

# Get slim on yogurt

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 If you think you need a little more help with recipes using yogurt as a calorie-conscious cooking alternative, you can get nine delicious re-

ci- pes in a recipe booklet called "Make It with Yogurt." For your copy, send 25 cents, plus a self-addressed, stamped No. 10 envelope to: "Make It With Yogurt," the American Dairy Association, 6300 N. River Road, Rosemont, IL 60018.

# Artichoke tasty with herb stuffing

This recipe is from an article entitled "Artichokes — the Thorny Life of the Edible Thistle" in the April issue of Gourmet magazine.

**HERB-STUFFED ARTICHOKE**  
 2 cups fresh bread crumbs  
 1/2 cup freshly grated Parmesan  
 1 cup finely chopped fresh parsley leaves (preferably flat-leafed)  
 3 tablespoons finely chopped fresh mint leaves  
 2 garlic cloves, minced  
 1/4 cup olive oil  
 3 tablespoons fresh lemon juice

In a bowl stir together the bread

crumbs, the Parmesan, the parsley, the mint, the garlic, three tablespoons of the oil, the lemon juice, and salt and pepper to taste. Spread the leaves of the artichokes gently, stuff each artichoke with some of the stuffing, filling the center and the spaces between the leaves, and arrange the artichokes in a baking dish just large enough to hold them in one layer. Drizzle the tops of the artichokes with the remaining one tablespoon oil, pour 1/4 cup water into the dish, and bake the artichokes in the middle of a preheated 350 degree oven for 20-25 minutes, or until the stuffing is golden. Serves four.

# Got a recipe for party fare?

Readers' special recipes on entertaining are wanted for a cookbook to be published by the Observer & Eclectic. If you've got a recipe for casual or party fare, send it to: Taste Cookbook, the Observer & Eclectic, 36251 Schoolcraft, Livonia

48150. Be sure to include your name, address and phone number. Recipes may include any of the following categories: appetizers and hors d'oeuvres, soups, salads, main dishes, vegetables, breads and rolls, and desserts.

# Making desserts is easy

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ly rolls are very versatile and usually freezeable. There are a million different ways you can prepare them."

Paul Kohn fills Passover jelly rolls with apricot, raspberry or chocolate mousse.

"You can even coat it with chocolate," Leah Kohn says.

CHAYA SARAH SILBERBERG, wife of the rabbi of Bais Chabad Torah Center in West Bloomfield, expects to entertain a crowd of 20 at her West Bloomfield home for the entire holiday this year.

Silberberg uses only eggs, sugar, oil, potato starch, cocoa and maybe a little lemon in her cakes. The amounts vary but the ingredients are the same.

"One recipe calls for one cup wal-

nuts and two tablespoons cocoa, and the other might call for three tablespoons cocoa and one cup oil," she says.

But there's an art to good Passover cake. "The trick to getting sponge cake right is to make sure you really beat the egg whites very stiff and then fold them properly," she explains.

"Actually it's thin air that's holding it up. If you so much as look at it cross-eyed, it'll fall. When we were little we weren't allowed to walk into the kitchen while my mother was baking it."

Silberberg, who also has a pesach-dig kitchen in her basement, serves sponge cake a la mode, with homemade soft dairy ice cream she prepares herself.

"BUT THE TREAT my children

love most is my strawberry-rhubarb compote," she says. "I go through it by the gallon. They prefer it to all my elegant chocolate mousse, ice cream, you name it."

Silberberg cuts up "as much as I have of rhubarb, apples (whatever kind doesn't matter much, she says, you can use the kind that's turning brown on the bottom of your refrigerator) and strawberries in equal proportions, and cooks the mixture with a fair amount of sugar to taste.

Rhubarb, now in season, is very tart, she cautions, and it does require a lot of sugar. "It's not going to be dietetic," she says ruefully.

But because the meals are "heavy on the meat and potatoes, this is a nice, light complement. And it freezes beautifully."

Silberberg is never certain exactly how large her guest list will be for

each meal, so she keeps her refrigerator well stocked with fresh fruit.

WHEN PASSOVER is late in April, the way it is this year, melons and pineapple are in season and make a nice desert, she says.

"You're dietetic, you're healthy, it's wonderful,"

Kohn says she believes strongly that "presentation of food is very important."

"When I serve a scoop of strawberry ices, I'll top it with a whole fresh strawberry and a piece of kiwi. Kiwi is a nice garnish because it has a pretty color."

Kohn delightfully arranges a bowl of fresh fruit as she speaks, looking calm and unperturbed despite the long list of jobs she has mapped out. After all, she says, Passover comes only once a year.

Here's a layered chocolate dream for chocolate lovers.

## CHOCOLATE-FILBERT DREAM

First Layer:  
 13 egg whites  
 1 1/4 cups sugar  
 1 pound filberts

Beat egg whites. Add sugar gradually. Then fold in filberts. Bake in a 16-by-10-inch baking pan for 30 minutes at 350 degrees.

## Second Layer

13 egg yolks  
 2 packages vanilla sugar (each package is equivalent to about 1 teaspoon vanilla)  
 2 sticks margarine  
 1 cup sugar  
 8 ounces bittersweet chocolate (melted)

Beat yolks, add remaining ingredients. Pour on top of baked first layer and bake for another 15 minutes. Freeze.

