



cook's books

Gerl
Rinschier

Area authors tell how to prepare citrus fruits

"Surprising Citrus," by Audra and Jack Hendrickson, Garden Way Publishing, 1988, paperback, \$7.95. Available locally at Borders, Jacobson's and Walden Books.

There have not been many cookbooks written about citrus fruits. "Surprising Citrus" is the first to come along in quite a while. I guess that's one reason why I was disappointed that this cookbook is not a glossy hardcover edition. But, c'est la vie!

Authors Audra and Jack Hendrickson are not newcomers to the writing world. Both of them began their careers as newspaper reporters. After spending 16 years in Bloomfield Hills, they moved to southern Utah. It was then, in 1984, that they both became concerned about their family diet.

Inspired by an article they read in the Wall Street Journal, they researched the benefits of adding beta carotene, citrus and cruciferous (cabbage, watercress and other vegetables of the mustard plant family) vegetables to their daily diet.

"Surprising Citrus" is the second cookbook the Hendricksons have written for Garden Way Publishing. "The Carrot Cookbook" was published in 1987, and a third on cruciferous vegetables is in the works.

This 100-or-so-page cookbook devotes a chapter on the buying and storing of citrus fruits. Included in the 10 pages on garnishing are sketches illustrating a variety of creative ways to serve oranges, grapefruits and lemons. Most of the recipes are simple and straightforward, traditional dishes. There's little use of herbs and spices in the recipes, and those of you who like your food with some zip may need to improvise with additional spices or seasonings.

FRUIT IN BATTER

4-6 servings
Preparation time 10-20 minutes
vegetable oil
2 eggs
1/4 cup milk
2 tablespoons oil
2 tablespoons lemon juice
2 tablespoons brandy

1 to 1 1/4 cups flour
pinch salt
1 tablespoon sugar
1 orange, peeled, sectioned and trimmed
1 tangerine, peeled, sectioned and trimmed
1 grapefruit, peeled sectioned and trimmed
powdered sugar

Pour approximately one inch of oil in a heavy pot or frying pan and begin to heat.

Beat the eggs, the milk, the oil, the lemon juice and the brandy together, then add 1 cup of the flour, the salt and the sugar to make a smooth, fine batter. If it doesn't look thick enough to coat the citrus pieces, use the other 1/4 cup of flour.

When the oil is hot, dip the citrus pieces into the batter, and fry to a golden brown on both sides.

Carefully remove the pieces from the hot oil with a slotted spoon or spatula and drain on paper towels.

Dust the crispy fruit sections with the powdered sugar and serve.

cooking calendar

WEDDING CAKES

Kevin Paulina of Northville and his elaborate wedding cakes will be featured at two Jacobson's stores in February. Paulina studied culinary arts and restaurant management at Oakland Community College. He spent two years as pastry chef at the Country Epicure restaurant in Novi. With Amy Roler in Chicago, he studied three styles of elaborate cakes —

Lambeth, or English; Australian, and South African, or Nirvana. Paulina will be in the Birmingham store for a wedding/bridal show 7-9 p.m. Tuesday, Feb. 7, and in Livonia for the bridal event 7-9 p.m. Wednesday, Thursday, Feb. 22-23.

KITCHEN GLAMOR

Giuliano Bugliali will teach a

class in "Classic Techniques of Italian Cooking" at 6:30 p.m. Monday-Tuesday, Feb. 27-28, and Wednesday, March 1, at Kitchen Glamor's West Bloomfield store. The class will be an encyclopedia of Italian cooking, and Giuliano will prepare three complete regional Italian menus. Fee for the three-part series is \$225. One class only is \$80. For more information, call 937-1300.

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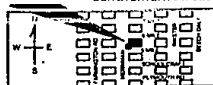
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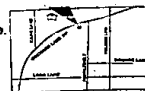


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