

Twelfth Night party marks holiday season

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can fruitcake except it is usually covered with a thin layer of marzipan. The Twelfth cake recipe included is a much lighter, updated version. The batter is a yellow, foam cake with some fruit and nuts, filled with a fruit jam and covered with a simple buttercream.

Small figurines, about 1-1/4 inches high are available at some baking supply stores or variety shops, which carry dollhouse miniatures. If you can't find anything suitable, a large dried kidney or lima bean will do. Just don't forget to place it in one of the cake pans before baking. At serving time, explain to your guests how to play the game and search for the king before eating the cake.

TO MAKE the evening even more fun consider buying or making a paper crown for the king to wear. Crowns also are available at retail costume or party shops.

A Twelfth Night party does not necessarily need to be of English ori-

gin. A French Twelfth Night menu would be lots of fun to create. The Gateau Des Rois is a wonderful dessert but is a bit more difficult to prepare. Locally, Le Petit Prince bakery in Birmingham is one of the few bakeries that prepares this dessert. Don't forget it's only available around Jan. 6.

ELIZABETHAN ARTICHOKES

Makes 6 tartlets
1-8 1/2 ounce can artichoke hearts, drained, quartered (8 hearts)
1/4 cup dates, chopped
1/4 cup dried currants
1/4 cup heavy cream
1 large egg
1/2 cup orange juice
rest of one orange, grated
1 tsp. gr. ginger
1 pinch gr. allspice
1 recipe or 8-ounce shortcrust pastry or semi-puff pastry
Pre-heat oven to 375 degrees F.
Butter well individual tart or muffin tins. Line each with pastry and refrigerate. Mix together artichoke hearts, orange juice, currants, dates.

Blend egg, cream, spices and zest together. Add to artichoke mixture. Spoon into muffin tins, top with bacon and bake in a pre-heated 375-degree oven for about 30 minutes until filling is hot and golden brown.

OLDE ENGLISH MULLIGATAWNY

Ingredients:
1 tbsp. butter or margarine
1 large leek, (white part only) diced
2 med. potato, peeled, diced
1 med. turnip, peeled, diced
1 med. apple, peeled, diced
1 large carrot, peeled, diced
2 cups chicken stock
1/4 cup dry sherry or madeira
1/4 cup light cream
1/2 tsp. ground curry
Pinch thyme
1/4 tsp. gr. black pepper
Pinch gr. cloves
Pinch salt
Garnish:
1/2 cup sour cream
1/4 cup finely chopped parsley
Melt butter in large saucepan. When hot, add chopped leeks, tossing

over medium heat cook until soft. Add remaining vegetables, tossing until lightly golden. Add warm chicken stock and simmer until vegetables are soft and falling apart. Remove soup and puree in blender. Return soup to saucepan, add sherry, cream. Add thyme, curry, salt and pepper to taste. Serve hot. Add a dollop of sour cream to each serving with a sprinkling of chopped parsley.

TWELFTH NIGHT CAKE
Ingredients:
5 large eggs
1/4 cup sugar
1/4 cup dry sherry or brandy
2 tbsps. orange juice, plus the zest of 2 oranges, grated
1/4 cup blond raisins
1/4 cup currants
1 cup all-purpose flour
1/4 cup chopped walnuts
2 tbsps. black or red currant jam, diluted with 2 tbsps. fruit liqueur
Simple Buttercream
Ingredients:
3 large egg yolks
1 lb. unsalted butter
1 cup confectioner's sugar

1 bean or small ceramic king figure
Preheat oven to 350 F. Grease two 9-inch cake pans well and dust lightly with flour. Mix raisins, orange juice, zest and 2 tbsps. sherry together, set aside. In mixer bowl beat eggs and sugar on high speed until batter is lightly colored and mousse-like and forms a ribbon. With a rubber spatula, fold in the flour by thirds into the egg mixture. Fold in raisins, currants and nuts. Spoon half the batter into each of the cake pans. ceramic king, and bake in center of oven for approximately 30 minutes. Cool completely in the pan, then in-

vert onto a baking rack. When cool, sprinkle cake tops with the sherry. Brush one layer with the jam set aside.

Prepare Buttercream:
Ribbon yolks and sugar together. Add soft butter 1 tablespoon at a time. With mixer on high speed, beat well after each addition until thoroughly blended.

Place layers together on serving platter. Cover sides and top with buttercream. The top can be decorated simply with sugar holiday figures or by topping it with a golden crown (paper).

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Low-cal pizza soon in markets

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"Most dough contains an enormous amount of sugar," O'Brien said, explaining that he makes his by a secret process in mixing and rising (that results) in a nice thickness, a nice edge and a nice taste."

He also uses cheeses made from skimmed milk.

O'Brien, now a svelte 180 pounds, said he continues to eat large quantities of pizza but now has little trouble controlling his weight.

"I eat pizza all the time, but only Calorie Counter. I've cut my caloric intake by half."

ONCE O'BRIEN obtained a patent on his product, he attempted to market it himself, introducing the product to potential buyers at such gatherings as the Michigan Great Lakes Food Show and selling franchises to individual pizzeria owners.

O'Brien's Union Lake Pizza Maker, Mr. Pizza in Rochester and other pizzerias in places like Mio and Cass City include the item on their menus. But the going was slow.

"I needed more outlets but I could only be in one place at a time," O'Brien said. He also found few independent pizzeria operations left. "Most that are in business today are chain franchises," he said.

He feared competition from both the powerful chains and from giant food companies that could easily out-finance and out-market his singular efforts to market low-cal pizza.

"I had to change my philosophy," he explained, and began scouting around for a distributor already positioned in the marketplace and with clout enough to obtain coveted shelf space in larger supermarkets.

Enter Gilardis, a century-old food processing firm based in Ohio that has manufactured and marketed frozen pizzas for 15 years.

ONCE O'BRIEN ENTERED into a contract with Gilardis, Calorie Counter pizza was ready for mass marketing.

Frozen varieties were developed and a corrugated container that O'Brien said gives the appearance of "home delivered" pizza was designed.

Most important, Calorie Counter was market-tested in the small community of Sidney, Ohio where O'Brien said it was an instant hit. "It sold out 100 percent at every outlet."

When the product is introduced into Michigan supermarkets, it will be advertised primarily through sample tasting in the stores. O'Brien expects to participate in the testing, traveling from market to market, handing out bites of pizza and talking about the subject he knows best.

"Gilardis is smart. They want to keep me in the picture as a spokesman," he said, pointing to similar advertising campaigns like that of Lee Iacocca pitching Chrysler products where slogans have been personalized.

"People like that. I'm the inventor of the product so I'll make a good spokesman," O'Brien said.

Once low-cal pizza hits the consumer market in a big way, O'Brien is certain other varieties will appear.

'I eat pizza all the time, but only Calorie Counter. I've cut my caloric intake by half.'
— Mark O'Brien

"Others will come out but we'll always be No. One. Calorie Counter, the first low-cal pizza in America."

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