

Meal that came from the Indians

Continued from Page 1

Then the starch and gluten are removed by centrifugal force. In addition to making cornmeal, the wet milling process also produces corn starch, corn sweeteners and corn oil.

THE DRY milling of corn is generally less involved than the wet milling. Two basic processes are used, degerming and nondegerming.

In the degerming process, the hull, germ and endosperm are separated, and this process is used for making corn flakes, corn grits, corn flour and feeds.

In the nondegerming process, the entire kernel is ground, with the resulting product being an oily flour that is subsequently used in the mass production of baking products.

MOST COMMERCIAL cornmeal is made from flint corn processed with the germ removed. This makes for a more shelf-stable product, usually fortified or enriched with nutrients.

If all this weren't enough to confuse you when you enter the market, you will also notice little of Aunt Jemima pushing yet another variation of cornmeal, the self-rising variety.

This specific blend of cornmeal and leavening agents (baking soda and salt) is used for producing a lighter variety of cornbread and can be used when making cookies, pancakes and waffles, for a lighter texture.

The use of self-rising cornmeal is not recommended for producing the trendy dish called polenta.

Personally speaking, however, you just can't beat those neat little oatmeal-type boxes that basic cornmeal comes in.

I've had polenta, and, to tell the truth, it doesn't knock my socks off. I'd much rather have a fresh hot slice of Momma's Johnnycake right from the cast-iron skillet, topped with a hunk of sweet butter just oozing down the sides as it slowly melts. Now, that's comfort food!

Polenta popular in past, present

Continued from Page 1

lenta. Her mother was born just north of Venice, Italy, where polenta is an everyday dish; she prepared polenta often for her family when Marie Mazzocco was growing up in Warren, Mich.

Now, Marie has two children of her own, Robert, 2, and Dominique, 8, and a third child arriving in February. She and John enjoy entertaining in their lovely suburban home and find polenta an easy, yet unusual dish to prepare for guests. The stew can be made in advance but the Osbornes prefer to make it fresh and bring it to the table directly after cooking.

John and Marie prepare and cook most of their dinners together, when

he is not busy with his work as publisher of "Auto Swappers Magazine." Cooking the polenta, the Osbornes use a deep, unlined copper kettle called a "paluotto" which was given to them by her mother. Marie said, "It's not easy to find a paluotto these days and it's not necessary for making good polenta."

First, the Osbornes begin preparing the stew, because it takes about two hours to cook. After the stew has cooked for an hour, the water and salt for the polenta is brought to a boil. When the water boils rapidly, the cornmeal is poured directly from the container in a slow steady stream.

Marie said, "Each time I prepare the polenta I use varying amounts of cornmeal. I stop adding the cornmeal when it looks like a very thick

pudding."

THE AMOUNT of humidity in the air most likely affects how much cornmeal will be absorbed on any given day. While the cornmeal is cooking, you need to stir constantly with a wire whisk.

Marie said, "The secret of a good polenta is to cook the cornmeal for a long time." One of the signs of a sufficiently cooked polenta is the crunchy crust, which builds up on the sides of the pot. She also mentioned that her family would argue over who got to eat the crust. "It's considered a real treat," Marie warned that cooks should be careful while stirring the bubbling polenta and watch out for hot splashes. She said the pot of bubbling polenta resembles Mount St. Helen's when it comes

out of the pot.

After an hour of cooking, the polenta is poured onto a cutting board in a mound to cool at the dinner table. The polenta can be cut with a knife when it is no longer steaming. "It's much easier to cut with a long piece of cotton string," Marie said.

Often the Osbornes will begin their dinner party with an Italian antipasto plate or individual servings of cooked meat, tortellini, which have been tossed in olive oil, garlic and chopped parsley. This is usually garnished with julienne slices of roasted red pepper.

After the polenta and veal stew, the Osbornes serve their guests a platter of fresh fruit and cheeses, or slices of panettone, a sweet yeast cake specialty of Northern Italy.

POLenta

Serves 6-8

10 cups water
2 teaspoons salt
1 container of yellow corn meal (4 1/2 pounds)

Bring water and salt to boil in a large heavy saucepan. In a slow steady stream, pour cornmeal into boiling pot, stirring constantly with a wire whisk. Be careful that the mixture remains boiling (take care not to get burned from hot, splashing

polenta). The mixture should have the consistency of a thick pudding. Stir often with a wooden spoon and continue to cook for 45-60 minutes. As it cooks, a crunchy layer will form on the sides of the pot. Stir from the bottom to prevent burning. Pour out onto a dry wooden board at least 16x12 inches. Allow to cool on the board. Serve on the board and slice at the table, cutting the polenta into thick slices along a piece of cotton string. If you prefer, the polenta can also be poured into a buttered

baking dish and cut with a spatula.

STUFFATO MISTO VITELLO

(Italian Veal Stew)

Serves 6
1 garlic clove, finely chopped
1 medium onion, finely diced
2 tablespoons butter
3 pounds veal stew meat, trimmed and cut into small chunks
2 teaspoons fresh rosemary, finely chopped
2 teaspoons fresh basil leaves, finely chopped

3 tablespoons tomato paste
3 cups turkey, chicken or veal stock
salt and pepper to taste
1 cup sliced mushrooms
Brown finely chopped onion and garlic in butter in large, heavy skillet over medium high heat. When golden, add meat and toss until brown. Add broth and tomato paste to browned meat. Stir until blended, then add herbs and sliced mushrooms. Continue to cook slowly over medium-low heat until tender. About two hours.

