

Creative cook

Veal chops, basil soup top winning menu

Continued from Page 1

things," Boguslawski said. "I like to go to Kitchen Glamour."

A teacher of math and science at Woodworth Junior High in Dearborn, Boguslawski said she would like to write a children's book about herbs.

"Kids don't know much about herbs, but they seem interested," she said.

She has incorporated lessons where appropriate in her science classes, including projects like making candied flower blossoms. One Mother's Day students made their mothers chive vinegar — garnering rave reviews from the moms. "I may start entering other food contests for fun and the challenge," she said. "I met some very nice people."

A teacher for 15 years, Boguslawski has a dream of running a bed and breakfast inn some day where she could cook creatively for guests.

The following is Boguslawski's first-place menu:

FRESH BASIL SOUP

- 1 lb. leeks
- 4 medium-sized Michigan potatoes
- 3 tsp. butter
- 6 cups chicken stock
- White-pepper, to taste
- 15 large, fresh green (or opal) basil leaves
- 1 cup heavy cream
- ½ cup sour cream, at room temperature

Cut leeks in quarters, lengthwise. Chop into small pieces. Peel potatoes, and cut into small pieces. Melt butter in a large pot. Add leeks and potatoes and cook for 2 minutes. Then add chicken stock. Bring to a boil and let simmer for 15 minutes. Set aside, and add pepper. Pour half

the soup into a blender set on liquefy and let it run for 3 minutes. Set aside. Put the other half of the soup, along with the basil, in blender and let it run for 3 more minutes. Return basil-soup mixture to large pot and add heavy cream. Bring to a boil and set aside at once. Pour soup into warm soup bowls and take a teaspoonful of sour cream and draw lines on the surface of the soup. Then cross the lines with the point of a knife, once upward and once downward. Serve immediately. Makes 8 servings.

VEAL CHOPS WITH PORT AND MOREL MUSHROOM CREAM SAUCE

- 4 veal shoulder chops — about ½ lb. each
- 2 tbsp. olive oil
- 2 tsp. butter
- 1 clove garlic, crushed
- ¼ lb. (1½ cups) fresh morel mushrooms sliced (or Michigan white mushrooms)
- ¾ cup beef stock
- 2 tbsp. heavy cream
- 2 tsp. port
- ¼ tsp. pepper
- Whole wheat flour, for dredging
- Fresh, chopped parsley

Season chops with black pepper and dredge lightly in flour. In a large skillet, heat oil until very hot. Add chops and saute over high heat, 3-4 minutes on each side, or until brown. Place the chops in a serving dish and keep hot. Add crushed garlic to the pan juices; then melt in the 2 tsp. butter. Add the mushroom and cook for 2-3 minutes, stirring constantly. Pour in the port and stock. Cook over medium heat for 5 minutes. Stir in heavy cream and cook for 2-3 minutes, or until cream sauce has thickened slightly and has been reduced. Adjust the seasoning and spoon the mushroom cream sauce over the chops. Sprinkle with chopped parsley

and serve. Makes 4 servings.

WARM ASPARAGUS IN HERBED VINAIGRETTE SAUCE

- 1 hard-boiled egg
- 2 tbsp. red wine vinegar
- 2 tsp. Dijon mustard
- 5 tbsp. olive oil
- 2 shallots, peeled and finely minced (about 1 tbsp.)
- 1 tsp. capers, rinsed and dried
- ½ cup finely minced mixed fresh herbs (¼ cup parsley, 1 tsp. dill and the remainder consisting of basil, mint, thyme and French tarragon)
- ½ tsp. black pepper
- 1 lb. Michigan asparagus

Separate egg white from yolk and finely chop white. Force yolk through a sieve. Set both aside. In a small bowl, mix all ingredients together except egg and asparagus. Add 1 tbsp. each of the prepared egg white and yolk and beat well with a wire whisk or a wooden spoon. Set aside. Steam the asparagus until just tender—crisp and place on a serving platter. While they are still hot, spoon sauce over them. Using reserved egg white and egg yolk, sprinkle an alternating white and yellow design on the surface of the asparagus. Do not chill. Serve at room temperature. Makes 4 servings.

