

## Get new year under way with corn bread and soup

See Taste buds column, 1B.

Here's a favorite recipe from the James gang file that I know everyone will love, and it will make your kitchen smell great, especially on a cold winter's day.

### SUNNY CARROT CORNBREAD

(From *Cookin' Light Magazine*)  
 2 medium carrots, shredded  
 1/2 cup skim milk  
 1 tablespoon frozen orange juice concentrate, thawed  
 1 egg, beaten  
 1 cup flour  
 1 cup cornmeal  
 2 tablespoons sugar  
 1 1/2 teaspoons baking powder  
 1/4 teaspoon salt  
 2 tablespoons margarine, melted

Combine carrots with milk, orange juice concentrate and egg. Mix well. Combine all the dry ingredients and mix well. Slowly add to the wet ingredients and combine, mixing well. Stir in margarine and pour into a lightly greased or well-seasoned 8 1/2-inch cast iron frypan.

Bake at 400 degrees for 35 minutes. Serves 10. About 150 calories per one-10th wedge.

### CHEF LARRY'S HOMEMADE CREAM OF GARLIC SOUP

(Great for a winter cold)  
 15 large cloves of garlic, peeled  
 6 cups chicken broth  
 fresh white ground pepper to taste  
 2 tablespoons flour or cornstarch  
 1 cup cream  
 dash Tabasco  
 1 cup croutons (preferably homemade)

In a saucepan, combine garlic cloves with broth and cook over medium for 15 minutes. Remove from the heat and strain. Using the back of a spoon, press out all the juice from the garlic into the broth. Return to a simmer. Dissolve flour into cream (milk can be used). Slowly add to the simmering broth, whisking while adding. Continue stirring until slightly thickened, about 5 minutes. Correct seasonings with fresh white ground pepper. Just before serving, add a touch of Tabasco and top with croutons.

# Chef finds comfort with oldies

See story on comfort food, 1B.

Remember these great recipes:

### SWEET AND SOUR COCKTAIL FRANKS

1 jar (any size) cocktail franks, drained  
 1 1/2-ounce jar chili sauce  
 1 cup brown sugar  
 1 1/2-ounce can beer

Combine chili sauce, brown sugar and beer in a saucepan and heat gently. Add cocktail franks and warm.

### JEFFY MIX JOHNNYCAKE

1 8 1/4-ounce box Jiffy Mix

1 egg  
 1/2 cup milk

Combine all ingredients and mix well. Pour into a greased 8-by-8-inch glass (remember glass!) baking dish and bake at 400 degrees for 20-25 minutes. Cut into squares and serve with oleo.

### BAKED PORK CHOPS

6 pork chops  
 1 can (4 ounces) sliced mushrooms  
 1/2 cup water  
 1 envelope onion soup mix

In a large skillet, brown the chops and drain well. Place in a glass baking dish. Combine mushrooms (with

juice) and water and soup mix. Mix well. Pour over chops, cover with foil and bake at 350 degrees for 1 1/2 hours.

### BAKEN CHICKEN AND RICE CASSEROLE

1 whole chicken, cut up  
 1 cup rice  
 1 can cream of mushroom soup  
 1 can mushrooms, undrained  
 1 cup sour cream or milk

Brown chicken in a little oleo. Set aside. Combine rice with soup, mushrooms and sour cream. Mix well. Place chicken in a greased casserole dish and top with rice mixture. Cov-

er and bake at 325 degrees for 1 1/2 hours.

### PISTACHIO CAKE

1 box white cake mix  
 1 small package Jell-O instant pistachio pudding mix  
 3 eggs  
 1 cup vegetable oil  
 1 cup chopped nuts  
 1 cup 7-Up or Vernors

Combine all ingredients and mix well. Pour into a greased and floured bundt pan and bake at 350 degrees for 35 minutes. Remove and cool and serve with a dollop of Dream Whip.

## 'Cake Bible' is a wow of a serious text

"The Cake Bible" by Rose Levy Beranbaum, William Morrow and Co., Inc., 1988, \$25.

Ask any cookbook collector what's new in books and he or she will hand you a list with recommendations in nearly every food category from ethnic baking such as "Festive Baking" by Sarah Jala (Doubleday) to books about food philosophy such as "Secret Ingredients: The Magical Process of Combining Flavors" Michael Roberts (Bantam).

