

# 2 books help in cooking veggies

My grandmother often said, "If you find just one good recipe in a cookbook, the book is worth keeping."

Now, that was in the '60s and '70s when the majority of cookbooks published were written by famous chefs, cooking teachers, food columnists and women's charity groups. More often than not, these cookbooks were collections of recipes with some advice on preparation technique.

Even a glance through a bookstore today will reveal a limitless source of cooking inspiration. There are books on food-processor cooking, microwave, pasta making, desserts, and ethnic subjects enough to confuse even a level-headed cookbook reviewer. Sorry to say, my grandmother's advice is no longer applicable in most cases, but some expert advice can make the task of selecting the best of the latest cookbooks seem effortless.

Burpee, the century-old seed company, recently introduced a pair of

## Chef Larry's appetizers are tasty

See Larry Janes' Taste buds column on 1B

**JAVA PEANUT DIP**  
(vegetables never tasted soooo good)  
1/2 cup crunchy peanut butter  
1/4 cup soy sauce  
2 tablespoons hot water  
1 tablespoon fresh lemon or lime juice  
1 tablespoon sugar  
1 teaspoon crushed fresh or dried hot red chile (optional)

Combine all ingredients in blender or processor and process until smooth. Bring to room temperature before serving.

### CORN FRITTERS WITH CRABMEAT

1 12-oz. can corn, well drained  
1/2 cup cooked crabmeat, flaked  
2 shallots, thin sliced  
2 eggs, beaten  
2 green onions, sliced  
1 tablespoon cornstarch  
1/2 teaspoon salt  
1/4 teaspoon fresh ground pepper  
1/4 cup peanut oil

Combine corn, crabmeat, shallots, eggs, green onions, cornstarch, salt and pepper in a bowl. Blend well. Heat oil in a wok or fryer and drop one heaping tablespoon of the mixture into the oil. Brown on both sides, about 3 minutes. Drain.

## Create fanciful yogurt

AP — Come on, yogurt fanciers, and use your imagination. Stir fruit and something crunchy into yogurt when you hanker for a quick breakfast or a fast snack. The following possibilities will get you started.

### MAKE MINE VANILLA

— Vanilla yogurt plus granola, pecans and chopped apple.  
— Vanilla yogurt plus semisweet chocolate pieces and almond brittle pieces.  
— Vanilla yogurt plus raspberry preserves and orange marmalade.  
— Vanilla yogurt plus chopped plums.  
— Vanilla yogurt plus kiwi fruit and toasted sliced almonds.  
— Vanilla yogurt plus peanut butter and semisweet chocolate pieces.

### THESE ARE THE BERRIES

— Blueberry yogurt plus chopped peaches.  
— Blueberry yogurt plus chopped bananas.  
— Strawberry yogurt plus sliced banana and Grape-Nuts cereal.  
— Strawberry yogurt plus sliced strawberries.  
— Raspberry yogurt plus cooked wheat berries.

### FRUITY DELIGHTS

— Lemon yogurt plus granola and chopped banana.  
— Lemon yogurt plus blueberries and toasted slivered almonds.  
— Lemon yogurt plus melon balls and toasted coconut.  
— Peach yogurt plus toasted wheat germ.

**GIVE BLOOD, PLEASE.**

American Red Cross

Cooking teacher and writer Geri Rinschler will review cookbooks for Taste, in her new column "Cook's Books."

Rinschler is a resident of Birmingham, where she has taught cooking for 14 years. She has been a freelance food writer for city magazines and for newspapers including the Observer & Ecen-

trier. She is a graduate of Madeleine Kamman's Modern Gourmet Cooking School. Rinschler also studied with the late James Beard.

paperback cookbooks, "Burpee's American Harvest Cookbooks: A Guide to Growing and Cooking the Home Gardener's Seasonal Favorites," with one cookbook devoted to "The Spring Garden" and the other "The Early Summer Garden," by Perla Meyers (Simon and Schuster — a Fireside Book, 1988, \$9.95 each).