MAPLE SYRUP PIE

- 1½ cups light brown sugar
- ½ cup whipping cream
- ½ cup maple syrup
- 2 eggs, room temperature
- 2 tsp. butter, room temperature
- 1 partially baked 9-inch pie shell
- Extra whipping cream for garnish
- Cherries for garnish

Preheat oven to 350°. Using an

electric mixer, beat sugar, cream, syrup, egg and butter in a large bowl until smooth. Pour into pie shell. Bake until crust is golden brown and filling is set, about 45 minutes. Serve at room temperature. Garnish each slice with a mound of whipped cream topped with 3 cherries. Makes one 9-inch pie.

BASIC PIE CRUST

- 2½ cups all-purpose flour
- 1 tsp. Diamond Crystal salt
- 1 tsp. granulated sugar
- 1 cup (2 sticks) cold, unsalted butter, cut into small pieces
- ¼-½ cup ice water

Combine the dry ingredients in a large mixing bowl. Using a pastry blender or two table knives, cut in the butter until the mixture resembles coarse meal. Add ice water, drop by drop, just until the dough holds together without being wet or sticky. Turn the dough out onto a large piece of plastic wrap. Press the dough into a flat circle with your fists. (Makes it easier for rolling out later.) Wrap the dough in the plastic and chill for at least an hour. Lightly butter the pie plate. On a lightly-floured board, roll out the pastry to a thickness of ¼-inch. Place the pastry in the pie plate. Trim and crimp or decorate the edges of the pastry. To partially bake the unfilled pastry, preheat the oven to 375-400°. Carefully line the pastry with aluminum foil or parchment paper, pressing it into the corners and edges, and weigh down with Michigan beans. Bake 10-12 minutes. When the pastry begins to color around the edges, remove the foil and weights and continue to bake just until the pastry dries out and turns a light golden color. Let cool completely before filling.



LAURIA CASTLE/Staff photographer

Valerio Boguslawski of Farmington Hills took top honors out of 96 entrants in the amateur category of the All-Michigan Meal Contest.

Michigan chefs take gold medal

Michigan's Culinary Olympic team, comprised of seven chefs from across the state, took home top honors at the 17th Annual Culinary Arts Salon of Chicago, held May 16-19.

The Michigan team's entry of a Grand Buffet was awarded the grand prize and gold medals were bestowed upon all team members. Gilles Renusson, a Michigan Culinary Olympic team participant and executive pastry chef at the Amway Grand Plaza hotel in Grand Rapids, was singled out to receive the "Best Piece of Show" award and a gold medal for his pastry display — a pulled sugar arrangement featuring flowers surrounding a chest of woodcutting tools.

Members of Michigan's gold medal winning team include: team manager and coach Milos Cibelka

of the Golden Mushroom in Southfield, team captain Karol Kassen of Detroit's Renaissance Club, Bill Wolf of Panache in Birmingham, Mark Kuzma of the Somerset Inn in Troy, Gilles Renusson and Mike Green of the Amway Grand Plaza Hotel and Mathew Naughton, formerly of the Pine Lake Country Club and currently working at the Lago Vista Country Club in Lago Vista, Texas. Master chef Milos Cibelka did not compete, but served as coach and instructor for the Michigan team.

Naughton and Green also participated in the individual competition of the salon, bringing home a gold and silver medal respectively. Nearly 100 chefs, apprentices and culinary students from across the U.S. converged in Chicago to compete for the prestigious medals, awarded by a team of international culinary judges.

AP — Like many quick breads, this fruit-and-nut loaf slices best if it's cooled, wrapped in foil and stored in the refrigerator overnight.

STRAWBERRY-WALNUT BREAD

- 2 cups finely chopped walnuts
- 3 cups purpose flour
- 1 tsp. baking soda

- 1½ tsp. ground cinnamon
- 1 tsp. ground caraway
- ½ tsp. salt
- ¼ tsp. ground nutmeg
- 4 beaten eggs
- 2 cups sugar
- 1½ cups mashed strawberries (about 3 cups whole berries)
- 1 cup mashed banana
- 1 cup cooking oil

1 tbsp. finely shredded orange peel
Grease and flour two 9x5x3-inch loaf pans; sprinkle ½ cup nuts in the bottom of each pan. In a large bowl stir together flour, soda, cinnamon, cardamom, salt and nutmeg. In a bowl combine eggs, sugar, strawberries, banana, oil and orange peel; add to dry ingredients. Stir just until moistened. Stir in remaining nuts.

