Rhubarb best in dessert, jam

wonder what becomes of the 2,370 tons Michigan grows each

According to the Michigan State University Cooperative Extension Service, 99 percent is sent to processors who make rhubarb ples, jams and other products. The rest goes to bothouses, fruit markets and grocery stores as fresh produce.

Because of its tart, somewhat bitter flavor, rhubarb is not a vegetable that immediately appeals to all taste buds. It is rarely caten raw, but rather treated more like a fruit than a vegetable, adorning ples, sweet

a vegetable, adorning ples, sweet breads, jams and jellies.

THE LEAF STALKS, or petioles, are the edible portion of a rhubarb plant. Leaves contain oxalates, which are poisonous to humans if eaten and should be stripped from the stalk.

cool-season, perennial crop, requires temperatures be-

low 40 degrees to break dormancy and stimulate growth. It rarely grows when the summer mean tem-perature is above 75 degrees or where the winter mean is above 40 degrees. Michigan is ideally suited for this crop, which is usually har-vested between mid-May and mid-June.

for this crop, which is usually har-rested between mid-May and mid-June.

On a recent trip across Michigan, we queried rhubarb growers, farm market owners and restaurateurs on the various uses for this unusual veg-etable. Most agreed that it is best which are the statement of the statement of the country store in deserts with a statement of the country Store in South Lyon, where as-sistant manager Bobble Miller said most of her customers purchase rhu-barb ple and other dessert treats.

"Although we did have a few bikers come in here and buy a bunch to peel and eat raw in the parking lot," said Miller, puckering slightly at the thought of bitting into the bit-ter stalk.

ON TO NORTHERN Michigan, we stopped at Manitou Market, a produce store, bakery and winery near the town of Leland in the Leelanau Peninsula. Co-owner Market Schub says the rhubarb grown in their fields is turned into strawberry rhubarb Jam, blueberry rhubarb Jam, blueberry rhubarb Jam and a popular rhubarb mut bread.

"Even people who don't like rhu-barb like our bread," Schaub insist-ed. We tested her recipe and agree that the Manltou Market rhubarb nut bread could make a rhubarb lover out of anyone.

Around the Peninsula just south of Sutton's Bay, we came to Walker, Tolt & Wisket, a farm market where owner Jayne Walker divulged her favorite recipe for rhubarb crumble. Although she doesn't sell the dessert in her store, she does supply the recipe and the vegetable to anyone asking.

Our next stop was Sugar Loaf Resort. In the kitchen we found super-

visor Dave Maule, who offered a taste of his strawberry rhubarb shortcake. Maule said the sweetness of the strawberries complements the Lart rhubarb, leaving a pleasant taste, perfect for shortcake.

On to Traverse City. We spotted with the property Judway. She offered us her rhubarb taste hin the yard of Mary Judway. She offered us her rhubarb streusel pie recipe and even gave us streusel pie recipe and even gave us

treusel pie recipe and even gave us few fresh stalks to experiment ith ourselves.

with ourselves.

FINALLY BACK HOME, Weight Watchers publicist Wendy Rose provided us with a low-caloric rhubarb recipe that saves on calories but not flavor. We graciously accepted her augustations, since the rhubarb bread, shortcake and other goodles consumed on our trip were beginning to add to our waistlines.

We have included recipes from our travels below. Now, the next time you feel like becoming adventurous in the kitchen, pick up some rhubarb. You? Ib es surprised at the tasty treats you can create.

Recipes abound for tart pink stalks

MANITOU MARKET RHUBARB NUT BREAD 1 ¾ cup brown sugur % cup salad oil

75 cup saind oil
1 egg
4 teaspoons vanilla
2 teaspoons sait
3 teaspoons baking soda
1 cup sour milk
1 ¼ cups rhubarb (thinly diced) 15 cup chopped walnuts 2 15 cups flour

Topping: 1/2 cup sugar 2 tablespoons butter

Prehead oven to 300 degrees.
Mix brown sugar, salad oil and
eggs tegether. Add vanilla, salt,
soda and sour milk to mixture
and stir well. Next add the remaining ingredients except toping and stir. until blended. Pour
into greased toaf pans. In separate bowl, combine two topping
ingredients and sprinkle mixture
over batter in loaf pans. Bake for
one hour. Makes two 9x5x3
loaves.

