

# Bake tasty bread with real rye flour

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Remember the old saying, "Nothing is better than something from the oven?" Pick up a pound of rye flour and bake someone happy. Bon Appetit!

**HOMEMADE RYE BREADSTICKS**

A great go-together with hot soup

1 1/4 cups warm water (105-115° F)

1 package active dry yeast

3 tablespoons sugar

1/2 teaspoon salt

1/2 teaspoon caraway seed

3 tablespoons butter/margarine, softened

2 cups rye flour

1 1/2 or 2 1/4 cups white flour

Measure warm water into a large bowl. Sprinkle in yeast and stir until dissolved. Add sugar, salt and caraway seed and softened butter. Stir in rye flour, beat until smooth. Add enough white flour to make a stiff dough. Turn out onto a lightly floured board and knead until smooth and elastic, about 10 minutes. Place in a greased bowl and turn to grease top. Cover, let rise until double in bulk, about 1 hour.

# Chocolate boxes make romantic valentine's gift

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ma, then went to culinary school at Oakland Community College's Orchard Ridge Campus in Farmington Hills and attended the Culinary Institute of New York.

Throughout the training, his primary goal was to perfect elegant French pastries for an American palate. He never wanted to be an assembly line baker but a custom pastry artist, all of which is reflected in his shop.

Tucker, who grew up in Bloomfield Hills, trained to be a chocolatier while living in England. She graduated from Slough College of Higher Education for Pastries and worked at the Swiss Centre in London overseeing the company's chocolate production for the wholesale and retail divisions.

"The European market is very different than the American market because of the different demands of the Europeans," she said. "European chocolate has a different consistency basically, because it's 'coached' or kneaded differently."

**MAKING CHOCOLATE** combines art with science. Tucker is responsible for all the chocolate and truffles in the shop.

"The most important aspect of chocolate making is learning the proper 'tempering technique,'" she said. Chocolate must first be heated to a certain temperature before the centers can be dipped. "If the chocolate is not heated or 'tempered' properly, the chocolate will 'bloom.' Bloom is a term that describes the whitish coating chocolate often inherits when heated or stored improperly."

Along with the truffles and tortes, Sweet Endings specializes in wedding cakes. Although Fetch will make any type of wedding cake his clients desire, he prefers to make a tiered cake decorated with a nosegay of fresh flowers or a cascade of miniature marzipan roses or lilies.

Chocolate Bavarian Cream, layers made with a chiffon cake and laced with Chambord, is one of the favorites. The Dynasty Torte, fast becoming a Sweet Endings trademark, is made with white and dark chocolate layers, while and dark chocolate mousse and white and dark chocolate molded panels around the outside of each layer.

Tucker and Fetch are planning to hold a pastry-making class in the spring. For details on registration, call the shop at 645-1775. Sweet Endings is in the Fox and Hounds Building, 1550 N. Woodward, Bloomfield Hills. Hours are 9 a.m. to 6 p.m. Monday-Friday and 9 a.m. to 5 p.m. Saturday.

# Cookbook extols carrots

By Janice Brunson  
staff writer

If you're looking for cooking shortcuts, recipes written in shorthand that can be read in a flash both easily and quickly, "The Carrot Cookbook" is not the book for you.

If, on the other hand, you are looking for a homey little wordy book filled with anecdotes, bits of wisdom, lots of general chatter and a complete history on carrots, "The Carrot Cookbook" is the book for you.

The recipes are easy enough to follow, and tasty results should be predictable. After all, how can anyone ruin a pot of chili containing ground round, tomatoes and pungent chili powder, other than burning it to a crisp?

In fact, because the recipes are so simple, "Carrot" is the perfect recipe book for the beginning cook. Complete menu ideas are even suggested.

But if you've just driven home during rush hour from a hectic day at work and kids are clamoring for dinner, and you want to whip up a nutritious, calorie-conscious meal in a hurry, abbreviated versions of "Carrot" recipes are available more easily elsewhere.

Without, however, the carrots. That, of course, is the unique appeal of the book.

A sampling of tasty recipes, partially gleaned for the chatty conversations that accompany them, are presented here.

