible. But through my long association with Hazel, who comes from the coast, I've come to like fish."

McCallion donated another recipe which has honey as an ingredient. As the organizer of the Bread and Honey Festival in Streetsville, he hopes people will recall the festival's good times as they eat.

HONEY GARLIC SPARERIBS

3 lbs. spareribs
1/2 cup honey
1/4 cup lemon juice
1/2 cup water
3 tbs. tomato catsup
2 cloves garlic, crushed
1 tsp. salt
1 tsp. ginger

Season spareribs with salt and pepper. Cover with aluminum foil and bake at 350 F until almost tender (about 1 hour). Combine remaining ingredients and pour over partly cooked ribs. Marinate for several hours. Drain ribs and heat remaining sauce for basting. Place spareribs on greased rack about 5 inches from heat and broil until tender (about 20 minutes). Turn 3 or 4 times during cooking, basting with warm sauce. 6 servings.

Amateur gourmet chefs compete

All amateur gourmet chefs in the Toronto area, including Mississauga, are invited to submit their favorite recipes for judging in the Amateur Gourmet Cooking Contest.

The contest is being held in cooperation with the 1980 International Gourmet Show, to be held

Oct. 23 to 26 at the International Centre, 6900 Airport Rd.

There are six categories in the contest: main dish using fresh pasta; main dish using eggs; main dish using Canadian pork; main dish using Canadian beef; dessert using Cointreau; dessert cake using Robin

Hood flour.

The deadline for entries is Sept. 21 and the six winners will be invited to attend the show as special guests on the day their recipes will be demonstrated.

Entry forms may be obtained by calling the International Gourmet office at 445-6641.