

Shares her favorite recipes

Vivian Byrd got hooked on cooking when she was a young woman working in Washington, D.C., and sharing a house with three other women.

"We took turns doing the cooking," said Ms. Byrd, "and I'd experiment whenever I got the chance."

Ms. Byrd lives in Birmingham now with her two sons, John, 11, and Mike, 8. "Like all young children, mine haven't been particularly interested in trying new things. They're just now beginning to be a little more willing."

Byrd's enthusiasm for cooking will

be passed on to readers of The Eccentric when our new Monday Shopping Cart section debuts today (Monday). "I'll be writing about everything to do with foods and cooking," she said. Her column will be a regular weekly feature.

"I don't really have any specialties or favorite kinds of cooking. I like to try everything," she said. "I'll be passing on some of my favorite recipes and I'm looking forward to hearing from readers about their's."



Sunset salad

1 can (8 oz.) crushed pineapple in juice
1 package (3 oz.) lemon flavor gelatin
1/2 t. salt
1-1/2 c. crushed ice
1 T. lemon juice or vinegar
1 c. grated carrot

Drain pineapple, reserving juice. Add water to juice to make 1/2 cup and bring to a boil. Combine measured liquid, gelatin and salt in electric blender container. Cover and blend at low speed until gelatin is dissolved, about 1 minute. Add ice and lemon juice, cover and blend at high speed until ice is melted. Add pineapple and carrots and pour into a 4-cup mold or individual molds. Chill until firm, about 1 hour. Unmold. Serve with crisp lettuce, if desired. Makes 4 cups or 8 servings.

Scientists work to ensure apple supply meets demand

Eating an apple a day may keep the doctor away, but it's also keeping scientists on the job — working on techniques to help supply a growing demand for the fruit.

A record harvest of 180 million bushels of apples is predicted in 1979.

Thirsty apple fanciers are staking a bigger claim on the crop every year. The natural food craze has created a greater demand for juice apples, and growers are scrambling to keep up.

A record 35 million bushels were squeezed for juice in 1978, and the demand is expected to go up to 60 million bushels, valued at \$750 million, in five years.

Scientists are working to keep apples fresh longer through "controlled atmosphere." A relatively new storage process, it puts apples into a deep sleep, much like bears hibernate by slowing down respiration.

LIKE MOST LIVING things, apples respire. Respiration causes sugars to be burned and carbon dioxide, water vapor and heat to be produced.

In apples, respiration gradually diminishes crispness, flavor and attractiveness.

Researchers have found that by putting apples in refrigerated, sealed rooms where oxygen is at lower than normal levels and carbon dioxide is elevated, respiration can be cut drastically.

Many apples are kept in storage rooms of this type on the site of the orchards.

But scientists are faced with the problem of preventing a bad apple from taking up valuable space. An apple that looks fine may be undesirable because of water collected around its core.

When taken out of storage, these apples decay rapidly, often before they can reach the market.

Department of Agriculture scientists are perfecting a device that throws a beam of light through the apple to detect this water. "It's still in the development stage but holds great promise," said Dr. Alley Watada, a USDA research food technologist.

"A smaller, modified version may some day even help the shopper tell if the apple's firm inside and has a sweet or acid-like flavor."

MDWARF TREES are also making their first appearance in commercial orchards. These are only five to six feet tall, and are easier to harvest and more productive. The sunlight permeates the entire tree instead of just the upper branches, making for a bigger yield, say scientists.

As many as 400 dwarf trees can be planted on an acre. This is four times the number of full-sized trees.

MS. BYRD is a free lance writer and a self-taught cook, "thanks to Julia Childs," she says.

"I was about 22 and lived about two blocks away from a bookstore that billed itself as the world's largest. On my free time, I'd have a ball browsing there."

"I came across Julia Child's first book, Mastering the Art of French Cooking. The recipes intrigued me. I bought the book and it soon became my bible."

She remembers starting out with veal dishes and "various kinds of sauces. My first dessert was Black Forest cherry torte. Then I moved on to stuffed mushrooms."

Now have at least 90 cookbooks and I read them like other people read novels."

Ms. Byrd says she has no special philosophies about preparing foods. "Sometimes spending a whole afternoon in the kitchen is just the thing. Other times, I'd rather put something together in five minutes."

"Living in the Detroit area is ideal for people who want to cook ethnic foods. There are so many ethnic restaurants that you know how it's supposed to turn out before you do it."

There's only one recurring flavor that pops up in her dishes, said Ms. Byrd. "I was born in South Carolina and sometimes the southern flavor is there."



Byrd's Kitchen

by Vivian Byrd

Cabbage can be glamorous

Just for fun, and for a quick 10 points, what is the difference between beef tenderloin and hamburger?

About \$4 a pound, you might say. Good answer; but more than the cost. Imagine a setting where each might be served. Odds are you will think of the tenderloin in an elegant setting, perhaps with candlelight sparkling on crystal, china and silver.

Now the hamburger. What setting comes to mind immediately? The local burger-and-fries joint; eating from paper plates on the patio; or maybe just a low-cost meal.

Notice the difference. A not-so-subtle material element has crept into the kitchen. The rich eat the prime — and expensive — cuts. Ordinary folks eat the hamburger.

SIMILARLY, in the vegetable section, cabbage has traditionally been less costly than lettuce, so coleslaw seems to have gained an undeserved reputation as a poor relative to tossed salad. We all know cabbage is peasant food.

And, those chicken and other fast-food outfits

that serve coleslaw in little plastic or paper cups have done little to enhance its reputation.

It does not seem unreasonable to me that even a hungry diner, faced with such packaging, would consider the food inside not worth bothering about. Coleslaw should sue.

There is little chance that coleslaw will completely replace tossed salad as the number one raw green vegetable accompaniment to American dinners.

However, the following recipe should help move coleslaw back into its rightful place as a strong contender.

SWEET AND SOUR COLESLAW

4 c. grated cabbage
1/2 green pepper, chopped
1/2 red pepper, chopped (optional)
1 onion, minced
1 c. sugar
1 c. vinegar
1/2 c. salad oil
1/2 c. water
1/4 t. salt

Combine and stir together all ingredients. Let stand for six hours. One carrot may be substituted for the red pepper. Makes 6 to 8 servings.

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