

Lemony dessert company special

Dessert lovers rejoice! The \$10,000 Grand Prize in the 3rd annual Quaker Oats "It's the Right Thing To Do" recipe contest was awarded to California Lemon Crunch Dessert, a recipe that's company special and so simple to make that a beginning cook can be assured of perfect results.

This year's contest took place shortly after the completion of a survey of consumer shopping, cooking and eating habits commissioned by The Quaker Oats Company. The results of both confirmed that we're moving back into the kitchen.

According to many of the consumers surveyed, home is often considered a safe haven from the stresses of everyday life. As a result, the kitchen has become an important part of home-centered leisure activities.

Fueling the resurgence of home baking is the fact that baking for the family is an activity that moms feel good about and one that parents and kids can do together.

Contest winner Carole MacKenzie had three willing tasters — her three children — while creating the recipe that won her \$10,000. A visit to the annual Goleta, Calif. Lemon Festival was the final inspiration for this refrigerated dessert which features a crunchy oatmeal cookie crust covered with cool and creamy lemon yogurt lightened

with non-dairy whipped topping. The oatmeal cookie crust is simply patting onto the bottom of the pan and baked. According to MacKenzie, either quick or old-fashioned Quaker oats can be used.

CALIFORNIA LEMON CRUNCH DESSERT

Crust
 One 7-ounce package shredded coconut
 1 cup (2 sticks) margarine or butter, softened
 1/2 cup firmly packed brown sugar
 1 1/2 cups Quaker oats (quick or old-fashioned, uncooked)
 3/4 cup all-purpose flour
 1/2 cup chopped nuts
 3/4 teaspoon ground cinnamon
 1/2 teaspoon baking soda

Topping
 One 8-ounce carton regular or lite non-dairy whipped topping
 Two 8-ounce cartons lemon low-fat yogurt
 2 teaspoons grated lemon peel
 Lemon twists (optional)

Heat oven to 350 degrees F. Place coconut in single layer in 13-by-9-inch baking pan. Bake 18 to 20 minutes or until coconut is lightly toasted, stirring after 12 minutes. Cool completely; set aside.



Easy dessert: This easy-to-make dessert that's fancy enough for company pairs a crunchy oatmeal cookie crust with a lemony topping that calls for just three ingredients.

For crust, in large bowl, beat margarine and brown sugar until creamy. Add oats, flour, nuts, cinnamon, and baking soda; beat well. Reserve 1 cup coconut for topping; stir remaining coconut into oat mixture. Press dough onto bottom of 13-by-9-inch baking pan. Bake 18 to 20 minutes or until golden brown. Cool completely. For topping, combine whipped topping, yogurt and lemon peel. Spread mixture evenly over cooled crust. Sprinkle with reserved coconut, pressing lightly. Cover; chill. Cut into squares; garnish with lemon twists if desired. Store covered in refrigerator. Yield: 16 servings.

Nutrition information: 1/16 of recipe — Calories 360, Protein 5g, Carbohydrate 32g, Total Fat 24g, Cholesterol 0mg, Dietary Fiber 2g, Sodium 230mg.

Chocolate torte won't bust budget

AP — The April 16th deadline for filing taxes may leave you feeling a little "spent." So why not indulge in a lush and creamy chocolate torte? This elegant dessert is made from a prepared cake mix and filled with layers of whipped cream.

CHOCOLATE CREAM TORTE
 1 package devil's food cake mix
 For the filling:
 8 ounces cream cheese, softened
 1/2 cup sugar
 1 teaspoon vanilla extract
 1 cup finely chopped pecans
 1 cup whipping cream, chilled
 Pecan halves, for garnish

Grease and flour two 8- or 9-inch round cake pans. Prepare, bake and

cool cake following package directions for basic recipe. Chill layers for ease in splitting.

For the filling, place cream cheese and sugar in small bowl. Beat at low speed with electric mixer until smooth. Add vanilla extract and pecans; stir until blended. Set aside. Beat whipping cream in a small bowl until stiff peaks form. Fold whipped cream into cream cheese mixture.

To assemble, split each cake layer in half horizontally. Place one split cake layer on serving plate. Spread top with one-fourth of the filling. Repeat with remaining layers and filling. Garnish with pecan halves, if desired. Refrigerate until ready to serve. Makes 12 to 16 servings.