But there is one new cookbook which stands out above the rest, "The Cake Bible" by Rose Levy Beranbaum. My initial reaction was, "Wow!" From the beautiful collection of her artistry displayed in the color photo section in the front of the book to the long list of endorsements on the back jacket including Jacques Pepin, Madeline Kamman and Martha Stewart, I was impressed.

In between are 448 pages of easy-



cook's books  
**Geri Rinschler**

to-follow recipes, thoroughly written including scientific explanations guiding the reader on the how's and why's of baking. The last 100 pages or so are filled with dozens of baking charts, a chapter with just about all you ever needed to know to bake wedding cakes, and lastly a section devoted to the professional and passionate baker.

"The Cake Bible" is a serious text which would be quite a challenge for the average home baker who has never ventured into cake decorations or genoise batters. More appropriately, as Beranbaum describes, it's for the passionate baker.

### GUILT-FREE CHOCOLATE CHIFFON CAKE

Serves 14  
 1/2 cup plus 1 tablespoon cocoa unsweetened  
 3/4 cup boiling water  
 1 1/4 cups sifted cake flour  
 1 1/4 cup sugar  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 6 tablespoons walnut oil  
 2 tablespoons safflower oil  
 6 large eggs, separated  
 4 egg whites  
 2 teaspoons vanilla  
 1 1/4 teaspoons cream of tartar

Preheat oven to 325 degrees.

In a medium bowl combine the flour, all but 2 tablespoons of the sugar, baking powder and salt and beat 1 minute to mix. Make a well in the center. Add the oils, egg yolks, chocolate mixture and vanilla and beat 1 minute or until a cake tester inserted in the center comes out clean and the cake springs back when lightly pressed in the center.

Invert the pan, placing the tube opening over the neck of a soda bottle to suspend it well above the counter and cool the cake completely (about 1 1/2 hours). Loosen the sides with a long metal spatula and remove.

Invert onto a greased wire rack and reinvert onto a serving plate. Complementary adornment: A light sprinkling of powdered sugar or cocoa.

## Restaurants feature dried beans on menu

AP - The basic dried bean is now a star on restaurant menus. You can feel good about ordering them or featuring them on your table because beans are a nutritional gold mine.

• High in fiber. One-half cup of cooked beans contains 4 grams or more of dietary fiber. Soluble fiber, the kind in beans, may help lower blood cholesterol.

• High in protein. One cup of cooked beans supplies about 15 grams of protein, the same amount of protein found in 2 ounces of cooked sirloin steak. However, the incomplete protein in beans must be supplemented by serving with a grain, meat, eggs, cheese or nuts.

• High in vitamins and minerals. Beans are a good source of calcium, magnesium, zinc, niacin, thiamine, riboflavin and iron.

• Low in fat. Only about 4 percent of bean calories come from fat, very low compared to other protein sources.

• No cholesterol. Beans vary more in appearance than in taste. You can interchange cooked or canned beans in most recipes.

• Toss chilled cooked beans into pasta salads, tossed green salads or marinated vegetable salads.

• In casseroles, substitute an equal amount of beans for the rice, potatoes or pasta specified.

• Combine lima beans with a cheese sauce and bake for a meatless main dish.

• Stir red kidney beans into

### Toss chilled cooked beans into pasta salads, tossed green salads or marinated vegetable salads.

cooked rice that's been seasoned with chili powder for a Tex-Mex side dish.

There are two ways to soak beans: (1) In large kettle combine beans and enough water to cover (2 to 3 cups water per 1 cup beans). Bring to boiling, reduce heat. Simmer 2 minutes. Remove from heat. Cover and let stand 1 hour. (2) Soak beans in water overnight in covered pan.

• One pound dry beans equals 2 1/4 cups. One pound dry beans equals 6 cups cooked beans. One 15-ounce can beans, drained, equals 1 1/2 cups.

• To reduce flatulence (gas) that may be a side effect of eating beans, always discard the soaking liquid and cook the beans in fresh water.

• For convenience beans, cook up a big batch, cover and chill up to 4 days or freeze up to 6 months.

• Simmer beans slowly. Cooking them too fast will cause the skins to break.

• Acid slows down the cooking process. Add acid foods such as tomatoes and vinegar at the end of the cooking period.

• To shorten the cooking time when using hard water, add 1/2 or 3/4 teaspoon baking soda per pound of beans.