JAYNE WALKER'S RHUBARB CRUMBLE cup melted butter or marga-

1 % cup rolled oats % cups sifted flour % cup brown sugar 3 cups rhubarb, cut in samil piec-

3 cups randare, cut in samil pieces see granulated sugar 1 % tap, flour 1 % tap,

DAVE MAULE'S
STRAWBERRY SHORTCAKE
(This recipe is rather vague, you
can make as much or as little as
you please, depending on the
amount of strawberrles and rhubarb you have on hand.)

equal portions of rhubarb cut into %-inch pleces, and diced strawberries sugar to taste fresh biscults or shortcake whipping cream for a topping

Place rhubarb into a medium heavy saucepan and add just enough water to cover stalks. Cook until tender (4 to 8 minutes), adding sugar to taste. Combine

diced strawberries into rhubarb/ water mixture and add a little more sugar if needed. Serve warm, over fresh biscuits or shortcake, topped with whipped

MARY JODWAY'S
RIUBARB STRUSSEL PIE
4 cups diecd rhubarb
15 cup brown sugar
3 tubiespoons flour
3 tubiespoons flour
3 the engryoks
dash salt
3 tabiespoons 1 prepared ple crust

Preheat oven to 425 degrees. Mix first six ingredients together, pour into prepared pie_crust and bake for 30 minutes.

Remove ple from oven. Mix first two topping ingredients together and spread over pie. Dot with butter and return to oven for an additional 10 minutes.

POACHED RHUBARB
WITH FRESH MANGO
AND APPLE
(From Weight Watchers Mugarine Past & Easy Recipes)
1 cup chopped fresh or frozen-rhubarb
% cup plus 2 teaspoons frozenconcentrated apple julee, thawed
% ripe small mango
% small apple, preferably MeIntosh, cored and cut into %-inch
cubes

cubes ½ cup plain yogurt (optional)

In medium heavy saucepan, combine chopped rhubarb with concentrated apple julce. Cover and simmer over low heat about and simmer over low heat about 4 to 8 minutes or until rhubarb is very soft. Set aside. Meanwhile, with sharp paring knife, pare mango and, holding knife horizon-tally, slice flesh off large central seed in long strips. Leave fibrous flesh close to seed attached. Holdseed in long strips. Leave fibrous flesh close to seed attached. Holding seed over a bowl, squeeze to extract juice; discard seed. Cut mango strips into ¼-inch pieces, add to mango juice. Add dieed apple and reserve rhubarb mixture; toss gently to mix. To serve, spoon ¼ of the mixture into each of 4 dessert bowls. If desired, top each with 1 tablespoon yogurt. Makes 4 servings. Each serving provides: ¼ Veg Ex, 1 ¼ Fruit Ex, 10 cal Opi Ex with yogurt. Per serving: 92 calories, 1 gram protein, 3 grams fat, 23 grams carbohydrates, 9 mg. sodium.

Asparagus, artichokes are stars

Continued from Page 1

Continued from Page 1
Whisk in the stock and cream, and bring the mixture to a simmer over low beat. Add the parsley, lemon juice, salt, pepper and artichoke purce.
While the soup is heating, saute pine nature in the pine nature in a little butter to toast them, or place them on a baking sheet in a 350 degree oven for 7 minutes.

After the soup comes to a simmer, simmer for 5 minutes and serve, carnished with toasted pine nuts.

garnished with toasted pine nuts.

From "Cooking with New American Chefs" by Ellen Brown, a compilation of recipes from some of the best kitchens in the nation. Recipe from Anne Greer, chef at the Terrace at the Anatole Hotel.

