

Chefs battle with videos

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looking for "classic flashes" (my definition of cooking classics done with much pizzazz). Heavy into the instruction and technique, it would have been fun to see humor intertwined with the show. A professional presentation of an array of dishes, many of which will never see daylight in most kitchens.

CHINESE GARNISHES

This tape had a lot of "oh and ah" power but I could never imagine me doing that with a carrot.

HOW TO MAKE WEDDING CAKES BY WILTON

Anyone who has ever tried to make a bunny rabbit cake for a 5-year-old would expand his or her knowledge immensely with the four-part Wilton series on cake decorating. Upon previewing the wedding cake tape, I did a quick calculation and figured I'd need about \$217 worth of Wilton products even before the cake was made. Excellent technical qualities, but the woman doing the demos needed a lesson on how to talk in front of a camera. Even I learned something from these tapes.

FEATHERED FOWL AND GAME: A COOKING VIDEO WITH CHEF KEITH FAME AND CHEF ED JANOS

After sitting through a six-minute commercial for the local supplier of fowl and game, this is one video where the technical capabilities embarrass the talents of these two great Detroit-area chefs. Great segment on trussing a chicken but the recipes shown on the tape do not contain simple directions like how the oven should be set or for how long. Let's face it, chicken is chicken, and the average person buying this tape will never prepare guinea hen, ruffed-grouse, or much more than what's on sale and is the freshest at the grocer's. Visit their restaurants and try the real thing.

VIDEO WINE GUIDE: THE VIDEO COOKING LIBRARY

This totally instructional video tells us all the differences between white, red, rose and sparkling wines. The classes are mentioned, but to name a particular vintage or bottle would date the tape so "generic" wines are discussed. The oenophiles

This salad instant hit

AP — This nearly instant salad needs no chilling. The thawed vegetables cool the other ingredients to serving temperature.

BLUE CHEESE AND VEGETABLE SALAD
1/2 of a 16-ounce package (2 cups) loose-pack frozen zucchini, carrots, cauliflower, lima beans and Italian beans
2 green onions, sliced (1/4 cup)
1/4 cup reduced-calorie Italian salad dressing
One 2 1/2-ounce jar sliced mushrooms, drained
1 tablespoon sliced pimiento
8 lettuce leaves
2 tablespoons crumbled blue cheese

Place frozen vegetables in a colander. Run hot water over vegetables just until thawed. Drain well. Meanwhile, in a medium mixing bowl stir together onions, salad dressing, mushrooms and pimiento. Stir in thawed vegetables. Spoon vegetable mixture onto lettuce-lined plates. Sprinkle with blue cheese. Makes 6 servings.

Nutrition information per serving: 41 cal., 2 g. pro., 6 g. carb., 1 g. fat, 2 mg. chol., 239 mg. sodium. U.S. RDA: 45 percent vitamin A, 16 percent vitamin C.

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About five years ago, cooking videos seemed gimmicky, at best, when introduced to cookbook buyers.

would thumb their noses at this one, but for the novice it tells all in a basic and precise. If you're looking to expand on the basics, this would be a great start.

KIDS COOKING FROM KRAFT

This tape features young beginner cooks in the kitchen with an adult "cooking coach" who directs the child through the basics of menu preparation. Kitchen safety, cooking terms and basic skills are emphasized through simple recipes. Only available by mail from Kraft, it takes 6-8 weeks for delivery. To order, send \$14.95, which covers postage and handling, to "Kids Cooking from Kraft," P.O. Box 68618, Dept. R, Indianapolis 46268. Specify VHS or Beta.

JUDITH OLNEY ON CHOCOLATE

This tape to save till last, I previewed this at about 3:45 a.m. and the luscious chocolate desserts that were prepared still sent tingles down my spine. If you're into chocolate, you owe it to yourself to rent this one. This woman does things with chocolate I never knew were possible.

Sushi — vinegared rice dishes

"The Cooking of Japan," in the Foods of the World series of Time-Life Books, says, "Sushi — vinegared rice dishes — appears in many forms. All are based on vinegared rice, accompanied by slices of raw fish with or without omelet strips, sliced vegetables, 'nori' seaweed and a variety of colorful garnishes."