Meyers, celebrated food authority, is also author of "The Seasonal Kitchen," "The Peasant Kitchen" and "Perla Meyers' from Market to Kitchen Cookbook." All three cookbooks were written based on using the freshest ingredients available. Recipes in these previous books work well as she is a knowledgeable cook and good recipe writer with excellent credentials.

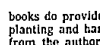
MY INITIAL REACTION to "The Spring Garden" and "The Early Summer Garden" was based on my knowledge as a home gardener. Glancing through the list of contents indicated that most of the vegetables in the "Spring Garden" cookbook are not available to Michigan gardeners until much later in our growing season.

Keeping that in mind, both cook-



## cook's books

Geri Rinschler



books do provide helpful gardening, planting and harvesting suggestions from the author. "The Spring Garden" cookbook focuses on asparagus, beets, broccoli, kohlrabi, salad greens, peas and spinach. "The Early Summer Garden" discusses snap beans, carrots, corn, cucumbers, peppers, chard, tomatoes and zucchini.

Both books include a nice selection of simple recipes. Most of them are based on vegetables but often contain meat, stock, chicken, fish or veal. There are a few color photos and interesting sketches throughout both books. The recipes present some interesting combinations of ingredients that give a new twist to standards such as Mediterranean Stuffed Peppers ("The Early Summer Garden") filled with prosciutto and sausage or Corn Crepes with Steamed Asparagus and Spicy Salsa ("The Spring Garden"). Both books contain appetizing, healthy recipes, which I am quite anxious to try.

**SPRING ASPARAGUS SOUP WITH PEAS AND LETTUCE**  
(from "The Early Summer Garden")

1 pound fresh asparagus, trimmed, and stalks peeled

5 cups chicken stock

4 tablespoons unsalted butter

2 1/2 tablespoons all-purpose flour

1/2-3/4 cup heavy cream

salt and freshly ground white pepper

1/2 cup cooked peas

1 heart Boston lettuce, separated into leaves

garnish  
tiny leaves of fresh mint, dill or tarragon

serves 6

1. Cut off the tips of the asparagus with a sharp knife and set aside. Slice the peeled stalks into 1/4 inch pieces and reserve.

2. In a 4-quart casserole, bring the chicken stock to a boil. Add the diced stalks, reduce heat and simmer, partially covered for 20 minutes or until very tender.

3. Strain the broth through a colander into a large bowl. Transfer the trimmed stalks to a food processor or blender, together with 1/4 cup broth, and puree until very smooth.

4. Whisk the asparagus puree into the remaining broth and reserve.

5. Add the butter to the casserole and melt over medium heat. Whisk in the flour and cook for 2 minutes without browning. Add the asparagus broth all at once and whisk constantly until the broth comes to a boil. Whisk in the heavy cream, season with salt and pepper, reduce heat and simmer for 10 minutes.

6. Add the reserved asparagus tips and cook for 5 minutes or until just tender.

7. Add the peas and lettuce and cook until lettuce just wilts. Taste and correct the seasoning. Serve hot in individual soup bowls, garnished with tiny leaves of mint, dill or tarragon.

# Chicago dog leads to different career

Continued from Page 1

"The Vienna Beef & Sausage Co. is one of the biggest in the world," Freedman said. "It's top quality."

Freedman's place can't be considered fast food because the fare is not prepared ahead of time. On the other hand, all items (the menu includes charbroiled, marinated chicken breast, cajun shrimp, sandwiches, soup and curly potatoes) are prepared and served quickly to accommodate the nighttime work crowd.

The store has 12 employees and Freedman has visions of a possible franchise.

"The coney island in this area has been it. We're not afraid to compete," he said. "We're really a different product. We can put chili and onions on our dogs but once they've tasted it the Chicago way, that's it. A very tasty treat."

**'Even the bun is baked in Chicago and driven overnight to us. It's eggbread with poppyseed.'**

— Larry Freedman

"This is home to us now," Freedman said. "It's been a wonderful experience, adding a new spark to life."