STIR-FRY OF ASPARAGUS
WITH CASHEWS
1 - pounds asparagus
2 ablespoons olive oil

2 tenspoons sesame oil 1 tablespoon finely chopped ginger root ¼ cup coarsely chopped roasted cashews

l tablespoon say sauce

1. Cut each stalk (asparagus) diag-

1. Out each staik (asparagus) umg-onally into 2 or 3 pieces.
2. Heat the oils in the wok over high heat. Add the ginger and stir-fry for 1 minute.
3. Add the asparagus and stir-fry until tender but still crisp, 4 to 5

SPINACH AND CHEESE PIE 2 pounds fresh spinach, cooked ¼ cup olive all 2 onions, finely chapped 2 teaspoons dill weed 1 cup milk

l'eggs, beaten l'pound feta cheese, crumbled sait and pepper to taste l'package (1 pound) phyllo strudel leaves

BABY ARTICHOKE FRITTERS 18 baby artichokes

l lemon, sliced l cup unbleached all-purpose flour 2 cloves of garlic, minced 2 teaspoons dried oregano 2 teaspoons dried basil

I teaspoon freshly ground black pepteaspoon crumbled dried

rosemary
6 large eggs
vegetable oil for frying
1 cup freshly grated parmesan
cheese
2 lemons, cut into wedges

1. Remove the tough outer leaves f the artichokes and trim the bottorns and tops with scissors. Cut each artichoke in half. Fill a large bowl with cold water, add the artichokes and lemon slices, and let stand 30 minutes.

and lemon slices, and let stand 30 minutes.

2. Mix the flour, garlic, oregano, basil, salt, pepper and rosemary in a mixing bowl. Beat the eggs in another bowl.

3. Drain the artichoke halves and pat them dry with a kitchen towel.

4. Heat vegetable oil in a deep-fat fryer at 375 degrees.

5. Dip the artichokes first in the flour mixture and then into the beat-

flour mixture and then into the beat-en eggs. Fry 6 to 8 artichoke halves in the oil until golden on the outside and tender Inside, 10 to 12 minutes. Drain on paper towels. Keep warm on a serving platter while frying the remaining artichokes. 6. When all the artichokes have

6. When all the artichokes have been fried, sprinkle them with the parmesan. Serve with lemon wedges and pass the peppermill.

Makes 36 fritters.

Both recipes from "The Silver Palate Good Times Cookbook" by Julee Rosso and Shiela Lukins,

PASTA WITH FRESH ASPARAGUS

4 lb. fettucine
1 large buseh of asparagus
1 gartic clove, sliced
1 tablespoons olive oil
1 egg, beaten
3 tablespoons freshly grated parmesan or romano cheese
4 cup whipping cream or half-and-half
black names

black pepper, freshly ground salt, if you must

Bring a pot of salted water to a boil for the pasta. Clean the asparagus and slice across the stalks into pieces ¼ inch long. Try to do this on the diagonal. Place a wok or large frying pan on to heat and place the pasta in the boiling water.

Place a wox or sarge trying pair use to beat and place the past in the boiling water.

Add the oil to the hot wox, along with the garlic. Toss for a few seconds and then add cut-up apparagus. Toss until the asparagus is bright green in color and barely tender, about 2 minutes on high heat. Quickly mix in the beaten egg and the grated cheese. Add the cream and salt and pepper. Bring to a simmer for a few minutes while the pasta finishes cooking.

Serves 4

From the best-selling "The Fru-gal Gourmet Cooks with Wine" by Jeff Smith, who also hosts "The Frugal Gourmet," 4:30 p.m. Sat-urdays, Channel 56.

CHINESE BEEF
WITH ASPARAGUS

1 pound flunk steak
2 tablespoons dry sherry
1 tablespoon cornstarch
14 asparagus spears
14 cup peanut, vegetable or corn oil
1 teaspoon sugar
2 tablespoons unsalted chicken broth

Place the meat on a flat surface. Using a very sharp knife, cut the beef across the grain into the thinnest possible slices.
 Put the slices in a bowl and add half the sherry and the cornstarch. Blend well with fingers.