Spoon batter into prepared pans. Bake in 350° oven for 1 hour. Let cool in pans 10 minutes. Remove to rack to cool. Makes 26 slices.
Nutrition information per slice: 294 calories, 4 g protein, 34 g carbohydrates, 17 g fat, 46 mg cholesterol, 103 mg sodium. U.S. RDA: 14 percent vitamin C, 10 percent thiamine.

GROCERY

- Stroh's Ice Cream \$2.99
round ½ gal. ass't. flavors
- Breakstone Old Fashioned Sour Cream \$1.39
16 oz.
- El Rio Nacho Chips 89¢
6 oz. box
- Karna Whole Water Chestnuts 49¢
8 oz. can
- Perrier Natural Spring Water 89¢/10.99
23 oz. bottle
- Franzia White Zin Coolers \$2.99
4 pack bottles 12 oz. Capri
- Marinated Artichoke Hearts 89¢
6 oz. jar imported from Spain
- Canadian Stoned Wheat Thins 59¢
trial size 5.3 oz.
- Bredo Pure Horseradish 89¢
6 oz. jar
- Gala Towels 59¢
single roll
- Reynolds Wrap Heavy Duty Aluminum Foil \$4.19
37.5 sq. feet
- Molson Beer \$9.99
24 pk. bottles
- Molson Golden & Light \$10.99
24 pk. bottles

MEAT

- USDA Prime Flank Steak \$3.99 lb.
- Fresh Michigan Whitefish Filets \$2.99 lb.
- USDA Prime Boneless Top Round Steak \$2.29 lb.
- Boneless Pork Roast \$2.89
- REMEMBER EVERY TUESDAY- CHICKEN (whole fryers) 69¢ lb.
- GROUND CHUCK \$1.19 lb.

DELI

- Louis Rich Hickory Smoked Turkey Breast \$4.99
- Amish Country Brand Swiss Cheese \$3.99
- Imported Danish Fontina \$3.99
- REMEMBER EVERY TUESDAY- IMPORTED SWISS HAM or NORWAY'S FINEST JARLSBERG CHEESE \$2.99 lb.

PRODUCE

- Pascal Celery 49¢ bunch
- Georgia's Finest Extra Fancy Peaches 59¢ lb.
- New Cabbage 15¢ lb.

Prices Good June 1 - June 7

Market Square

1954 SOUTHFIELD • CORNER OF 14 MILE & SOUTHFIELD
WINE & LIQUOR 644-4641 GOURMET DELI



HOURS: Mon.-Sat. 9-10; Sun. 10-5



Your Graduation Party will make the grade when you serve Kowalski "Kowality"

Our Traditional Excellence will make you proud!

Fully cooked, ready to serve

GRANDMA K'S Honey & Spice SPIRAL SLICED HAM

Let your Kowalski sales clerk help you select a Grandma K's Honey & Spice SPIRAL SLICED HAM. It's prepared with the special old world touches that you've learned in Kowalski with the Traditional Excellence of all Kowalski products. Grandma K's Hams are fully cooked and ready to eat — the finest ham you've ever served!

(Please order at least one day in advance)

A Variety of PARTY TRAYS

Your Kowalski Party Tray specialist will help you select a "Kowality" PARTY TRAY that will meet all of your needs. Each features an appetizing array of the finest and freshest meat products, cheeses, breads and garnishes. Chosen from any deliciously different Kowalski Party Tray — great for both home and office — and sure to please your budget.

Please your order at least one day in advance at any Kowalski store or by calling 474-9650.

Kowalski "Kowality" Since 1920

Excellent quality and price



Traditional Excellence

2030 Farmington Rd. at Nine Mile Farmington 474-9650

8028 Middlebelt at Ann Arbor Trail Westland 261-8320

HOURS: Mon.-Sat. 9-8, Sun. 10-4