

Kids love working in the kitchen, so why worry about a mess?

By GLORIA SLIMAK

Little helping hands in the kitchen often mean a big mess.

Some mothers can't bear the resulting sticky counters, spills and extra time it takes. But Carole Fischer, who teaches children's cooking classes at the Rochester Community House, found her own children always enjoyed cooking with her.

"I always let them work in the kitchen with me — mess or no mess," she pauses and adds with a laugh, "always a mess."

With two advanced degrees in mathematics and a seven-year job in engineering research behind her, Mrs. Fischer "quit to be a mother" to her three sons, Kurt, Christopher and Craig, now 17, 14 and 11.

Seeing how much her boys enjoyed cooking and "how much I enjoyed working with them" influenced this Avon township resident to start cooking classes at the non-profit community center two years ago.

"I've taken two years to refine the class and now I really feel I've got something," she says with pride.

MRS. FISCHER, 45, believes children get their "greatest pleasure from making adult dishes.

"Children look at cooking as an adult activity and when an adult enjoys something they've made, it makes them seem bigger, more important and helps develop self-esteem."

Her golden rule of cooking is something all children learn in the first class: "A good cook always does three things — washes his or her hands, always makes a mess and always cleans up the mess."

Mrs. Fischer incorporates kitchen safety (no electric appliances are used), nutrition and measuring into her sessions. Learning how to double and cut recipes in half has prompted some kids to say "What is this — a math class?"

Her first class was called "Kids in the Kitchen" for children aged 10-14. Seventeen boys and girls signed up for the class.

Safety, kitchen size and her "hands on approach" with each child working on recipes necessitates a small class size, only eight children.

"Kids in the Kitchen" continues to be

a big success, with kids making pizza (with homemade dough), fruit-filled crepes, bread, a complete chicken meal and peanut butter balls dipped in chocolate.

Mothers soon were asking for classes for younger children.

"Little Kids in the Kitchen" for ages 7-9 was added with a new set of recipes. This age group doesn't have the strength to knead bread dough, she explained.

Although initially including children as young as five, Mrs. Fischer found the kids were too short for the counters and that they couldn't read the recipes.

This younger group makes baked pancakes and hot spiced mocha, meatza pie, soft pretzels, a complete "doggy in a blanket" meal, cinnamon muffin puffs and egg-nog.

KAREN SCHILKE, 6, of Avon Township, expresses it well when she says, "You make things that you can't believe."

Mrs. Fischer feels, "The younger they start cooking at home, the better because it becomes natural to them and they learn to use common things like vegetable peelers and egg beaters."

After the success of the first classes, the older children wanted to continue. This led to yet another class called "Kids in the Kitchen II" for ages 10-14. Here children make foreign foods, culminating in a Swiss dessert fondue party where parents are invited.

Mrs. Fischer recalls with amusement how 14 parents and 35 aunts, uncles, and grandparents all showed up for the event. "They got so excited and invited everyone," she smiles.

A new fall class in cake decorating is being offered for ages 9-14. It uses construction methods only and no special pans.

Kids can sign up for each class individually. A football, baseball, witch,

turkey and santa are a few of the designs offered.

All the other classes consist of five sessions, each with a completed recipe that children may sample and take home.

THE GREATEST DELIGHT for Mrs. Fischer comes from watching the sampling. "After the first taste, their eyes light up and they say 'It's good,' like they didn't think they could do it," she says.

The kids keep signing up for classes and seem to "like eating the best" as Kevin Schilke of Avon Township says.

At home, parents enjoy the added confidence their children have in the kitchen. Meg Marrihew of Avon Township recently had seven people over and made one of her favorite recipes from the foreign cooking class, "Mexican Botana" which is like a Mexican pizza. Ten-year-old Meg's dinner was a success and each guest went home with the recipe.

Whip up a quick dessert

By NANCY AUSTIN

Virginia Liogghio is a very busy lady.

The long-time Garden City resident not only owns a florist shop, she also is a member of the Garden City Chamber of Commerce and is the Business and Professional Women's Club.

At home, she loves to give parties, which often average about 50 people.

"I love to have people over," she said. "By the time I have invited my family and friends and my husband's family and friends and a few extras, I have a house full."

Mrs. Liogghio added that she enjoys having the parties in the summer when she can use her large backyard for entertaining her guests.

"I usually do everything ahead of time if I can," she said. "Most of my parties are on Sunday, so after I come home from work Saturday night, I prepare as much as I can for Sunday. Doing things ahead of time makes it so much easier."

Making desserts is one of her specialties, and she goes for the kind that is easy but still scrumptious. Here are some of her favorites:

ELEANOR'S DESSERT

Mix together:

1 cup flour
1 cup chopped pecans
1 stick butter, softened
Bake in 9x13 pan at 375 degrees for 20 minutes.

Mix together:
18 oz. package cream cheese, softened
1 cup confectioners sugar
1 1/4 cups Cool Whip
Spread carefully over flour and butter mixture.

Mix together:
1 pkg. of Vanilla and 1 pkg. Chocolate Instant Pudding with 3 cups milk.

Spread over flour, butter and cream cheese mixtures. Cover with Cool Whip and sprinkle with slivered chocolate and nuts.

CAROL'S EASY DESSERT

1 can crushed pineapple No. 8 size.
1 can Eagle Brand evaporated milk
1 can cherry pie filling
1 carton Cool Whip
Mix all ingredients and refrigerate. Let stand overnight. May be served over pound cake or with cookies.

BETTY'S CHEESE CAKE

Mix together:
28 oz. packages cream cheese
4 eggs
1/2 cup sugar

1 tsp. almond flavoring
Butter dish and dust heavily with flour. Bake at 350 degrees for 25 minutes.

Mix together:
1 cup sour cream
1 tsp. vanilla
3 tbsp. sugar
Frost cake with above mixture. Put back in oven for 10 minutes.

VIRGINIA'S RASPBERRY JELLO MOLD

1 pkg. lemon Jell-O
3/4 cup hot water
3/4 cup cold water
Mix together and let stand until syrupy.

Mix together:
18 oz. pkg. cream cheese
3 tbsp. powdered sugar
1 cup coffee cream
1 tsp. vanilla
Add to gelatin mixture. Let stand until set (overnight). Use a 13x9 glass dish.

Mix together:
2 pkgs. raspberry Jello
1 1/4 cups hot water
2 pkgs. frozen raspberries and juice
Let cool and pour over lemon Jell-O.



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5 cups oats
1 cup coconut
1 cup sunflower seeds
1 cup almonds or walnuts
sesame seeds (optional)

1 cup wheat germ
1 cup powdered milk
1 cup soy flour
1 cup safflower, corn or vegetable oil
1 cup honey

Mix honey and oil together add dry ingredients (which have been mixed together). Blend thoroughly with clean hands. Bake on cookie sheet at 325° until brown. Cool and store in covered container.

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