Blend well with fingers.

3. Rinse the asparagus and cut them on a bias into 1½ lengths.

4. Fit a sleve inside a mixing bowl.

5. Heat the oil in a wok and, when it is very hot and almost smoking, add the beef. Cook, stirring rapidly to separate the pleces, for about 30 seconds, no longer.

6. Four the beef and oil into the sieve to drain.

7. Return about one tablespoon of the oil to the work and, when it is hot, add the asparagus cook, astirring, for add the asparagus cook, astirring, for about 10 seconds and add the beef.

The garden are the second and and the beef.

The garden are the second and and the beef of the second and add the beef.

The garden are the second and and the beef of the second and and the second and and the second and and the second and and the second and the sec

with rice. Yield: 4 servings

A low-calorie alternative from "Craig Claiborne's Gourmet Diet" by Craig Claiborne with Pierre Francy.



Combine spinach, onion, garlic, toor ricotta encesse and sur in par-mesan cheese. In a 9 x 13 pan, place a layer of lasagna noodles, a layer of mozarella cheese, a layer of egg/ cheese mix and a layer of the spin-ach sauce. Repeat, using all the ingredients. Bake at 350 degrees for 1 hour, let stand 15 minutes before serving.



Fresh

ALASKAN HALIBUT STEAKS

\$450_{lb.} Expires 6-4-88

Fresh LAKE WHITEFISH

\$**2**99_{16.}

Fillets

BOAT RUN SHRIMP \$**3**99_{16.}

Expires 6-4-88

Fresh

SHARK STEAKS \$**3**99

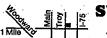
Expires 6-4-88



Chef Roger Sutton

PEABODY'S RESTAURANT

Saturday, June 4 10 a.m.-12 Noon



FREE Recipes Available SUPERIOR FISH CO. House of Quality Serving Metro Detroit for over 40 years

309 E. Eleven Mile Rd. • Royal Oak • 541-4832 M-W 8-5; TH. & FR. 8-6; SAT. 8-1

Iraves
Cook spinach, drain, Saute onion in
Lablespoons of oil. Add spinach and
dill. Add milk, cooking over low heat
for 10 minutes. Remove from beat,
col. Beat in eggs, cheese, salt and
pepper. Grease 2 pie plates with oil;
line with phylio. Leaves should hang
over the edge so they can later be Spring SALE-A-THON I Sewing Machines Knitting Machines *169** Singer • Passap
 Brother • White
 New Home

The Magle Needle

folded over top. Brush leaves well with oil. Four in spinach mixture. Fold over phyllo leaves, brush well oil. Top with 2 phyllo leaves, brushed with oil. Cut into serving pieces before baking, bake at 300 degrees for 40 minutes or until golden. Let stand 5 minutes before serving.

SPINACH LASAGNE

SPINACH LASAGNE

Let stand 5 minutes before servin,
SPINACH LASAGNE
1 pound cooked spinach, drained
1 cup chopped onlon
1 clove garlic, minced
3 cups chopped tomatoes
2 cups tomato paste
dash salt
1 tablespoon basil
1 tablespoon aresens

1 tablespoon oregano 2 cups cottage or ricotta cheese 2 eggs

common spinanac, onion, garric, tomatoes and tomato paste in a saucepan and cook over medium heat,
stirring occasionally for 30 minutes.
Stir in sait if desired. Add basil and
oregano. Combine eggs with cottage
or ricotta cheese and stir in parmesan cheese. In a 9 x 13 pan, place
a laver of lasama noodies, a laver of a

VALUABLE COUPONE E E E Bring In Bring In this ad and receive 50° of PASTIES Mon.-Wed. 10-7 Thurs.-Fri. 10-8 Sat. 10-6 10% Off seniors Celebrating 30 Years Service upon per p per visit COUSIN JACK PASTIES We don't claim to be the best.

We'd rather let our customers be the judge.