## CHILI CON CARROT

One of the greatest things about carrots is their adaptability. Though their color is flashy and distinctive, their flavor is mild and unobtrusive. In the recipe that follows, the carrots add sweetness and bulk, moderating the acidity of the tomatoes and allowing you to use much less meat than you would otherwise need for balance.

1/2 pound lean ground beef  
2 large carrots, diced  
1 large onion, diced  
1 16-ounce can tomato pieces  
1 20-ounce can tomato puree

2 cups water  
3 16-ounce cans kidney beans, including liquid  
1 1/2 tbsp. chili powder, or to taste  
salt and pepper to taste

In a large saucepan, saute the beef until it is brown. Add the carrots and the onion, and cook them until the onion is tender.

If any fat has accumulated, drain it off and add the tomato pieces, tomato puree, kidney beans and as much of the water as is necessary to make the consistency you like.

(We like the chili that is simmered for a couple of hours, so we add all the water called for above, knowing that some of it will boil off during the cooking.)

Add the chili powder, salt and pepper to your taste and simmer for at least one hour, stirring occasionally to keep the beans from sticking.

Serve piping hot with large slabs of stuff of life carrot yeast bread or cherry carrot corn bread. Delicious! (Leftovers, reheated, are super — see page 87.)

## ANNA LOU'S CARROT FUDGE

We had to taste it to believe it, too. Anna Lou made a batch of this fudge and gave us each a piece. We could have eaten the whole plateful, without any help. Carrot fudge — it's orange.

1 1/2 cup grated carrots  
3 1/2 cup sugar  
1/2 cup sweetened condensed milk  
1/2 cup water  
1/2 tsp. lemon flavoring

Cook the carrots, sugar, condensed milk and water to the soft-ball stage (234 to 238° F). Remove the pan from the heat, add the lemon flavoring and cool to room temperature. Beat until the mixture is creamy.

Pour the fudge into a buttered shallow pan, pat it down to a one-inch depth, and let it cool. When it is firm, cut it into squares.

(If you want to make a little something on the side, take bets from anyone who thinks he can identify the ingredients.)

The recipes are easy enough to follow, and tasty results should be predictable.

## SHORT RIBS AND LOOOOOOOOING CARROTS

Weight-conscious diners often shy away from short ribs because they are usually just too fat to eat. But if they are prepared properly — as they are in this recipe — the fat can be removed while the good lean beef remains. There's no worry about fat with carrots, of course, and they have so few calories that it would be almost impossible to gain any weight from eating them.

8-12 3-lb. pieces of short rib, with fat removed  
salt and pepper to taste  
1 tsp. marjoram  
1 cup water  
8 small carrots, whole  
4 small potatoes, whole  
2 tbsp. flour  
4 tbsp. water  
1/2 cup dry red wine

Preheat oven to 325°.

In a heavy oven-proof pan, sear the short ribs, browning them well on all sides. Add the salt and pepper, marjoram, rosemary and one cup of

water. Cover the pan and place it in the oven to roast until meat is tender, about one hour.

Remove the short ribs and set them aside. Cool the pan juices, chill and remove all the fat that hardens and rises to the surface. In the mean time, trim as much fat as possible from the cooked short ribs.

Return the trimmed short ribs to the pan and place the whole carrots and potatoes on the top and around the sides. Cover the pan and roast until the vegetables are tender, 45-60 minutes.

Remove the vegetables and the short ribs and arrange them on a serving platter or in a bowl. Keep them warm in the oven.

In a small mixing bowl, combine the flour and the four tablespoons of water to make a smooth paste. Stir this a little at a time into the pan juices, which have been brought to the boil on the stove top. Stir or whisk constantly as the gravy cooks, to keep lumps from forming, until it reaches the consistency of a light sauce. Stir in the dry red wine.

If you find you have added too much of thickening paste, thin the sauce with a little water.

Correct the seasonings, pour the sauce over the short ribs and vegetables, and serve at once, or serve the sauce in a gravy boat on the side.

"The Carrot Cookbook" is available in paperback for \$6.95 and in hardcover for \$14.95 at all Walden and Borden's book stores.

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