



# Byrd's Kitchen

by Vivian Byrd

Fettuccine, a narrow flat pasta, green or white, combines well with a variety of sauces, hearty, delicate and any number of steps in between.

Pasta dishes generally (and, to my taste, fettuccine particularly) work equally well as the main event or on the side. Lightly tossed with butter and freshly grated Parmesan or served more elegantly with a scallop and parsley sauce (see below), the reception is always enthusiastic.

Try this tomato sauce on white or green fettuccine, spaghetti or vermicelli. It is a snap to make. Alone, it combines with pasta for a delightful side dish. You might try using it as the tomato base for meat sauce, then add the other ingredients from the current recipe you are using for meat sauce.

**TOMATO SAUCE**  
2 tsp. olive oil or 1 tsp. each olive oil and vegetable oil  
1/2 cup finely chopped onions  
2 cups Italian plum or whole pack tomatoes, coarsely chopped but not drained

3 tsp. tomato paste  
1 tsp. finely cut fresh basil or 1 tsp. dried basil  
1 tsp. sugar  
1/2 tsp. salt  
Freshly ground black pepper

In a 2- to 3-quart saucepan, heat the oil until a light haze forms over it. Add the onions and cook them over moderate heat for 7 or 8 minutes, or until they are soft but not browned. Add the tomatoes, tomato paste, basil, sugar, salt and a few grindings of pepper. Reduce the heat to very low and simmer, with the pan partially covered, for about 40 minutes. Stir occasionally. Press through a sieve (fine) or put through the food processor. Taste for seasoning and serve hot.

Linda S. Giuliani, a free lance home economist from Plymouth, created this vegetable sauce for pasta. It will appear in the cook book she is currently writing but has not yet titled.

Linda also does cooking demonstra-

tions in gourmet specialty stores, cooking classes and in homes.

## MUSHROOM ZUCCHINI SAUCE

1/2 cup unsalted butter  
2 garlic cloves, crushed  
2 cups zucchini, diced (about 3 medium zucchini, unpeeled)  
2 cups sliced mushrooms (about 1 lb.)

Quickly saute garlic in butter in medium saucepan. Do not let garlic turn brown as the flavor will be ruined. Add mushrooms and zucchini. Quickly warm the vegetables throughout. Just warm, don't cook. The vegetables should be at the tender but crunchy stage. Takes about 3 minutes. Spoon over hot pasta; sprinkle with freshly grated Parmesan cheese and fresh-chopped parsley.

**MICROWAVE:** Melt butter in 2-quart microwave casserole dish, on HIGH. Add garlic and set for 1 minute on HIGH. Add zucchini and mushrooms, and microwave on HIGH for 2 minutes, or until warmed throughout.

For a meatless, but delicious supper, try whipping up a batch of fettuccine al burro, a rich pasta dish with a butter, cream and cheese sauce.

## FETTUCINE AL BURRO

8 tbsp. butter (1 stick) softened  
1/4 cup heavy cream  
1 lb. fettuccine, homemade or from the store

Cream the butter by beating vigorously until it is light and fluffy. Beat in the cream a little at a time, then add the grated cheese a few tablespoonsful at a time until 1/4 cup is beaten into the sauce. Cook the pasta to package directions. Drain, then toss with the sauce in the still warm cookpot or in a previously warmed casserole (250 degrees in the oven) until every strand is coated with sauce. Season generously with salt and pepper. Serve the extra grated cheese with the fettuccine.

A very satisfying seafood and pasta

dish is Green Fettuccine with Scallop and Parsley Sauce (Gourmet Magazine, January, 1980, reprinted by permission). The silkiness of the cream, the fresh pungent flavor of parsley and the mild sweetness of the scallops combine well for a dish fit for your most honored guest, or to make your family feel quite special indeed.