Forget about 'cute' with kids' lunches

Continued from Page 1

rot cake made with natural ingredients, honey and eggs can literally be a meal in itself. Check out some great "natural" cookbooks such as the "Vegetarian Epicure" or "The Foods for the Whole Family." Both are excellent sources for healthy-for-you recipes that utilize protein, vegetables and dairy products in a tasty alternative.

Something I remember that Momma did was always overcook and end up with mucho leftovers. Make a simple meatloaf sandwich or wrap a

chunk of roast beef together with a few breadsticks.

I'll be the first to admit that lunchboxes are not my favorite things to stuff but, with a little ingenuity and imagination, you can at least make a nasty chore into something somewhat enjoyable.

GET OUT OF THE DARK.

The Consumer Information Center is a free service to help you make better buying decisions. We provide information on products, services, and companies. We also help you understand your rights as a consumer. Call us today for more information.

FREE KNITTING SEMINAR

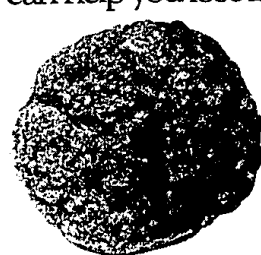
Single Bed or Double Bed Knitting? Come Learn how much fun Machine Knitting can be. You do not need a machine to participate.

Special Machine Prices to Participants
Wednesday, November 16 • 7 pm

PRE-REGISTRATION REQUIRED • SPACE LIMITED • SIGN UP NOW!

The Magic Needle M-F 10-6 SAT. 10-5
35125 Grand River at Drake Rd. • Farmington (Drakeville Plaza) Evenings by Appointment
471-1077

Our cookie diet can help you lose 15-20 pounds a month.



You can lose weight without getting hungry, thanks to our special hunger suppressing cookie diet. One low monthly fee allows you unlimited private consultations. Call us. And take your first step toward safe, fast, permanent weight loss.



Troy (313) 689-7530

Flint (313) 232-8822 • Holly (313) 634-6592 • Lapeer (313) 667-9431 • Breckinridge (517) 842-3155 • Lansing (517) 337-5636

Observer & Eccentric CLASSIFIED ADVERTISING

644-1070 Oakland County
591-0500 Wayne County
852-3222 Rochester / Avon

SUPERIOR FISH CO.

Just Add SEAFOOD To Make Your HOLIDAYS TASTEFULLY UNIQUE!

Fresh **OYSTERS** are in from **CHESAPEAKE BAY** 1/2 Pint • Pint • Quarts no coupon necessary

Shell-on **COCKTAIL SHRIMP** (26-30 ct) \$7.49 lb. with coupon Expires 11/12/88 Reg. 7.99 lb.

EXPIRES 11/12/88

A Large, Tasty Variety of Fresh **APPLEWOOD SMOKED FISH** Smoked Sable, Salmon, Trout, etc.

Live **MAINE LOBSTERS** \$6.75 lb. Flown in Fresh Daily!

SUPERIOR FISH CO. House of Quality
Serving Metro Detroit for over 40 years
FREE Recipes
308 E. Eleven Mile Rd. • Royal Oak • 841-4822 M-W 9-5 TH & FR 8-8 SAT. 8-1

HARVEST SAVINGS

Entenmann's

SINCE 1898

WEDNESDAY IS DOLLAR DAY ANY ITEM IN STORE **ONLY \$1.00** (Fruitcake Excluded)

Livonia 13280 Newburgh Rd. (Schoolcraft & I-49) 1/2 Blk. S. of Schoolcraft M,T,Th,F,Sa 8-8; W 7-6; Sun 10-3

Cleveson 840 W. 14 Mile Rd. M-S 9-8; Sun. 9-3

"Behind the bruises," Joan Young said, "was as lovely a child as I'd ever seen."

"I was appointed to represent the baby in this case. The father was 18, the mother was 17. He claimed the baby fell out of the car seat. Thirty days later, when she was back in the hospital with another skull fracture, he said she rolled off of the sofa. Well, at six weeks, that sweet little thing couldn't tell us what happened. Finally, he admitted that he hit her."

If you talk with Joan Young, she'll tell you that children are the biggest concern of the Oakland County Probate Court. More than half the court's cases have to do with the well-being of children, with the stability of their lives, with the illegal things some of them do, and with the possibility of their futures.

Joan Young began preparing for the job of probate judge when she started her public service career 19 years ago as

a social worker. She's been a trial lawyer, a family law attorney, and administrator of Oakland County's Circuit Court, Michigan's busiest.

She wants you to think about the children of our communities. She wants you to think about our responsibility to protect those children from abuse and neglect and mistreatment; our responsibility to provide those children with guidance and hope and opportunity. That's so much of what a probate judge's work is all about. And she's ready and prepared to go to work for you.

Put Joan Young to work for you and your family and all the families of Oakland County. Vote for her for Oakland County Probate Judge, Tuesday, November 8.

TAKE A CHILD WITH YOU WHEN YOU GO TO VOTE.



Joan YOUNG

for probate judge

Rated **WELL QUALIFIED** by Civic Searchlight and Oakland Citizens League

Authorized and paid for by Joan Young for Probate Judge Committee, 5435 Corporate Drive, Suite 275, Troy, MI 48069. Terrell Greenwald, Treasurer.