"These Japanese 'sandwiches' may be prepared simply, by topping an oblong of vinegared rice with a dab of prepared horseradish and slice of fish, or elaborately, by topping the rice with a wide variety of

delicately seasoned ingredients, rolling them all in 'nori,' and cutting them into 1-inch-thick slices."

A Taste reader, Susan Haines of Beverly Hills, who has lived in Japan, supplied the following recipe for sushi. She said she uses Japanese rice vinegar.

SUSHI

Rice in Vinegar Dressing
3 cups raw rice
3 1/2 to 3 3/4 cups water
1 1/2-inch piece of kelp, kombu

seaweed (optional)
1/2 cup vinegar
2 tablespoons sugar
1 1/2 teaspoons salt
monosodium glutamate

Wash rice and let it drain for one hour before cooking. Put the rice, water, and the kelp (optional) into a heavy-bottomed saucepan and bring to a boil. Remove the kelp so it will not flavor the rice too strongly. Cover saucepan again and simmer rice for 15-20 minutes or until tender. Rice cooked for sushi should be

slightly harder in texture than for other dishes. Remove from the fire and let it stand for 10 minutes. Put the vinegar, sugar, salt and a dash of monosodium glutamate into a small saucepan, bring to a boil and remove from fire. Put hot rice into large bowl, wooden if possible. Pour vinegar mixture evenly over the surface of the rice, mixing it into rice with quick, cutting strokes. Fan the rice at the same time. This fanning cools the rice quickly and produces a glossy sheen prized in a good sushi base.

Chef Larry offers saucy recipes

BASIC WHITE SAUCE
(great with scalloped potatoes)
2 tablespoons butter/margarine
2 tablespoons all-purpose flour
dash salt
1 cup milk or cream

Melt butter in saucepan over low heat. Blend in flour and salt and whisk. Add milk (room temperature) all at once and cook quickly over low heat, whisking constantly. Remove sauce from heat when it bubbles.

BASIC BROWN SAUCE
(add herbs and watch your meat sizzle)
2 tablespoons butter/margarine
2 tablespoons all-purpose flour
2 cups brown soup stock or broth

Melt butter, blend in flour and cook over low heat, stirring constantly until browned. Stir in stock (room temperature) all at once and whisk until smooth. Chef's suggestion: Both these

sauces are outstanding if you sprinkle with a little white pepper, then stir in 1 cup shredded cheese, stirring until smooth.

Or try sprinkling of fresh herbs like tarragon or thyme.

BECHAMEL SAUCE
1 cup basic white sauce (see recipe above)
1 tablespoon butter
1/2 cup onion, chopped
1/4 teaspoon thyme
1/4 bay leaf
dash fresh grated nutmeg

Gently heat the white sauce. Meanwhile, cook onion in butter until lightly browned. Stir into sauce and season with herbs. Lower heat and cook gently, stirring frequently for 45 minutes. Strain to remove onion bits and bay leaf.

CLASSIC BEARNAISE
3 tablespoons tarragon vinegar
1 teaspoon finely chopped shallots
4 peppercorns, crushed

1/4 teaspoon tarragon leaves
1/4 teaspoon chervil leaves
2 tablespoons cold water
4 egg yolks
1/2 cup butter

Combine vinegar, shallots, pepper-

corns, tarragon, chervil and cold water. Simmer for 5 minutes. Strain. Beat egg yolks with herb liquid over very low heat and add a few tablespoons of butter at a time, whisking constantly until thick.

Sparkling water lively alternative

AP — If you find tap water dull, and ordinary soft drinks too sweet, you're probably among a growing number of consumers opting for seltzer or sparkling water.

However, not all seltzers and sparkling waters are the same. There are a lot of choices. How do you decide?

To help sort through the confusion, Canada Dry has developed an informative brochure: "To Your Health: A Guide to Sparkling Water." To obtain a free copy, send a stamped, self-addressed business-size envelope to: Canada Dry Sparkling Waters Brochure, 1600 Broadway, Suite 501, New York, N.Y. 10019.

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