

Turkey is versatile and light

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Therefore, when using it in a recipe, make sure you add an assortment of herbs and spices. After cooking, ground turkey has the same consistency as cooked hamburger, so surprise your family tonight with a spaghetti sauce made from ground turkey instead of hamburger.

Also, the moisture content of ground turkey has a tendency to vary somewhat, depending on the dish. When making dishes like meatloaf and meatballs, and the pre-cooked product tends to be a little soft, try decreasing the liquid in the recipe by two or three tablespoons.

I've personally found that an extra egg or tablespoon of breadcrumbs will prevent my meatballs from falling through the broiler tray.

Do something positive about your family's health today. I'm not suggesting you give up hamburger completely. Just give ground turkey a try, and see for yourself how economical, tasty and healthy it is. Bon Appetit!

1 small onion, chopped
dash pepper
2 tablespoons catsup
1 teaspoon prepared horseradish
1 teaspoon prepared mustard


Preheat oven to 350 degrees. Combine all ingredients and mix well. Place in a lightly greased loaf pan and bake for 45 minutes. Enjoy.

2 tablespoons chili powder (or to taste)
1 tablespoon paprika
1 tablespoon cumin
1 teaspoon salt (optional)
fresh ground pepper to taste
1 large can tomato sauce
one 15-ounce can red kidney beans, drained

Over medium heat and in a large saucepan, brown ground turkey with the onions and garlic. Drain, if desired. Add remaining ingredients and stir to mix well. Cook until heated throughout. Even better the next day.

BASIC TURKEY MEATLOAF
Serves 4
1 pound ground turkey
1 egg
½ cup seasoned breadcrumbs

GROUND TURKEY CHILI
Serves 8
2 pounds ground turkey
½ cup onion, chopped
2 cloves garlic, minced



cook's books
Geri Rinschler

2 books explore Jewish cookery

Within the last six months two cookbooks have been published featuring Jewish cuisine, "The Gourmet Jewish Cook" by Judy Zeldler (William Moore and Co., 1989, \$22.95) and "The Complete American-Jewish Cookbook" by Anne London and Bertha Kahn Bishop (Harper and Row, 1989, \$12.95).

Judging any cookbook for its value and usefulness requires a shrewd eye as well as an experienced one. Although I don't have an extensive background in Jewish cookery, I found "The Gourmet Jewish Cook" to be a refreshing, ambitious cookbook from its careful curation of its sophisticated recipes. Judy Zeldler, a nationally syndicated columnist, also anchors a cable TV show, "Judy's Kitchen."

This cookbook is filled with sample menus for all the Jewish holidays, with a special section on Passover and Purim. There are traditional recipes for staples such as Chopped Herring and Apple Strudel and updated versions of time-tested favorites like Brisket of Beef with Dried Fruit and Whole Wheat Chocolate Mandelbrot.

There's a glossary of Jewish food terms and a chapter on cooking tips and techniques. "The Gourmet Jewish Cook" especially brings a contemporary approach to traditional Jewish entertaining. As the opening pages proclaim, kosher cooking can be world-class and Zeldler explains just that in a dinner titled "Country French Duck Dinner" and a "Rio Brunch."

THE VOLUME also offers dozens of recipes from famous chefs around the world, adjusted to meet kosher standards. There is personal commentary accompanying almost all the recipes, plus interesting historical detail preceding the holiday chapters.

"The Complete American-Jewish Cookbook" was originally written in 1971 as a hardcover book. This is the first time it has been published in cloth. Just as the title suggests, this is an all-inclusive book with more than 3,500 traditional recipes, which make up the essence of Jewish cookery. Favorites such as potato pancakes, ruscetti, horsh, and chicken blintzes are all written in an easy-to-follow format.

Both authors bring a wealth of experience to this tome. Anne London, former director of the Homebakers Research Institute, is a food editor and also operates kosher kitchens in major resort hotels. Bertha Kahn Bishop is a dietitian who has worked with the Chicago Jewish Family and Community Services.

The thick paperback was written to conform to the Jewish dietary laws and covers all the food categories such as cakes, meats, fish, cookies, quick breads, beverages and a whole lot more. A glossary of special Yiddish terms explains the meanings of foods such as khametz which, by the way, is either leavened bread or a utensil regarded as not kosher for Passover.

If you've never seen or eaten a hamantaschen, the cookbook says it's "a triangular cake filled with honey or poppy seed eaten usually at Purim. The triangular shape of the cakes traditionally recalls the triangular hat Haman is supposed to have worn" (although the book's glossary doesn't explain who Haman was).

