

# Comfortable eating

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She said she likes to entertain at theme parties and small dinner parties. Bliznik has taken a lot of cooking classes, at Kitchin Giamor, and at the Farmington Community Center where she studied Chinese cooking and ethnic cooking. "I had a peeling night with sangria," she said.

Bliznik got the rice pudding recipe from her mother "who got it on one of her travels. Bliznik passed the recipe on, and everyone that I've given the recipe to really likes it."

**CHEF LARRY JAMES**, who made the recipe for the judges' sampling, said that he would cut the amount of water given in the recipe, because it was too soupy. However, Bliznik said hers never comes out soupy. "Maybe I cook it a little longer."

Katharine Pokorny wrote of her winning recipe for Scalloped Potatoes. "Talk about yummy — this one, in particular, will make even the gloomiest of days glisten. As you will note, I (and suggestions from a friend who spends equal time in the kitchen) took the basic scalloped potato ingredients, then added some of my favorite ones."

"I am certain your readers will get enjoyment from just a glance at the mouth-watering ingredients. Guaranteed to warm the soul."

She generously declared, "However, if my recipe isn't selected to be published in Taste, feel free to save for your own friends and family (tell them it's your own concoction)."

**'It is a good hearty soup. People usually like soup when it's cold (outside).'**

— Rae Bruder

Pokorny, who is divorced, has a daughter Vanessa, 5, in kindergarten at Roosevelt Elementary School in Redford. She works full time as a secretary at Casco Products Corp., a sales office in Southfield.

"To me cooking is like therapy," she said on the phone. "It's real soothing and it's quiet. I'm real creative. I usually pull a recipe out and convert to something gourmet. I usually do desserts. Chocolate are my favorites. I also do cheesecakes and tortes."

"FOR MY BROTHER'S wedding in June, I did a dessert table. I took two days off work and just went to town in my kitchen. . . My dream is someday to open a bakery and make chocolate desserts."

Rae Bruder, who is a homemaker, let her recipe for Italian Sausage Soup speak for itself. Her husband, Albi, is retired from Freshair in downtown Detroit.

"My husband lost 63 pounds last spring," Bruder said. She explained he blamed his overweight on her.

"He said, 'If you weren't such a good cook . . .'"

The couple enjoys camping trips, where they exchange recipes with friends. "Food is the bane of our existence," she said. "I like the goodie stuff. I've a sweet tooth."

Bruder said the sausage soup recipe was brought back by her mother, when she visited her sister in California. "Once I made it, that old recipe sure has traveled. I give my sister full credit. It is a good hearty soup. People usually like soup when it's cold (outside)."

Bruder and her husband belong to the Family Motor Coach Association, a motor home group that is international (the United States and Canada). The Michigan chapter put out a cookbook of quick recipes for cooking on the road.

"I do things ahead of time that are simple," Bruder said. Recently, she baked ahead crescent rolls. She also mixed ahead, for cocktail time, a spread combining a cheese mixture and chopped raw vegetables. "It's called Veggie Wedgies. That was a success," she said.

## new products

### CLEAN WATER

The Brewer Water Maker from Nikkal Industries is designed to improve the taste, quality and appearance of tap water, as an alternative to bottled water or in-line home filtration systems. Tap water may be poured directly into the pitcher. Water passes through the cleaning filter and flows into the pitcher below. Fluorides, needed to protect tooth enamel, and minerals that give water a fresh, vitamin-rich taste are not filtered out.

The water maker stores in most

refrigerators but can be used for table-top display. Filter replacement is made by removing the used filter and inserting a new one. Each filter has a life of up to 25 gallons (average family usage requires monthly replacement). The new product, available at all K Mart stores, retails for \$24.95, and additional filter cartridges are \$5.95 each.

### 3 FLAVORS

Haagen-Dazs has developed three flavors of ice cream for chocolate lovers. These include Deep Choco-

late, made with real Callebaut Belgian chocolate, the same chocolate used in the Haagen-Dazs ice cream bar; Deep Chocolate Fudge and Deep Chocolate Peanut Butter. They are available in pints at supermarkets and convenience stores and also at participating Haagen-Dazs Ice Cream Shoppes. In addition, an exclusive shop flavor is Belgian Chocolate, a blend of Deep Chocolate with soft Belgian chocolate chips. Participating shops also will have Deep Chocolate "Cakes for Two" — a cake for sharing, especially on Valentine's Day.

# Hearty muffins healthful

Here's a recipe from an article, "The Weekend House Party Survival Guide," in the February issue of Bon Appetit.

### POWER PEAR-OAT MUFFINS

Breakfast for the '80s: satisfying muffins packed with whole grains, fruits and high-fiber yams. The muffins freeze beautifully. Serve with scrambled eggs. Have whole grain cereals, assorted fruit juice and fresh fruit on hand, too.

