



## A Question of Taste

By Hilary Keating Callaghan

# Symbolism of the egg goes back to mythology

At sunset there is a blazing fire and the Phoenix, in a nest of spices, is consumed by the flames, a victim of self-immolation. It leaves behind, however, a single egg from which it is reborn.

This dramatic, mythological representation of death and rebirth is one source of the Christian identification of the egg with resurrection.

The Anglo-Saxon goddess of spring had as her emblems both the egg and the hare. It is possible that the very word "Easter" was derived from the name of this goddess, Eostre. Again, the egg was a pagan symbol of fertility and new life and again the symbol was co-opted by the Christians and identified with their own spring celebration, Easter.

Even the hare remains associated with the feast, albeit in a secular fashion, as the Easter Bunny.

**THE EGG** became even more closely associated with Easter when its consumption during Lent was forbidden by strict fasting laws of the early Church. This prohibition, along with the natural scarcity of food in winter, made the Easter egg a special treat.

Lenten fasting regulations have relaxed considerably and the egg is no longer forbidden in this period of preparation for Easter.

aration for Easter.

By the same token, people are no longer familiar with the mythology which invests the egg with such rich symbolism.

Despite the loss of these connections with the past, the egg continues to be a central part of our Easter celebration. Decorated eggs nestle in grass-filled baskets, surrounded by the candles left by the Easter Bunny.

Eggs also appear as part of festive Easter brunches. The following menu features the egg in its most impressive form, the soufflé. In an inversion of the Easter basket, this unusual dish features spring greens (lettuce here rather than grass) nestled inside the eggs.

The only trick is to have everyone seated and ready when the soufflé emerges from the oven. High, puffy and golden, it is a visual treat not to be missed.

Your best home-made biscuits would make an appropriate accompaniment as would a chilled citrus salad, assembled the night before.

If you would like something sweet to finish the meal, Italian Easter Bread would be perfect. This fanciful cake should be baked a day ahead and refrigerated, in deference to the eggs tucked into the bread.

### ROMAINE SOUFFLE

1 head romaine lettuce  
4 tbsp. butter, divided  
3 chopped green onions  
3 tbsp. flour  
1 cup extra-rich milk, heated  
4 eggs, separated  
1 cup shredded Cheddar cheese  
1 tsp. salt  
¼ tsp. Worcestershire sauce  
2 or 3 dashes Tabasco  
Grated Parmesan cheese

Cut off the bottom of the lettuce. Wash thoroughly and chop coarsely. Put into a heavy saucepan with a little water and cook until wilted. Drain well and chop finely. Melt 1 tbsp. butter in a skillet and cook the green onions until soft but not brown. Add romaine and cook, stirring, until moisture has evaporated.

In a saucepan, melt the remaining 3 tbsp. butter, mix in 3 tbsp. flour and cook for 2 to 3 minutes, stirring. Add the milk and cook until thickened. Beat the egg yolks into the sauce, one at a time, then add the Cheddar cheese and stir until melted. Stir in romaine mixture until well blended. Season with the salt, Worcestershire sauce and Tabasco.

Lavishly butter a 1½-quart soufflé dish; sprinkle with grated Parmesan cheese, coating bottom and sides, and shake out excess. Beat the whites to soft peaks; stir about ½ of them into the Romaine mixture, blending thoroughly. Lightly fold in the remainder. Pour into the soufflé dish and smooth the top. Sprinkle with a little Parmesan cheese and put into a preheated 400 degree oven. Immediately reduce heat to 375 degrees and bake for 25 to 35 minutes. Makes about 4 small servings.

### FRUIT CUP

1 pink grapefruit  
1 white grapefruit  
4 oranges  
1 can (1 lb., 4 oz.) pineapple chunks in unsweetened juice, undrained  
2 cups orange juice

Peel grapefruit and oranges. Segment and cut into chunks, removing membrane and seeds. Place in a large bowl. Add pineapple chunks with their juice and the orange juice. Mix gently. Cover and chill. Makes 8-10 servings.

### ITALIAN EASTER EGG BREAD

2½ to 3½ cups unleached flour  
¼ cup sugar  
1 tsp. (1 package) yeast

1 tsp. salt  
½ cup milk  
2 tbsp. butter  
2 eggs, room temperature  
½ cup chopped mixed candied fruits or raisins  
¼ cup coarsely chopped toasted almonds  
¼ tsp. anise seeds (see note below)  
Melted butter  
5 colored raw eggs  
**FROSTING:**  
1 cup powdered sugar  
1 tsp. milk  
½ tsp. vanilla

In mixer bowl combine 1 cup flour, sugar, yeast and salt. Heat milk and butter until warm. Gradually add to dry ingredients. Beat 2 minutes at medium speed.