## Third Layer

2-ounce cartons whipping cream  
 chocolate shavings  
 Whip cream until peaks form. Spread over frozen chocolate layer. Garnish with chocolate shavings. Return to freezer. Remove from freezer 15 minutes before serving. Cut into squares.

This recipe has a versatile sponge cake base that can be used for any jelly roll recipe.

2 teaspoons coffee, diluted in 1 ounce boiling water

1/4 cup sugar  
 Juice and grated rind of 1/2 lemon  
 1/4 cup potato starch

Beat yolks, add remaining ingredients. Pour on top of baked first layer and bake for another 15 minutes. Freeze.

## Freeze

2-ounce cartons whipping cream  
 chocolate shavings  
 Whip cream until peaks form. Spread over frozen chocolate layer. Garnish with chocolate shavings. Return to freezer. Remove from freezer 15 minutes before serving. Cut into squares.

This recipe has a versatile sponge cake base that can be used for any jelly roll recipe.

## LEMON MERINGUE CAKE ROLL

(melted)  
 4 eggs, separated

1 cup sugar  
 3 tablespoons potato starch  
 1 pinch salt  
 1 cup water  
 3 egg yolks

1-2 teaspoons grated lemon rind  
 1/4 cup lemon juice  
 1 tablespoon margarine

Combine dry ingredients in a saucepan over low heat, stirring constantly until smooth. When cool alternately layer cakes and cream. Freeze, then cover with Saran Wrap.

## BORSATO

6 eggs  
 12 tablespoons sugar  
 1 cup semi-dry wine

In double boiler over low heat beat eggs and sugar with wire whisk until thick. Gradually add one cup wine. Serve warm over fresh sponge cake.

## Meringue

1 cup sugar  
 3 tablespoons potato starch  
 1 pinch salt  
 1 cup water  
 3 egg yolks

1-2 teaspoons grated lemon rind  
 1/4 cup lemon juice  
 1 tablespoon margarine

Combine dry ingredients in a saucepan over low heat, stirring constantly until smooth. When cool alternately layer cakes and cream. Freeze, then cover with Saran Wrap.

## new products

**GOURMET JOSE**  
 Mild and hot fresh salsa is being produced by Gourmet Jose of Jackson. The new product, which must be refrigerated, is dated for consumption within 60 days of manufacturing. It was developed by Jay A. Vandegriff, a former Birmingham resident, now of the Irish Hills. Fresh salsa may be used to cook with and as a flavoring base. Traditionally salsa is featured in Mexican dishes. Now it also is used in haute cuisine

and healthy low-fat, low-calorie dishes and food preparations. Alban's restaurant in Birmingham will offer several dishes made with Gourmet Jose salsa, including a salsa hamburger, fish Veracruz and a spicy chili. The new salsa is available in a 16-ounce size for \$1.99 and a seven-ounce size for \$1.19 in supermarkets, including Hollywood and Oakridge. It also is sold in specialty stores in Birmingham.

## cooking calendar

**HEALTHY HEATHY**  
 Weight Watchers will present Healthy Healthy Cooking, a free three-week cooking series 7 p.m. Mondays, May 9-22, at the Weight Watchers Building in Farmington Hills. The series will feature high-calorie, low-sodium and low-cholesterol/high-fiber recipes. For more information or to register call 553-8555, ext. 259.

**EGG CONTEST**  
 A Michigan Egg Cooking Contest has been announced by Michigan Allied Poultry Industries. The contest is open to Michigan students in grades 6-12. Entrants must submit a recipe that includes one egg per serving in a main dish. Prizes will include \$300 for first place, \$200 for second place and \$100 for third place. All other finalists will receive \$50 each. The Michigan winning recipe will be sent to the national contest sponsored by the American Egg Board. Prizes will range from \$1,000-\$4,000. Entries should be sent to MAPI, P.O. Box 163 Zealand, MI 49484, before July 5. Include your name, address and phone number on the recipe. Also include name of your school together with address and phone.

# Cobbler uses muffin mix

AP — We aren't kidding when we say to spoon the mixture onto the hot fruit mixture. That's the secret to a light, tender, done-to-perfection cobbler.

## EASY-AS-PIE COBBLER

two 20-ounce cans apple pie filling  
 1/2 cup raisins  
 1/4 cup orange juice  
 1 tablespoon lemon juice  
 one 7-ounce package bran muffin mix  
 light cream or milk

In a medium saucepan combine pie filling, raisins, orange juice and

lemon juice. Bring to boiling, stirring occasionally. Meanwhile, prepare muffin mix according to package directions, except use only half the liquid called for on the package. Transfer hot apple mixture to a 12-by-7 1/2-by-2-inch baking dish. Immediately spoon the muffin mixture into 8 mounds on the hot fruit mixture. Bake in a 400-degree oven about 20 minutes. Serve with cream. Makes 8 servings.

Nutrition information per serving: 321 cal., 2 g pro, 66 g carb., 6 g fat, 28 mg chol., 287 mg sodium. U.S. RDA: 10 percent vit. C, 32 percent iron.

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