

# Meatless mealtimes pleasing

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For the latter dinner, Pure and Simple offers a few meatless dishes that could fool even a confirmed carnivore.

Tofu proves especially handy for this culinary sleight of hand. "It takes on the flavor you give it," Dannunzio said. Substitute it for meat in chili and it retains the dish's usual texture.

"You can take any meat recipe and convert it," he said.

AS PROOF, he offers his own Thanksgiving menu. Dannunzio, his wife and two sons, all vegetarians, sit down to a soybean roast with stuffing on the side, meatless gravy, salads and vegetables.

Another longtime vegetarian, Fred Hewitt of Southfield, remembers his mother, who also didn't eat

meat, preparing the family's Thanksgiving "turkey."

"My mother used to make a loaf out of broth and grain. She molded it into the shape of a turkey and used macaroni for the legs. It was kind of festive."

In addition to soy hotdogs, hamburgers and roasts, the reluctant vegetarian can purchase such items as Stripples, a bacon substitute. "It doesn't have the wrinkles in it but it tastes the same," Dannunzio said. "I can't keep enough of it in stock."

A word of caution when preparing soybean products — even if they're meant to mimic meat, they shouldn't be cooked like meat. "It's a vegetable," Dannunzio says. "You don't have to cook it as long."

Overcooking tends to give these dishes the texture and taste of another animal product: leather.

"You have to experiment," said

Hewitt, a food consultant who teaches cooking classes in the area. "That's what I teach — creative ways to cook."

EVEN NON-VEGETARIANS can live up to their lunchtime by packing this sandwich spread:

Mix garbanzo beans, chicken-style seasoning, mayonnaise and olives to taste. Mash the mixture into a puree and spread on bread or crackers.

Presentation, the manner in which the finished dishes appear at the table, rises in importance when cooking meatless meals. "I like to use color. It's paramount that this be attractive," Hewitt said.

For instance, he serves his favorite bean and rice dishes accented with orange slices in Mexican clay pots. "Serving dishes make an impact on people," he said.

Even breakfast can be served

vegetarian style. While the Pure and Simple is close with its recipes, Dannunzio serves up this eggless breakfast recipe. So, wake up and smell the eggs:

**EGGLESS SCRAMBLED EGGS**  
1 lb. tofu  
¼ tsp. salt  
1 tsp. onion powder  
1 tsp. turmeric

Place all ingredients in skillet. Mix until ingredients approximate the texture of scrambled eggs. Keep skillet uncovered. Simmer until mixture is no longer watery, about 15 minutes. Serves three.

Bacon brand yeast or a similar product is available in health food stores.

# Vegetarianism has long, colorful history

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When Dannunzio and his wife decided to raise their sons, Joshua and Jeremiah, as vegetarians, they took each child to their doctor for a regular checkup.

The family doesn't use salt in its diet. Although Dannunzio doesn't drink milk, he made sure his children drank milk to provide them with adequate calcium.

"We use the freshest possible vegetables from the garden and soy

products. We buy fresh fruits and juices," Dannunzio said. "We don't allow candy, pop or ice cream."

Although he watches his children's diets, Dannunzio says he doesn't plan his daily nutritional intake. "It would make it a burden. I love food too much," he said.

Hewitt's daughter, Kristin, 13, is a lifelong vegetarian. "She thinks meat is yucky," her father said. "If she's eating a soup with meat in it, she'll spoon the meat out and put it on her plate."

# Carrot and lemonade make a different pie

Everyone likes carrot cake, so why not try carrot pie? The result of a test kitchen trial is this luscious orange-and-cream marbled dessert. The carrot and lemonade mixture tastes like a tangy orange sherbet. Wrap the pie in moisture- and vapor-proof material and store it in your freezer up to three months.

**CARROT ICE-CREAM PIE**  
2 ½ cups sliced carrots or one 16-oz. can sliced carrots  
¼ cup sugar  
½ of a 6-oz. can (¼ cup) frozen lemonade concentrate, thawed  
1 quart vanilla ice cream  
9-inch graham cracker pie shell

In a medium saucepan cook fresh carrots, covered, in a small amount of boiling salted water for 30 minutes or until very tender; drain. (Or drain canned carrots.) In blender

container or food processor bowl blend carrots until pureed (you should have 1 cup). In a small mixing bowl stir together carrot puree, sugar and lemonade concentrate. Cover and partially freeze. Place ice cream in a chilled mixing bowl. Using a wooden spoon, soften ice cream by stirring and pressing it against the side of the bowl. Add the partially frozen carrot mixture, quickly folding just to marble.

Spoon mixture into graham cracker pie shell. Cover with foil and freeze 6 hours or overnight or until firm. Let pie stand at room temperature 10 minutes before serving. Makes 8 servings.

Nutrition information per serving: 350 calories, 4 g protein, 49 g carbohydrates, 16 g fat, 30 mg cholesterol, 268 mg sodium. U.S. RDA: 405 percent vitamin A, 12 percent vitamin C, 17 percent riboflavin, 11 percent calcium, 11 percent phosphorus.

# Cranberries add zing to holiday season

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Preheat oven to 350 degrees. Arrange berries in a single layer and sprinkle with sugar. Cover with foil and bake 15 minutes. Remove foil and shake pan gently. Recover with foil and bake for 15 minutes. Shake berries again, recover with foil and bake for 15 more minutes. Let stand until cool and transfer to waxed paper — do not crowd. Cool completely, then chill.

**CRANBERRY RUM SAUCE**  
Great over ice cream  
2 cups whole cranberries  
¼ cup sugar  
½ cup unsweetened pineapple juice  
1 tsp. grated lemon zest  
Grated zest of 1 orange  
¼ cup rum

2 tsp. butter or margarine  
Dash salt (optional)

Combine cranberries, sugar, juice and lemon and orange zest in a saucepan and simmer until berries are tender, about 10 minutes. Transfer to blender or processor and process until smooth. Add remaining ingredients, mix well.

**CRANBERRY BREAD**  
2 cups sifted flour  
½ tsp. salt  
1 ½ tsp. baking powder  
½ tsp. baking soda  
1 cup sugar  
¼ cup melted butter  
¼ cup orange juice

1 egg, well beaten  
1 tsp. fresh grated orange rind  
1 ½ cup fresh cranberries, halved  
2 cup chopped walnuts or pecans

Sift dry ingredients together. Mix butter with orange juice, egg and orange rind. Add to dry ingredients, stir to moisten. Stir in berries and nuts. Pour into a greased loaf pan and bake at 350 degrees for 1 hour or until top is golden and a toothpick inserted in the center comes out clean. Great with coffee and tea. Excellent hostess/host gift.

**CRANBERRY VELVET PIE**  
You have to taste it to believe it  
1 ½ cups crushed vanilla wafers

6 tsp. butter, melted  
1 cup whipping cream  
¼ cup sugar  
½ tsp. vanilla  
1 pkg. (8 oz.) cream cheese, softened  
1 can (1 pound) whole cranberry sauce

Combine crumbs and melted butter. Press firmly on the bottom and sides of a 9-inch pie plate. Chill until firm. Beat cream cheese till fluffy. Combine whipping cream, sugar and vanilla; whip until thick but not stiff. Gradually add to cream cheese, beating till smooth and creamy. Fold in cranberry sauce. Freeze until firm. Remove from freezer 10 minutes before serving.


Beginning now, you will see cranberries brimming in poly-sealed bags all over grocery stores, gearing up for their big show, which is the holidays.



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