Hot Dawg . . . More is open Mondays-Saturdays from 9 a.m. to 9 p.m. and Sundays from 10 a.m. to 8 p.m. Kids' birthday parties can be scheduled. And the restaurant serves continental breakfast. Call 471-DAWG for more information.

**VALUABLE COUPON**

Bring in this ad and receive 50¢ off your order.

10% Off seniors  
One coupon per person per visit

**We don't claim to be the best. We'd rather let our customers be the judge.**

**Jean's Pasty Shop**  
19373 Beech Daly  
537-5581

Mon.-Wed.  
10-7  
Thurs.-Fri.  
10-8  
Sat. 10-6

**Celebrating 30 Years Service**

**COUSIN JACK PASTIES**

**ORCHARD-10 IGA**  
**24065 ORCHARD LAKE RD.**  
Mon. thru Sat. 8-9; Sun. 9-5

**We Feature Western Beef**  
QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

**DOUBLE! DOUBLE! DOUBLE! COUPON! COUPON! COUPON!**

**DOUBLE DOUBLE DOUBLE COUPON COUPON COUPON**

ORCHARD-10 gives you 100% more on all (cents-off) manufacturer's coupons up to and including 50¢ face value. All coupons 50¢ or lower will be doubled. Coupons above 50¢ will be cashed at face value. Limit one coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. Other retailer and free coupons excluded. All cigarette coupons at face value. This offer in effect now thru Monday, May 30, 1988.

**IGA WE'RE COOKIN'**  
With Memorial Day "Attention Getters"

**IGA Tablerite Beef Rib Steaks**  
**2.89** lb.

**Beef Club Steaks**  
**3.19** lb.  
Save .10 lb.

**IGA Tablerite Hamburger from Ground Chuck**  
**1.39** lb.  
5 lb. or more

**IGA Tablerite Boneless Beef Denver Steaks**  
**1.89** lb.  
Save .20 lb.

**IGA Tablerite Boneless Beef Delmonico Steaks**  
**5.59** lb.  
Save .40 lb.

**Chicken Drumsticks**  
**89¢** lb.

**Chicken Thighs**  
**79¢** lb.  
Save .30 lb.

**IGA Tablerite Pork Country Style Ribs**  
**1.39** lb.  
Save .50 lb.

**IGA Tablerite Beef Cube Steaks**  
**2.49** lb.  
Save .40 lb.

**Bob Evans Roll Pork Sausage**  
Regular Hot Sage **1.99** lb. pkg.  
Small Breakfast Links **1.99** 12 oz. pkg.

**IGA Tablerite Family Pak**  
**89¢** lb.

**IGA Tablerite Beef Cube Steaks**  
**2.49** lb.  
Save .40 lb.

**IGA Tablerite Boneless Beef Delmonico Steaks**  
**5.59** lb.  
Save .40 lb.

**IGA Tablerite Pork Country Style Ribs**  
**1.39** lb.  
Save .50 lb.

**IGA Tablerite Beef Cube Steaks**  
**2.49** lb.  
Save .40 lb.

**IGA COUPON**

For Your Holiday Cook-Out  
**Kingsford Charcoal**  
Limit 1 - 20 lb. bag  
Save 1.00

Limit one coupon per family. Coupon expires Monday, May 30, 1988.

**Dairy**

20 Oz. Label Individually Wrapped Slices  
**Kraft American Singles**  
12 oz./10 Ck. Pkg.  
**1.19**

McWheeler's Puffs - 14 oz. Box  
**Pillsbury Brownie Mix** ..... **1.69**  
FAME - Canyon Jug  
**2% Lowfat Milk** ..... **1.69**  
Pillsbury's - Assorted Varieties - 8 oz. Soft Cream Cheese ..... **1.19**

**Bakery**

Buy One Free, All Free. Price and Expires the Second Expiration Date.  
**Hamburger or Hot Dog Buns. Free**  
Over From 1988-89  
**Lumberjack White Bread** ..... **.69**  
Nightingale's - 16 oz.  
**French Bread** ..... **.89**

