

# Emma's Bar and Grill

by Emma Sadgrove

After having set aside one large cupboard as the liquor cabinet, it is time to think about what to keep in those other cupboards. It is a good idea to begin by buying frequently used items in large containers and stocking up well on the basics. A supermarket which lists prices per amount is useful for choosing the best deal without having to take your calculator.

In many cases the cheaper brands are still good quality, but occasionally it is worth spending more for a better brand. For example, I prefer not to use cheaper pastas because they stick to the saucepan and are not worth the savings. Margarine is a matter of taste and you may prefer to spend a little more.

Stock up on some spices now and add to the collection over the year. The necessities in my cupboard include salt, pepper, oregano, chili powder, curry powder, onion powder, ginger and cinnamon. Assorted pastas and rice are useful and nutritious. Keep baking powder and soda for baking, which we will be discussing soon, and of course, flour and sugar are essential. It is also handy to have a few tinned products such as tomato sauce for my favorite - Italian cooking.

Go on out now and find those bargains and look for sales. Stocking up the cupboards well will make it easier for you to plan the rest of your budget. It also helps to come up with a weekly plan. Various meals can be combined to spread the budget over the

week.

One of the most expensive items, of course, is meat. To deal with this expense, brave yourself and try some of the interesting cheaper cuts of meat. Next week, look forward to enjoying stuffed lamb's heart and the like. This may sound daunting to some but it is actually quite delicious and an excellent deal at about 50¢ a serving.

Soups are also inexpensive and nutritious and can be great fun to make. Save bones whenever you use chicken or buy soup bones which are very cheap. Use these to make a good stock and then start throwing in anything that catches your fancy. It is hard to go wrong in creating your own soup and you will also be seeing some great recipes in this column.

Keep in mind such meat alternatives as fish and eggs. Admittedly, it seems to be getting harder to find good deals on fish, but again certain types are especially good deals. Fish is also a good idea because our society seems inclined to eat excessive quantities of meat. At a cost of about 15¢ each, eggs are very useful for budget cutting. Souffles, omelettes or just plain scrambled eggs help to balance the budget.

Don't forget leftovers. Here is an area in

which imagination is a great asset. Combine various things, pad out leftovers and create exciting new dishes. And I won't be leaving you on your own in this area either. Not only do I have some interesting recipes up my sleeve, but I am hoping to hear of some favorite ways of using leftovers. So send your recipes. It could be an interesting column.

Also think about re-evaluating your eating habits. Yesterday, I grabbed a cookie on my way through the kitchen and was in my bedroom before I even realized what it was. Cutting out some of those extras and putting a little thought in your food consumption can do wonders for the budget. And that means more beer money!

I feel like I have just written a course outline, but this barely touches on some of the goodies in store for you.

Columns to come will take a look at desserts and other fattening things, ideas for lunches, ethnic dishes and alcoholic recipes, including some of Rob's favorite creations. We are working on the research right now!

Remember to help your budget by stopping by Quad for some of those free burgers and enjoy the beer!

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