Recipe from: Duncan Hines.

Get acquainted with Caribbean cuisine

AP — Caribbean cuisine is breezing its way into stateside restaurants. And with it comes a host of new ingredients and menu terms. Catch the dining wave and latch onto the hottest words and phrases with this tropical list:

- **Ackee (akoe):** This word carries a double meaning. Ackee can refer to the bright red fruit of an evergreen found throughout the Caribbean. Or, it can mean Jamaica's national dish made from accee and salt fish.
- **Akkra:** Black-eyed peas are the base of these deep-fried fritters, also known in Jamaica as Stamp-and-Go.
- **Breadfruit (fruit a pain):** This watermelon-size fruit is covered by bumpy, green skin. Captain Bligh carried breadfruit trees on his famous voyage. When the captain went overboard, legend says, so did the trees, eventually washing ashore on the Caribbean islands. Locals like breadfruit, their staff of life, peeled and fried.
- **Callaloo:** Close kin to Swiss chard, callaloo is a leafy green used in cooking. On a menu, callaloo can also describe a crab-cake soup made with the green.
- **Casaarep:** The boiled-down

juice squeezed from grated cassava root is an essential ingredient in pepperpot, a fiery stew.

- **Cassava (yuca):** Caribbean cooks add this tropical root vegetable to many soups and meat dishes. They rely on cassava flour for baking breads and cakes (called bammy in Jamaica). Tapioca also comes from this plant.
- **Jerk Seasoning:** This pungent spice blend combines Jamaican allspice, thyme, hot peppers and green scallions. Typically, chunks of chicken and pork are tossed in jerk seasonings, then grilled.
- **KeSha Yana:** Edam or Gouda cheese is baked with a variety of fillings.
- **Pigeon Peas (gungo):** These peas are to Caribbean cooks what black-eyed peas are to Southerners. They are cooked with rice, stewed and added to soups.
- **Salt Beef:** This stew beef is prepared by salting, just like salted codfish. It is found in barrels in Caribbean food stores.
- **Salt Fish:** Most commonly the fish is salted cod, but it can also be pollock and haddock.
- **Scotch Bonnet:** These chili peppers look like wrinkled red, yellow, or green table tennis balls.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Neely Wygonik, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150.

■ **IRISH COOKING**
 Irish American Cultural Institute, Metro Detroit Chapter's 83rd annual cooking school will be 10 a.m. Saturday, April 17 in the Livonia Civic Center Library, 32777 Five Mile Road. The donation is \$15. Lunch and a book of Irish recipes will be included. Reservations are necessary and

must be paid for in advance. Send checks, payable to the Metro Detroit Chapter of the Irish American Cultural Institute (I.A.C.I.) to: I.A.C.I. Treasurer, 16940 W. Thirteen Mile Road, Beverly Hills, MI 48025. For information, call 533-4993.

■ **MUSTARD**
 Marty Figley, master gardener and columnist for the Observer & Eccentric Newspapers, will offer a taste of her gourmet mustards — Dillicious and Mustardicious, 11 a.m. to 4 p.m. Saturday, April 17, at Papa Joe's Fruit and Deli,

2025 S. Rochester Road, and noon to 3 p.m. Saturday, April 24 at Berry's Grocery Store, 877 S. Hunter, Birmingham.

■ **TWELVE OAKS**
 Learn to cut calories, fat and cholesterol when dining in restaurants at the Twelve Oaks Walker's Program 9 a.m. Tuesday, April 13 in the Center Court. Nutritional expert Lisa Bookstein from the University of Michigan MedSport will provide tips on healthful ordering from standard restaurant menus. For information, call 348-9438.

■ **SOUTHFIELD ADULT EDUCATION**
 There's a lot cooking Southfield. Howard Paige is teaching an International Cookery class for eight weeks beginning 6-8:30 p.m. Monday, April 19. The cost is \$44. On Tuesdays, 6-8:30 p.m. beginning April 20, he's teaching a class in Creole and Cajun Cooking. The cost is \$4. A series of four Italian Regional Cooking classes will be offered 6:30-9:30 p.m. Thursdays, beginning May 6. The cost is \$29 per class or \$108 per person for the series. For registration, call 746-8700.

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