**Bush's Beans**  
15 oz. Can  
**.49**

**FAME Potato Chips**  
15 lb. Bag  
**.89**

**Downy Fabric Softener** ..... **2.99**  
Assorted Varieties - 15.6 oz. Pkg.  
**Salad Bar Pasta** ..... **.88**  
Chef Boyardee - 15 oz. Can  
**Dinosaurs Pasta** ..... **2/100**

**Bush's Beans**  
15 oz. Can  
**.49**

**FAME Potato Chips**  
15 lb. Bag  
**.89**

**Downy Fabric Softener** ..... **2.99**  
Assorted Varieties - 15.6 oz. Pkg.  
**Salad Bar Pasta** ..... **.88**  
Chef Boyardee - 15 oz. Can  
**Dinosaurs Pasta** ..... **2/100**

**IGA COUPON**

For Your Holiday Cook-Out  
**Kingsford Charcoal**  
Limit 1 - 20 lb. bag  
Save 1.00

Limit one coupon per family. Coupon expires Monday, May 30, 1988.

**Produce**

California White Perlette  
**Seedless Grapes**  
"First of the Season"  
**1.39** lb.

First of the Season  
**Georgia Peach Beauty**  
**Julie Peaches** ..... **.99**

**Frozen**

For A Great Thawed Cornucopia  
**FAME Lemonade**  
12 oz. Can  
**.39**

Swanson - 2 lb. Box  
**Fried Chicken** ..... **1.99**  
Assorted Flavors - 1/2 lb. Can, Carton  
**FAME Ice Cream** ..... **1.39**

**IGA COUPON**

**Kool-Aid**  
SUGAR SWEETENED  
8 OZ. CANS (ASST. FLAVORS)  
Buy One, Get One Free

Limit one coupon per purchase. Coupon expires Monday, May 30, 1988.

**IGA COUPON**

Assorted Cakes  
**Folger's Coffee**  
Limit 1 - 12 oz. Can  
Save 2.30

Limit one coupon per family. Coupon expires Monday, May 30, 1988.

**IGA COUPON**

Assorted Cakes  
**Folger's Coffee**  
Limit 1 - 12 oz. Can  
Save 2.30

Limit one coupon per family. Coupon expires Monday, May 30, 1988.

**IGA BONUS COUPON**

Squeeze Btl.  
**Heinz Ketchup**  
Limit 1 - 28 oz. Plastic Btl.  
Limit one coupon per family. Coupon and 10¢ purchase required. Excludes tobacco, alcoholic beverages or other coupon items. Coupon expires Monday, May 30, 1988.

**IGA BONUS COUPON**

Plus Calcium, Regular, Country Style or Reduced Acid  
**Minute Maid Orange Juice**  
Limit 2 - 10-12oz. cans  
Limit one coupon per family. Coupon and 10¢ purchase required. Excludes tobacco, alcoholic beverages or other coupon items. Coupon expires Monday, May 30, 1988.

**IGA BONUS COUPON**

Margarine Quarters  
**Parkay**  
Limit 2 - 1 lb. Pkg.  
Limit one coupon per family. Coupon and 10¢ purchase required. Excludes tobacco, alcoholic beverages or other coupon items. Coupon expires Monday, May 30, 1988.

**IGA BONUS COUPON**

All Varieties BBQ Sauce  
**Open Pit**  
Limit 1 - 18 oz. Btl.  
Limit one coupon per family. Coupon and 10¢ purchase required. Excludes tobacco, alcoholic beverages or other coupon items. Coupon expires Monday, May 30, 1988.

**IGA COUPON**

Produce, Beans, Pasta, Rice, Fruit, Flax, and more. Includes a variety of products.  
**Kellogg's Cereal**  
Limit 1 - 11-20 oz. Box  
Save .30

Limit one coupon per family. Coupon expires Monday, May 30, 1988.