

Cooking spices up chef's life, gives chance to teach others

By Lori Griffin

Travelling from town to town cooking and giving out nutrition information may not be many people's idea of a job but for Carol Savage, alias Chef Sage, it has been fun as well as educational.

Savage has had 35 years of cooking experience, although not all of it is professional. He grew up on a "self-sufficient farm" in Illinois. His family grew and canned all of their fruits and vegetables. They also bred their own cattle and swine.

"The only items that we actually went to the store and bought were sugar, salt and cornflakes," Savage said.

Besides touring, Savage said he also has been a chef in "some of Miami's finest restaurants." He also has helped his family do things like canning, freezing and butchering.

Chef Sage will be at the Gateway Gallery Mall today through Sunday, with his National Food and Beverage Festival. This is the second year for the tour which Savage hopes to make an annual event. This year he is touring 70 cities throughout the United States.

During the tour Savage,



Craig Andresen/Daily Nebraskan
Chef Sage

along with more than 20 corporate sponsors, is backing recipe contests in which anyone can enter.

The guidelines for the contest include using a recipe that contains Triscut Whole Wheat wafers.

"You must be able to find the ingredients in any grocery store," Savage said. The full details are in the application which can be picked up during the run of the show.

The prizes include \$10,000 in cash and \$4,000 worth of Amana appliances.

The demonstrations are given at 11 a.m., and 1, 3

and 7 p.m. Times run according to what time the mall is open.

Savage's kitchen will be in the Center Court of the Mall.

"We also have the Nabisco Pavillion where the audience can get free samples of hors d'oeuvres made with Triscuts and graham crackers," Savage said.

"I am delighted to be in Omaha and in Nebraska. It all has such gorgeous countryside and trees. I like Omaha because they didn't chop down the trees when they made the subdivisions," Savage said.

WEEKEND

LIVE BANDS

Bill's Saloon, 1020 P St. — The Crap Detectors, Friday and Saturday, \$1 cover charge.

Chesterfield, Bottomsley & Potts, 245 N. 13th St. — Cold Spring, Friday and Saturday, no cover charge.

Drumstick, 547 N. 48th St. — Charlie Burton and the Cut-Outs, Friday and Saturday, \$3 cover charge.

Green Frog, 1010 P — Scanner, Friday and Saturday, no cover charge, open stage Sunday night.

Judges, 2630 Cornhusker Highway — Media, Friday and Saturday, \$2 cover charge.

Little Bo's, 2630 Cornhusker Highway — Media, Friday and Saturday, \$2 cover charge.

Mountains, 311 S. 11th St. — The New High Flyers, tonight and Saturday, \$1 cover charge.

Rivera's, 1920 West O St. — Roy Williams, tonight and Saturday, no cover charge.

Royal Grove, 340 W. Cornhusker Highway — The March, tonight and Saturday, no cover charge.

Skylight Bistro, 235 N. 11th St. — Dennis Taylor tonight, no cover charge; Sayre and Newton Saturday, no cover charge.

Zoo Bar, 136 N. 14th — Bel Airs, tonight and Saturday, \$3 cover charge.

MOVIES

(Asterisk indicates Saturday and Sunday times only)
Cinema 1 & 2 — "Firestarter" 1:20*,

3:25*, 5:30*, 7:35 and 9:40 p.m.; "Moscow on the Hudson," 1*, 3:05*, 5:10*, 7:25 and 9:35 p.m.

Cooper — "Star Trek 3" 12:30, 2:45, 5, 7:15 and 9:30 p.m.

Douglas 3 — "Breakin'" 5:15, 7:15 and 9:15 p.m.; "The Bounty" 5, 7:20 and 9:40 p.m.; "Once Upon a Time in America," 1:45, 4:20, 7 and 9:35 p.m.

East Park 3 — "Romancing the Stone" 1:10*, 3:10*, 5:15, 7:15 and 9:25 p.m.; "The Natural" 2*, 4:45, 7:15 and 9:45 p.m.; "Streets of Fire" 1:30*, 3:30*, 5:30, 7:30 and 9:30 p.m.

Joyo — "Terms of Endearment" 3*, 4:45* and 7:30.

State — "Indiana Jones and the Temple of Doom" 12:30, 2:45, 5, 7:20 and 9:40 p.m.

Stuart — "Sixteen Candles" 1:30, 3:30, 5:30, 7:30 and 9:30 p.m.

84th and O — "Footloose"; "Flashdance."

Starview — "Police Academy," "Up the Creek."

West O — "Vacation"; "Risky Business."

Sheldon Film Theatre — "Casablanca" today, 3 p.m.; "A Streetcar Named Desire" today 5 p.m., Sunday 9:30 p.m.; "Beauty and the Beast," today 7 p.m., Saturday and Sunday 3 p.m.; "Diva" tonight 9 p.m., Sunday 7 p.m.; "McCabe and Mrs. Miller," Saturday 5 p.m.; "La Cage Aux Folles," Sunday 5 p.m.

ON STAGE

Lincoln Community Playhouse, 2500 S. 56th St. — "Shades of Williams" tonight 8 p.m.

Fruit desserts

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Fruit Kabobs

- 2 tablespoons honey
- 1 teaspoon orange juice
- Dash ground cloves
- 1 medium apple, cored, quartered and cut into chunks
- 1 medium banana, cut into 1-inch chunks
- 4 maraschino cherries
- ¼ cup grated coconut or ground peanuts
- ⅓ cup orange yogurt

In a small mixing bowl combine honey, orange juice and cloves.

On four wooden skewers alternately thread apple chunks, banana chunks and cherries; brush with honey mixture.

Broil kabobs four inches from heat for 3 to 5 minutes or until heated through, turning once. (Or grill over medium coals for 5 minutes, turning often.) Sprinkle with coconut or peanuts after turning. Serve with the yogurt. Makes two servings.

Strawberry Blintzes

- 6 crepes (recipe follows)
- ½ cup dry cottage cheese
- ¼ cup dairy sour cream
- 1 tablespoon sugar
- ½ teaspoon vanilla
- ¼ teaspoon grated lemon peel
- 2 tablespoons margarine or butter
- ½ cup dairy sour cream
- 2 to 2½ cups strawberries

Prepare crepes except — brown only one side. Cool, keeping crepes covered to prevent them from drying out.

Mix cottage cheese, ¼ cup sour cream, sugar, vanilla and lemon peel. Spoon about 1½ tablespoons of cheese mixture and several strawberries onto browned side of each crepe. Fold sides of crepe up over filling, overlapping edges, roll up.

Heat margarine in skillet over medium heat until bubbly. Place blintzes seam side down in skillet. Cook, turning once, until golden brown. Top each with a tablespoon of sour cream and strawberries.

Crepes

- 1½ cups flour
- 1 tablespoon sugar

- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 cups milk
- 2 eggs
- 2 tablespoons margarine or butter, melted
- ½ teaspoon vanilla

Mix flour, sugar, baking powder and salt. Stir in remaining ingredients. Beat with hand beater until smooth. Lightly butter 6- to 8-inch skillet; heat over medium heat until bubbly. Pour ½ cup of the batter into skillet; immediately rotate skillet until thin film covers bottom.

Cook until light brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Stack crepes, placing waxed paper between each. Keep covered.

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