- Makes 12.
- 1/4 cup whole wheat flour
- 1/2 cup plus 2 tablespoons firmly packed dark brown sugar
- 1/2 cup finely chopped pitted dates
- 1/4 cup raisins

- 1/4 cup rolled oats
- 1/4 cup sunflower seeds (unsalted), toasted
- 3 tablespoons oat bran (available at natural foods stores. Rolled oats can be substituted.)
- 3 tablespoons toasted wheat germ
- 1 teaspoon baking soda
- 1 teaspoon ground allspice
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 cup vegetable oil
- 1/2 cup shredded bran cereal (such as All-Bran)
- 2 eggs
- 2 teaspoons vanilla extract
- 1 large pear, peeled, cored and finely chopped
- 1 cup grated peeled yam or sweet

potato (about 4 ounces)

Preheat oven to 375 degrees. Grease 12 1/4-cup muffin cups. Mix first 13 ingredients in medium bowl. Combine oil, bran, cereal, eggs and vanilla in large bowl. Let stand until bran absorbs liquid, about 3 minutes. Using electric mixer, beat bran cereal mixture until thick. Beat in pear and yam. Fold in dry ingredients; do not overmix (batter will be thick and lumpy).

Divide batter among prepared muffin cups. Bake until (tester inserted in centers comes out clean, about 25 minutes. Serve warm. (Can be prepared ahead. Cool completely on rack. Wrap tightly and refrigerate 3 days, or freeze up to 1 month. Rewarm in 350 degree oven.)

# Already, he dotes on oats

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thiamin and Vitamin E. And if that wasn't enough, the back of the old round bus (that still makes a great rolling rattle and drum for little kids) says that there are no additives, also it's high in fiber, low in sodium, has no cholesterol, is 100 percent natural with no sugar added and, last but not least, is considered a whole grain.

Of course, all these benefits are questioned when you make a batch of Momma's homemade oatmeal cookies that contain sugar, eggs, salt and butter.

In all honesty, I love 'em. Sure, they're great as an occasional sweet treat when made into cookies, but when they're sneaked into oatmeal, most of you would never know the difference. These incredible Midwestern mornings and wind chills certainly deserve something as nurturing and nutritious as good old-fashioned oatmeal. Bon Appetit!

- 1 egg
- 1 teaspoon vanilla
- 1 1/2 cups flour
- 1 teaspoon baking soda
- dash salt
- 1 teaspoon cinnamon
- 1/4 teaspoon fresh grated nutmeg
- 1/2 cup oatmeal (regular or quick)

Beat butter with both sugars until light and fluffy. Beat in egg and vanilla. Set aside. Stir together all the dry ingredients except the oats. Add to margarine mixture and mix well. Stir in oats. Drop by rounded tablespoons on an ungreased cookie sheet and bake at 350 degrees for about 10 minutes. Store in a tightly covered container for a chewy cookie.

### CORNY BANANA OAT MUFFINS

- 4 medium ripe bananas, mashed
- 1/2 cup vegetable oil
- 1/2 cup brown sugar
- 2 eggs
- 1 cup oatmeal
- 1 cup whole wheat flour
- 1/2 cup cornmeal
- 1/2 cup wheat germ
- dash salt

- 1 teaspoon baking powder
  - 1 teaspoon baking soda
  - 1 1/2 teaspoon cinnamon
  - 1/2 teaspoon fresh grated nutmeg
- Combine all ingredients and mix well. Pour into muffin cups and bake at 350 degrees for 30-35 minutes.

### YOU'D NEVER GUESS YOU WERE EATING TURKEY MEATLOAF

- 2 pounds ground turkey
- 1 cup tomato juice
- 1 cup oatmeal
- 2 eggs, beaten
- 1/2 cup finely chopped onion
- salt and pepper to taste

Combine all ingredients and mix well. Press into a loaf pan and bake at 350 degrees for 1 hour. Allow to stand for 10 minutes or so before slicing.

# Got a recipe for cookbook?

Readers' recipes will be featured in a cookbook to be published by the Observer & Eccentric. If you've got a recipe to contribute, send it to: Taste Cookbook, the Observer & Eccentric, 36251 Schoolcraft, Livonia 48150.

Be sure to include your name, address and phone number.

Recipes will be in such categories as appetizers and hors d'oeuvres, soups, salads, main dishes, vegetables, breads and rolls, and desserts.

# Try these cinnamon-orange cups

AP — Prepare the spiced fruit mixture and orange shells in advance and chill until serving time.

**CINNAMON-ORANGE CUPS**

- 4 medium oranges
- 2 tablespoons miniature semisweet chocolate pieces
- 4 teaspoons creme de cacao
- 1 teaspoon ground cinnamon
- 1/2 cup chopped pecans, toasted
- 1/4 cup coconut, toasted

Rinse oranges; pat dry with paper towels. Slice 2 oranges in half. With grapefruit spoon scoop out orange sections into a colander, reserving juice. Remove and discard seeds and membrane from shells. Cover orange shells with plastic wrap and place in refrigerator. Peel and see-

tion remaining oranges. Remove and discard seeds.

In a bowl combine orange sections and juice, chocolate pieces, creme de cacao and cinnamon. Cover; chill thoroughly. Before serving, stir in nuts and coconut. Spoon into orange shells. Makes 4 servings.

**MOMMA'S OATMEAL COOKIES**  
1 1/4 cups butter/margarine  
1 cup brown sugar  
1/2 cup sugar



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