## GREEN FETTUCINE WITH SCALLOP AND PARSLEY SAUCE

In a stainless steel or enameled skillet, cook 1/4 cup firmly packed fresh parsley leaves, minced, and 1 shallot, minced, in 1/2 stick (1/4 cup) butter over moderate heat, stirring, for 5 minutes, or until the shallot is softened. Add 1/2 cup dry white wine and reduce the mixture over moderately high heat, stirring, to about 6 tbsp. Add 1/2 lb. sea scallops, cut horizontally into 1/4-inch slices, and cook the mixture over moderate heat, stirring, for 1 minute. Add 1 cup half-and-half and 1/4 cup heavy cream and simmer the mixture for 2

minutes. Remove the skillet from the heat, stir in 1 cup freshly grated Parmesan cheese, 1/2 cup firmly packed fresh parsley leaves, minced, and freshly grated nutmeg, salt and pepper to taste, and keep the sauce warm.

In a kettle, bring to a boil 7 quarts water with 2 tsp. salt and 1 tsp. olive oil; add 1 1/2 lbs. green fettuccine, and cook for 2 to 7 minutes, or until it is al dente. Drain the fettuccine in a large colander; transfer it to a heated platter, and toss it with 2 tsp. softened unsalted butter. Spoon the sauce over the fettuccine, sprinkle the dish with 2 tsp. minced fresh parsley leaves, and serve it with freshly grated Parmesan cheese. Serves 4 to 6.

Questions, comments or recipes should be addressed to Vivian Byrd, c/o the Eccentric Newspapers, 1225 Bowers Street, Birmingham, MI 48012. Please include your name, address and telephone number. All correspondence will be answered and any recipes used will give credit.



## Cincinnati Chili

What makes Cincinnati Chili different from all other chilis? The spicing, of course. It uses many, including cinnamon and allspice.

Here's the recipe. 1 qt. beef broth  
2 lbs. ground beef  
1/2 cup onion flakes  
4 tsp. chili powder  
1 tsp. ground cinnamon  
1 tsp. ground cumin  
3/4 tsp. instant minced garlic  
1/2 tsp. salt  
1/4 tsp. ground allspice  
1/4 tsp. ground cloves  
One sixteenth tsp. ground red pepper  
1 bay leaf  
1 can (15 oz.) tomato sauce  
2 tsp. cider or white vinegar  
1/2 oz. (1/2 square) unsweetened chocolate  
In a 4-quart saucepan bring broth to a boil. Gradually add beef; stir cover and simmer for 30 minutes. Add rest of ingredients and mix well. Bring to a boil. Reduce heat and simmer, covered, stirring occasionally about 1 hour. Refrigerate overnight. Skim off fat before reheating. Serve over steamed rice or cooked spaghetti, if desired.

## Simple hints save time

These hints may help make 1980 a little easier.

- To prevent children's crayons from breaking, wrap a two-inch long piece of cellophane tape around the center of the crayon.
- Potatoes will pop better if you leave it in the freezer for 24 hours before using.
- If you're no corkscrew, run hot water on the neck of the bottle. The heat may expand the glass enough to cause the cork to pop out.
- A tasty way to fix steak is to marinate it in French dressing for a short time, then broil as usual.
- Instead of taking out French doors, create the illusion of more space in a room by covering glass panes with mirror foil.
- To keep cauliflower from discoloring when it's cooked, boil it in water to which a teaspoon of vinegar has been added.
- For very fluffy mashed potatoes, sprinkle with dry powdered milk.
- If you're on a diet, stir the liquid from your favorite canned fruit into a low calorie style gelatin and combine the cottage cheese and gelatin for a filling lunch or supper.
- You can stop spatters by inverting

a colander over a pan when frying.

- A funnel makes a handy egg separator.
- According to the AMA, beer can make the hair easier to set if used in the final rinse.
- Eggs tend to cook better if they're not cold.
- Shaking a can of creamed soup can help keep out lumps.
- When your brown sugar is as hard as a rock, just grate it with a hand grater.
- Cut flowers last longer if the leaves below water level are removed.
- Rubbing alcohol makes a great bathroom cleaner. It removes soap film and leaves no water spots.
- When traveling with a baby, it's often a good idea to take along a couple of plastic tablecloths for covering beds and carpets on which the baby may sleep, crawl, sit or be changed.
- Soaping the threads makes it easier to screw a wood screw into wood.
- For a child's birthday, frost the cake to resemble a clock with the hour hand pointing to his age.
- If you pierce the end of an egg with a pin, it is less likely to break when immersed in boiling water.
- To turn a tight screw, put a few drops of peroxide on it and let it soak for a few minutes.

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