

Chefs stuff ravioli, other pasta many ways

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In the Great Chefs of Michigan 1989 calendar, available at all A&P stores, at the end of November.

To give the ravioli its striped look, Famie colored traditional pasta dough red, by adding beets, and black, with squid ink. He then ran the two doughs through a pasta machine, making long stripes. By seal-

ing the stripes together, alternating black and red, he created the striped dough. Famie filled squares of the dough with his lobster mixture, twisting each end in a fashion similar to a candy wrapper.

Although the method sounds complicated, Famie insists that it is really not that difficult. He adds that the two doughs change the color of the stripes by adding different color-

ing to a traditional pasta recipe. An example is the green-colored spinach pasta in Chef Miller's wild mushroom and spinach ravioli recipe accompanying this article.

JUST AS YOU can change the colors of the pasta with the addition of different ingredients in the dough, you can also change its flavor by the ingredients used to stuff it and the

sauce it is placed in.

Roman Terrace's Salvatore says that when filling pasta with any specific ingredient, all you need to do is create a sauce that goes well with the stuffing. For example, if he fills ravioli with duck breast, he would accompany the dish with either an orange sauce or blackberry sauce — traditional sauces for duck. Lobster-filled pasta would probably get a

lobster Newberg sauce and pheasant ravioli is good accompanied by a Bearnaise or Hollandaise sauce.

Jeff Segal, executive chef at Con-fetti's in West Bloomfield, stuffs a tortelloni pasta with either chicken or veal and accompanies it with a white Alfredo sauce. He says, however, that with a basic pasta recipe, anyone can come up with innovative fillings of their own.

The choices are really limitless and fun to experiment with. Using the pasta recipe provided by Con-fetti's, accompanying this article, home cooks can create new, innovative ravioli dishes with stuffings their mothers never dreamed of. But for those who prefer to follow tried and true recipes, we've also provided a few of Master Chef Miller's favorite ravioli creations and Jeff Segal's veal tortelloni.

CHEF JEFF SEGAL'S VEAL TORTELLONI

Recipe of Con-fetti's Restaurant
(makes 80 tortellonis, 6 servings)

Use Chef Jeff Segal's basic pasta recipe for the dough. Roll out and stuff with filling mixture.

Filling:
1 ounce shallots, cooked in ¼ ounce butter and refrigerate
1 pound veal, ground or processed fine
1 egg
salt and pepper to taste
1 cup heavy cream
½ ounce brandy

Process shallots, veal, egg, salt and pepper in food processor until smooth. Add heavy cream slowly. Process 45 seconds to 1 minute. Stir in brandy.

To assemble:

Roll out pasta dough until very thin. Using a clean and empty soup can, cut rounds out of the dough. Add a ball of the filling mixture to the center of each round dough piece. Fold in half and crimp with a fork to seal edges. Twist tortelloni around your finger and pinch ends together to make a circle. Pop tortelloni in boiling water for approximately 2 to 4 minutes, or until done. Serve with a tomato sauce, meat sauce, Alfredo sauce or just plain butter.

MASTER CHEF MILOS CIEHLKA'S WILD MUSHROOM AND SPINACH RAVIOLI

Recipe of the Golden Mushroom Restaurant

Dough:
(fresh spinach — enough to make 2 ounces when it is cooked and squeezed dry)
3 eggs
2 egg yolks
2 cups all-purpose flour
1 cup semolina flour

Drop clean spinach into boiling water, stir and remove as soon as it is completely wilted. Transfer into cold water, drain and squeeze as much of the water out as possible. Weigh it now. Blend spinach with eggs and yolks in a blender until smooth. Mix with flour and knead to a smooth dough.

Ingredients for Filling and Sauce:
4 ounces butter
1 teaspoon chopped shallots
1 pound assorted wild mushrooms (chopped)
2 ounces sherry wine
1 teaspoon chopped herbs (your favorite variety)
10 ounces heavy cream
6 ounces half and half
salt, to taste

Filling:

Heat 2 ounces of the butter in a

saucepan. Add shallots. Stir in mushrooms and cook until liquid evaporates. Add 1 ¼ ounces of the sherry wine and reduce once more. Add 4 ounces heavy cream, herbs and salt to taste. Cook 3 minutes. Remove half of the mushrooms, cool and reserve for filling of the ravioli.

Sauce:

Add to the saucepan the remaining butter, sherry, cream and half and half. Cook for 5 minutes more at low heat, without reducing. Transfer to a blender and blend until smooth. Keep hot.

To Assemble:

Roll out half the pasta as thin as possible. Spoon filling in equal amounts, spaced apart, onto the dough. Roll out the other half of the pasta and place it on top. Cut around spoonfuls of filling and seal edges. Drop ravioli into boiling water and cook 3 to 4 minutes. Drain. Spill sauce on plates, place ravioli over and serve.

MASTER CHEF MILOS CIEHLKA'S LOBSTER RAVIOLI

Recipe of the Golden Mushroom Restaurant

Dough:
3 eggs
2 ½ cups all-purpose flour
2 teaspoon milk

Mix ingredients together and knead to a smooth, elastic paste. Cover or wrap in plastic and allow to rest at least ½ hour before rolling.