Add 2 eggs and ½ cup flour. Beat at high speed 2 minutes. Gradually stir in enough additional flour to make a soft dough.

Turn dough out onto lightly-floured surface, kneading until smooth and elastic, about 10 minutes. Place in oiled bowl, turning to coat top. Cover with plastic wrap and a towel wrung out in hot water and allow to rise in a warm place until doubled in bulk, about 1 hour.

Combine fruits, nuts and anise seed. Punch dough down and turn out onto lightly-floured surface. Knead in fruit mixture. Keep fruit mixture dusted with flour until pieces are worked into dough. Divide dough in half. Roll each piece into a 24-inch rope. Twist ropes together loosely and form into a ring on an oiled baking sheet, pinching the ends together. Brush with melted butter.

Carefully make a nesting place for each raw egg by spreading ropes apart and pushing eggs down into the dough as far as possible.

Cover dough with waxed paper. Allow to rise in a warm place until doubled in bulk, about 1 hour. Preheat oven to 350 degrees. Bake about 30 to 35 minutes, or until a wooden pick inserted in bread comes out clean and dry. Remove from baking sheet and cool on wire rack.

Combine frosting ingredients. Carefully drizzle over cooled bread and between the eggs. Makes one 12-inch circular loaf. **NOTE:** If the licorice-flavored anise seeds are not to your taste, you might substitute cinnamon or grated lemon peel.

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# Passover recipes provide new tastes, eye appeal

Though special foods play a part in almost every type of holiday, Passover, beginning April 1, puts a special emphasis on the table.

During this celebration, commemorating the liberation of the Hebrews from Egyptian slavery over 3000 years ago, some of the religious ceremonies take place around the dinner table. There are also a number of specific

dietary observances enumerated in the Bible for only this time of the year.

For example, no leavened bread, or leavening of any sort, may be eaten during this holiday. No food or beverage prepared with grains like rice, barley, oats or wheat (except for specially grown wheat that is made into unleavened bread called matzo) are permitted.

String beans, lima beans, soy beans, rice and corn are also forbidden for the most part because these are often harvested together with grains.

"Even for the expert in creative Jewish cookery," says Florine Mark, area director of Weight Watchers, "the eight-day Passover holiday is a challenge to provide unexpected tastes and looks for usual traditional fare. So many common, every-day foods are restricted. Keeping an eye on the wasteline, and creating tempting new recipes as well, takes a lot of imagination."

**WEIGHT WATCHERS** International thought it might give the cook a hand with this problem. The test kitchens worked for weeks to transform some traditional foods into a creative array of dishes that are as appropriate to a sensible weight reduction program as they are to the holiday celebration.

Gefilte fish, for instance, is the usual appetizer for both the weekly Sabbath meals and the Passover dinners. It's a dish that probably grew out of poverty, when Jewish housewives couldn't afford enough fish for all, and so served it gefilled (or stuffed).

The fish is ground with bread crumbs (matzo meal for Passover), onion and spices, and its light spongy texture and tempting taste suggested to Weight Watchers chefs that it be upgraded to a main course. In this case, it is a flavorful baked loaf with thin strips of carrots running colorfully through it.

An often-used vegetable, the rutabaga, traditionally made into tsimis (or stew) in some Slavic countries, here is left raw and dressed with sweetened oil and vinegar to add sparkle as an appetizer or side dish at any of the eight lunches or dinners to come.

Many Jewish people make a traditional fritter of matzo and fish. These have been translated into baked patties, using matzo, tuna and vegetables. Finally, there is a special potato kugel (or pudding).

Stories have it that this dish is bound to the Passover holidays because its mound-like shape recalls the "manna" sent from heaven. Weight Watchers suggests baking kugel, not in its usual casserole dish, but as muffins, with plenty of crispness to satisfy all takers.

So here are four traditional foods, served up in unexpected ways to make for a lively Passover table.

### GEFILTE FISH LOAF

2 lbs. whitefish fillets, cut into 1-inch pieces  
4 oz. chopped onion  
¼ cup water  
2 tbsp. plus 2 tsp. matzo meal  
2 tsp. coarse salt  
1 tsp. pepper  
4 medium carrots, cut into 7-inch long strips  
3 carrot slices  
Parsley sprigs to garnish

In a large bowl, combine fish, onion and water. Place ½ of the mixture in blender container or food processor. Process until smooth; transfer to another bowl. Repeat with remaining mixture. Add matzo meal, salt and pepper; mix well. Line a loaf pan with wax paper. Place ½ of fish mixture in pan. Add ¼ of carrot strips; spread with ¼ of remaining fish. Arrange remaining carrot strips over fish. Top pan gently to eliminate air bubbles. Place loaf pan in larger baking pan, which contains about 1 inch water; bake at 325 degrees

for 50 minutes, or until firm. Make V-shaped cuts around edge of each carrot slice to create carrot flowers. Garnish loaf with carrot flowers and parsley. Makes 4 evening meal servings.