## Apple Fling great drink for wintertime party

AP - For a whistle-wetter that's always ready for a party, steep stick cinnamon in apple and cranberry juice. Ground cinnamon won't work in this recipe; the flecks of spice muddy the drink's clear sparkle.

At serving time, add champagne or ginger ale to the juice mixture. Add a cinnamon stick stirrer and float an orange peel star in each cup.

### WINTER APPLE FLING

14-ounce jar spiced apple rings  
 32-ounce bottle apple juice  
 32-ounce bottle (4 cups) cranberry juice cocktail  
 1 cup water  
 4- to 5-inch stick cinnamon  
 peel from 1 orange

750-milliliter bottle champagne or 28-ounce bottle ginger ale  
 cinnamon sticks (optional)

Drain apple rings, reserving syrup. In a three-quart container combine reserved syrup, two cups of the apple juice, cranberry juice cocktail, water and stick cinnamon. Cover and chill 24 hours. Remove cinnamon. Chill, covered, up to two weeks.

In a four-cup ring mold freeze a little of the remaining apple juice just until slushy (about 30 to 45 minutes). Using a hors d'oeuvre cutter, cut orange peel into stars. Press stars into slushy juice in mold. Center apple rings over stars. Freeze until

firm. Add remaining apple juice to mold. Freeze up to two weeks.

To serve, unmold ice ring; place in a large punch bowl. Add syrup mixture. Slowly add champagne or ginger ale. Serve immediately with

cinnamon stick stirrers. If desired, Makes 24 (4-ounce) servings. Nutrition information per serving: 73 cal., 0 g pro., 14 g carb., 0 g fat, 0 mg chol., 3 mg sodium. U.S. RDA: 29 percent vit. C.

## SUPERIOR FISH CO.

**New Year's Slenderizing RESOLUTION SOLUTION!**

Flown in Direct Fresh Norwegian <b>SALMON FILLETS</b> <b>\$8<sup>95</sup></b> lb. Expires 1-7-89	Fresh Canadian Lake <b>WHITEFISH FILLETS</b> <b>\$3<sup>29</sup></b> lb. Expires 1-7-89
Fresh, Boned <b>RAINBOW TROUT</b> <b>\$3<sup>89</sup></b> lb. Expires 1-7-89.	Fresh <b>BAY SCALLOPS</b> <b>\$4<sup>99</sup></b> lb. Expires 1-7-89.

EXPIRES 1/7/89 **SUPERIOR FISH CO.**  
 House of Quality  
 Serving Metro Detroit for over 40 years  
**FREE Recipes**  
 309 E. Elyson Mile Rd. • Royal Oak • 541-4832 M-W-F-S; Th. & Fr. 8-4 SAT. 9-1

## 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.

Nutritional Weight Control Clinic Inc.™  
 Professionals in nutrition & weight loss.

Troy (313) 689-7530  
 Flint (313) 230-8832 • Holly (313) 634-6592 • Lapeer (313) 667-9431 • Breckenridge (517) 942-3155 • Lansing (517) 337-5656

### U.S. Savings Bonds make good business sense!

Call today to find out just how much Bonds can do for you

**1-800-US-BONDS**

**Observer & Eccentric CLASSIFIED ADVERTISING**

644-1070 Oakland County  
 591-0900 Wayne County  
 852-3222 Rochester/Avon

Ackroyd's  
 10000 W. BIRMINGHAM  
 3300 Hamilton  
 832-1181 • 540-3575

**CRUMPETS**  
**6 for 95¢**  
 everyday!

**Pasties!**  
**4 for \$3<sup>49</sup>**  
 (Chicken, Beef or Pizza)

ALL WEEK!

## Top Kitchen Shop

"WE EMPLOY QUALITY CRAFTSMEN ONLY!"

SINCE 1970 complete KITCHEN and BATHROOM REMODELING DESIGN & INSTALLATION CUSTOM WOOD & FORMICA CABINETS

## KITCHEN CABINET DAYS SALE!

featuring KOHLER

QUALITY WORK • REASONABLE PRICES  
**VANITY & COUNTER TOPS**

• MATERIALS FOR THE DO-IT-YOURSELFERS •  
**FREE IN HOME ESTIMATES OR VISIT OUR SHOWROOM**

HOURS: MON.-FRI. 9-5:30  
 SATURDAY 9-3 **477-1515**

31168 8 MILE RD. FARMINGTON HILLS  
 E. OF MERRIMAN (ORCHARD LAKE RD.)