Filling:
2 live lobsters, 1 ½ pounds each
½ cup heavy cream

Plunge the lobsters into boiling water for 2 minutes, remove and drop into cold water. Using a large knife, split them lengthwise. Remove stomach (sack at the head) and discard. Scoop out the liver (green, soft part) and reserve. Remove all meat and save the shells. In a processor, puree the meat, add cream. Cover and refrigerate.

Sauce:
½ stick of butter
1 tablespoon cognac
¼ cup onion, chopped
2 cups coffee cream

Chop up the lobster shells. In a heavy, stainless saucepan, melt the butter. Add lobster shells and sauté, stirring until a deep red color develops. Pour in brandy and ignite. Let burn down, add the onion and sauté until onion is translucent. Add coffee cream, bring to a simmer. Cook 15 minutes and strain. Whip in the lobster liver,

bring back to a boil. Taste and correct the seasoning.

To Assemble:

Roll out half the dough, as thin as possible. Place a spoonful of filling at regular intervals on the dough. Roll out the other half of the dough and cover the half with the filling on it. Cut into squares with a rolling cutter and press down around the edges to seal. Drop ravioli into boiling, salted water and cook 3 minutes. Drain. To serve, gently reheat ravioli in sauce, divide into servings.

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Bugs always has a carrot handy

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decided to take a big gulp.

I wasn't surprised. Needless to say, I'll keep chomping away at the whole carrots and leave the carrot juice business to the health-food-store freaks.

Because of the continual growing seasons available year-round throughout North America, carrots are always readily available and are usually marked at a low price. Last Saturday, the Eastern Market had large carrots selling for about \$6 for a 50-pound bag, enough to keep a hutch of bunnies happy for a long, long time. Locally, three pounds for a dollar seems the norm at produce markets, but you can easily double the take for the same price at a farmer's market.

Try these great carrot recipes and let me know what you think. Bon Appetit!

CARROT BREAD (just like Zucchini Bread)

1 ½ cups grated carrots
¼ cup oil
¼ cup honey or brown sugar
2 eggs beaten
1 teaspoon vanilla
1 ½ cups whole wheat flour
¼ teaspoon baking soda
¼ teaspoon baking powder
½ teaspoon salt
1 ½ teaspoon cinnamon
½ teaspoon nutmeg
½ cups chopped nuts (optional)
Beat together the oil and the honey. Add eggs, vanilla and carrots. Mix well. Sift together the dry ingredients and add to the liquid mixture. Stir in nuts. Bake in a greased loaf pan at 350 degrees for 50 minutes. Cool in pan for 10 minutes. Invert onto wire rack to cool.

CARROT CAKE
1 ½ cups vegetable oil
2 cups sugar
4 eggs
2 cups sifted flour
2 teaspoons baking soda
2 teaspoons baking powder
2 teaspoons cinnamon
½ teaspoon salt
½ teaspoon nutmeg
1 cup pecans, chopped
1 cup raisins
1 teaspoon vanilla
Blend oil and sugar. Add eggs, one at a time, sift together the dry ingredients, add to mixture and blend well. Stir in remaining ingredients. Pour into three 9-inch greased and floured cake pans; bake at 350 degrees for 25 minutes or until done. Serve with a cream cheese frosting.

CARROT GRANOLA CHEESE BALLS
(a healthy treat for kids)
1 cup cheddar cheese, grated
½ cup chopped raisins
½ cup chopped nuts
1 cup sunflower seeds
1 cup grated carrot
1 tablespoon honey
¼ cup toasted wheat germ
¼ cup dry milk powder
Combine all ingredients and mix well. Shape into small balls and roll in finely crushed granola or toasted wheat germ.

CARROT CURRY
4 cups fresh sliced carrots
1 cup fresh orange juice
1 teaspoon salt
4 tablespoons butter/margarine
4 ripe banana
1 teaspoon ground cardamom
1 ½ teaspoon turmeric
1 ½ teaspoon mustard seeds

Combine all ingredients and mix well. Shape into small balls and roll in finely crushed granola or toasted wheat germ.

of any canned tomato product. "It is also recommended that all tomato products be processed in a boiling water bath 40 minutes for quarts, 35 minutes for pints. This is to ensure a safe product." She points out, "At one time, the acid was higher in our tomatoes but now, due to our changing soils of the strains of tomato plants, the acid is considerably less. To compensate for the lower acidity is the reasoning behind the USDA recommendations for this growing season." For other questions about food preservation, contact the cooperative extension service's Food Hotline at 858-0904.

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clarification

The Oakland County Cooperative Extension Service reports receiving several calls asking about the dry canning method used by an Italian family canning tomato paste in the traditional way, in the Sept. 26 issue of Taste.

Lois Thieleke, home economist with the county cooperative extension service, says, "A dry method of canning is an old world/old country method not recommended for the 1988 tomato season. United States Department of Agriculture recommendations are for one tablespoon bottled lemon juice be added to each pint or two tablespoons to each quart