### TUNA VEGGIE PATTIES

1½ cups grated carrots  
¼ cup chopped celery  
4 oz. minced onion  
¼ cup finely diced green pepper  
¼ cup chopped fresh parsley  
2 bouillon cubes, crumbled  
8 oz. drained, canned tuna, flaked  
4 medium eggs, beaten  
2 matzo boards, made into crumbs  
¼ cup ketchup

Preheat oven to 450 degrees. In non-stick skillet combine carrots, celery, onion, green pepper, parsley and crumbled bouillon cubes. Cook, stirring occasionally, until vegetables are tender. Transfer to bowl. Stir in tuna, eggs and matzo. Divide evenly into 8 portions.

Form each portion into a patty and place on nonstick baking sheet. Bake for 20 minutes; turn patties and bake 5 minutes longer. Serve 1½ tsp. ketchup with each patty. Makes 4 midday meal servings, two patties each.

### POTATO KUGEL MUFFINS

12 oz. pared potatoes, grated  
1 cup grated zucchini  
1 cup grated carrots  
1 medium egg, slightly beaten  
2 oz. diced onion  
¼ cup matzo meal  
1 tbsp. plus 1 tsp. vegetable oil  
½ tsp. salt  
White pepper to taste

Preheat oven to 375 degrees. Place grated potatoes in strainer; squeeze out excess moisture with back of spoon and transfer potatoes to bowl. Repeat process with zucchini, adding zucchini to potatoes. Add carrots, eggs, onion, matzo meal and oil. Season with salt and

pepper. Stir to combine. Divide mixture evenly into 8 cups of in a nonstick muffin tin. Bake 45 minutes, or until well-browned. Makes 4 midday meal servings, 2 muffins each.

### RUTABAGA APPETIZER

2 oz. pared rutabaga, grated  
1½ tsp. vegetable oil  
Artificial sweetener to equal ¼ tsp. sugar, optional  
¼ tsp. red wine vinegar  
¼ tsp. salt  
White pepper to taste  
½ cup lettuce leaves  
1 parsley sprig  
1 cherry tomato, cut in half

In bowl combine all ingredients except lettuce leaves, parsley and tomato. Line a serving dish with lettuce leaves; top with rutabaga mixture. Garnish with parsley and tomato halves. Makes 1 serving. Serve at meal-time only.



Passover dishes include baked patties, potato kugel baked as muffins and a fish loaf with thin strips of carrots.

# Refusing drink test can cost license

Many Oakland County residents who are arrested for drunk driving have little knowledge of their rights and responsibilities under Michigan's Implied Consent Law, according to the Traffic Improvement Association of Oakland County (TIA).

"For instance, there is a widespread belief that refusing to take a breath test will avoid prosecution for drunk driving in a court of law," said Jerry Feddersen, TIA's director of public information.

"This is definitely not the case. Not only can you lose your license for 90 days for the refusal, but you can still be brought before a judge to face further fines and penalties."

**UNDER THE** law, a Michigan licensed driver agrees to take a test for blood alcohol concentration (BAC) if requested to do so by a police officer.

A driver has a right to refuse, but can receive an administrative license suspension for the refusal. A driver

also has the right to demand that only a breath test be given.

Police agencies can accurately determine a suspect's BAC by a Breathalyzer test which measures the amount of alcohol in the blood by analyzing a sample of breath.

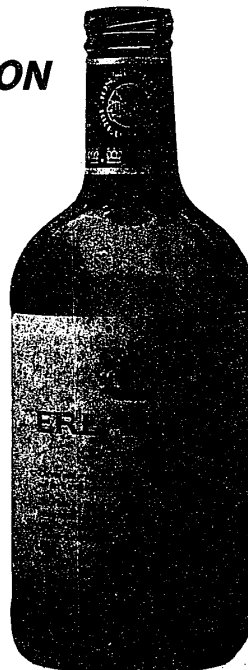
"If drivers test out between 0.07 percent and 0.09 percent, they are presumed to have been 'driving while impaired' (DWI)," Feddersen said.

"If they test 0.10 percent or above, the charge is driving while under the influence of intoxicating liquor (DWI). The latter charge is more severe and could result in a license suspension of up to two years and thousands of dollars in related costs."

**MORE THAN** 4,000 persons are arrested annually in Oakland County for drunk driving and that number is expected to increase because of a new alcohol enforcement and education project now under way.

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