

Pasta! That's the stuff

By Michele MacWilliams special writer

Social writer

OMETIMES I think I should write a book titled "Ten Thousand and One Ways to prepare Pasta," says John Section Concentration of the Ways to prepare Pasta," says John Section Section Control Co

PASTA IS a complex carbohydrate. A half-cup serving provides approximately 80 to 90 calories and is a good source of 80 triannias, iron and protein. Still, many of us just don't use our noodles when it comes to envisioning this foot's incredible versatility.

The sauce accompanying pasta, or the ingredient used as stuffing can make the dish healthy, fattening, light or beavy. Making pasta from scratch and filling it with different ingredients is becoming popular with restaurants and home cooks across the United States.

Master Chef Milos Chiekk of the Golden Mushroom in Southfield says the possibilities for pasta stuffings are limitless.

Southfield says the possibilities for pasta stuffings are limitiess.

"As people become more willing to experiment with different tastes, we use pasta increasingly in more and more creative ways," the chef says.

He notes that people no longer think of pasta as just spaghettl or ravioli with a tomato sauce. Today many different sauces are incorporated in his recipes.

"We use stuffed pasta as a warm appetizer or as a main course. We stuff it with everything from losher to wild mushrooms to just about any type of meat, poultry or wild game." Chef Miles adds.

He says that although pasta has been a staple food item for centuries, generally speaking, it has only been within the last few years that good, fresh pasta has become available in supermarkets and speciality stores.

IN A QUICK check at the local Great Scott, an assort-

available in supermarkets and specialty stores.

IN A QUICK check at the local Great Scott, an assortment of traditional ravioli stuffed with either meat or cheese was found, plus a number of other refrigerated pastas with different stuffings. Agnolotti, a pesto-stuffed pasta, and tortelloni pasta, filled with either chicken or presciutto, are available in the dairy case, ready to pop in boiling water and use with your favorite sauce. But if you want to get more creative, you can make pasta from scratch and fill it with just about anything your heart desires.

Keith Famie, chef/proprietor of Les Auteurs, an American bistro, in Royal Oak, changes the look of his ravioli dishes by changing the color of the pasta.

Using beets and squid ink, he created a black- and redstriped ravioli filled with lobster for the recent national Gold Cop competition in Chicago. The recipe for his "Grilled Maine Lobster with Chevre Sauce" vitil appear



Master Chef Milos Cihelka shows two of the ravioli specialties he prepares at Southfield's Golden Mush-

room restaurent — Wild Mushroom and Spinach Ra-violi and Lobater Ravioli.

Start out basic and get fancy

CHEF JEFF SEGAN'S BASIC PASTA RECIPE

5 large eggs 1 pound all purpose flour

Measure flour into a large bowl, Make a well in the flour and crack eggs into the well. With the back of a wooden spoon, gradually mix the eggs into the flour. Knead dough with bands for approximately 5 minutes. Cover tightly with plastic wrap and let the dough rest, at

room temperature, for about one hour. Roll out dough. If it is too wet, let it stand for a few minutes so air circulates on both sides. Pas-ta is then ready to fill with your favorite stuffing. After pasta is filled, drop into boiling water and cook for 2 to 4 minutes, or until done.

Please turn to Page 3

Bugs Bunny was right always keep carrot handy

the financial impact we are now being faced with during harvest time.

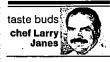
Fresh red raspberries are going for a whopping \$2.99 for what would seem to be just a little over a cup. Whatever happened to the 59-cent head of lettuce? Thank goodness the good old carrot has made it through with just a slight decrease in size (less water) but almost the same price.

A visit last weekend to the Eastern Market had carrots brimming from every other stall, sweet baby carrots, fresh-picked bunches with stalks still crisp and intact and giant mothers that could be used by Darreil Evans and the entire Tiger.

Darrell Evans and the entire Tiger team.

The Janes gang is known for its somewhat hefty consumption of the orange edible root. There always seems to be a platter of carrots with the tural celery and broccoil sitting around a bowl of what Sis says is homemade dip but which everyone knows is store bought and plopped it into a clean collectop.

OPEN UP yours truly's refrig-erator, and the first thing you will see is a glass jug brimming with



strips of orange. (My philosophy is to make sure you cultorys have is alternate choice when opening the fridge.) Mamma is known for her canned carrots that the entire family enjoys them year round. Speaking of canning, did you know when year the control of the

A LITTLE LESS than half of the

A LITTLE LESS than half of the North American carrot crop is processed, with the remainder being purchased as fresh. The leading type of processing is freezing, followed by canning. However, there is a steady growth toward processing carrots for julce production, dehydration and in the use of canned soups, stews and cakes. Most forms of carrots are very high in water content (about 90 percent) and low in calories are very high in water content (about 90 percent) and low in calories (about 30 calories per three ounces). They are the best source of Vitamin A, with one large carrot giving more than double the Recommended Dictary Allowance for adults. Let's face it, folks, Bugs Bunny knew what he was talking about when he began his trademark of always having a fresh carrot nearby.

While researching this story, I brought the old julier up from the fruit cellar and decided to make some fresh carrot julce. Having never tried it before, I was skeptical, but for the sake of journalism

Oat bran craze is healthy

By Geri Rinschier special writer

Who would have imagined two years ago that out ran mulfins would be a leading food trend in the fall '88.

of '28.

Recent medical studies — such as those reported in the Journal of the American Dietetic Medical Association (June 1985) and more recently similar findings published in the best seller, 'The 8-Week Cholesterol Cure' by Robert Kowalaki — conclude that adding two to three ounces of oat bran a day to a low-fat diet can result in a reduction of cholesterol levels.

levels. upshot of these studies and others like them is a number of new food products stacking the shelves in supermarkets and bealth food in the shelves in supermarkets and bealth food in the shelves in supermarkets and bealth food in the shelves the shell shell in the shelp shell in the shell shell shell shell in the shell shell

OWNER AND FOUNDER Sharon Masselink loves making muffins as much as she loves eating healthy. As a matter of fact her motto is, "When you want feel healthy ask for More..." oat bran muffins, of



STEPHEN CANTREL LIGHT DO

Sharon Massalink of Muffins and More in Sharon massering or mutine and move as Birmingham took over a former pizza shop to make oat bran muffine instead. She still tests each batch with a toothpick to make sure they're done.

Even though Masselink's mother and grandmother made homemade muffins on a regular basis, it wasn't until ber children were grown that she began her experimentation.
"It was after visiting a friend who made raisin bran muffins that I began potting in the kitchen," abe said. "After working with a variety of oat bran and wheat flour and pureed fruit I was pleased with the results."

Please turn to Page 2