THERE'S A CHAPTER on canning and freezing foods and a dictionary of culinary terms. A novice to the world of Jewish cookery would find this a very useful edition to own. The book is without color pictures and has very few illustrations. One needs to use a lot of imagination here, especially if you've never eaten foods prepared in the traditional Jewish fashion.

Personally not having a need for a comprehensive Jewish cookery, between the two books I'd choose the intriguing "The Gourmet Jewish Cook," filled with its unconventional dishes. Each book is well done. You will undoubtedly have to get them both.

CHOCOLATE BIT TORTE
From "The Gourmet Jewish Cook" by Judy Zeldler

10 eggs, separated
1 cup sugar
¼ cup honey
¼ cup orange juice
1 tablespoon grated orange zest
½ cup Passover Concord grape wine
8 ounces semisweet Passover choco-

The Complete American-Jewish Cookbook

Anne London
Bertha Kahn Bishop

Over 3500 tested kosher recipes—and they taste good.

"The Complete American-Jewish Cookbook" features kosher recipes.

late, finely ground (1 cup)
4 ounces almonds, finely ground (1 cup)
1 cup matzo cake meal
½ cup margarine
1 teaspoon cinnamon
1 teaspoon salt
chocolate glaze optional
½ cup sliced almonds

Preheat the oven to 350 degrees. In the bowl of an electric mixer, beat the egg yolks and sugar until light in color and texture. Beat in the honey, orange juice, zest and wine. Mix together the chocolate and almonds and blend into the egg yolk mixture. Combine the matzo cake meal, potato starch, cinnamon and salt and blend into the egg yolk mixture.

In a large bowl, beat the egg whites until stiff enough to hold a peak. Fold one quarter of the whites into the batter to lighten it. Gently fold in the remaining whites until thoroughly blended.

Pour the batter into an ungreased 10-inch tube pan and bake for 45 minutes to 1 hour, until a toothpick inserted near the center of the cake comes out dry. Remove the cake from the oven. Immediately invert the pan and let it cool. Loosen the sides and center of the torte with a sharp knife and unmold it from the pan onto a cake plate. Sprinkle with pulverized sugar or chocolate glaze and garnish with sliced almonds.

Chocolate Glaze
8 ounces semisweet chocolate
1 tablespoon safflower or vegetable oil

Melt the chocolate in the top of a double boiler over simmering water. Add the oil and margarine, blending until melted.

ALMOND MACAROONS
From "The Complete American-Jewish Cookbook" by Anne London and Bertha Kahn Bishop

4 teaspoons cake meal
1 pound blanched almonds, finely ground
4 cups confectioner's sugar
grated rind of 2 lemons
5 egg whites

Combine cake meal, almonds, sugar and lemon rind. Fold in egg whites, beaten until stiff but not dry. Dust a greased cookie sheet thickly with cake meal. Drop mixture from a teaspoon, allowing 1 inch between cookies. Bake in a slow oven, 300 degrees, 15 minutes, then increase heat to 350 degrees for about 10-15 minutes to brown the macaroons. Let cool before removing from sheet. Yield: about 36 cookies.

BANANA NUT FARFEL PUDDING
2 cups matzo farfel
2 eggs
¼ teaspoon salt
¼ cup sugar
3 tablespoons chicken fat
1 banana, sliced
½ cup walnuts, chopped

Pour cold water over farfel in a colander. Drain at once, leaving farfel moist but not soggy. Beat eggs. Blend into farfel. Add salt, sugar, and chicken fat. Stir well. Add banana and nuts. Mix and pour into a greased casserole. Bake in moderate oven, 350 degrees until brown, about ¾ hour. Serves 6.

Variation: One large sliced apple may be substituted for banana.

Bonnet Cake named after princess

AP — This Festive Bonnet Cake comes from England, and is fashioned after one of the many hats worn by Diana, Princess of Wales. The cake is easy to bake and decorate.

FESTIVE BONNET CAKE
3 cups self-rising flour
¼ cup margarine
1 cup sugar
2 tablespoons orange marmalade

Canned potatoes make fast salad

AP — Pushed for time? Substitute three 16-ounce cans of sliced potatoes for the fresh potatoes and quick-chill the salad in the freezer for 20 minutes.

PARMESAN POTATO SALAD
6 medium potatoes (2 pounds)
one 9-ounce package frozen French-style green beans
1 cup creamy cucumber salad dressing
½ cup snipped parsley
¼ cup grated Parmesan cheese
one 13½-ounce jar marinated artichoke hearts, drained and quartered

Cook potatoes, uncovered, in boiling salted water 25-30 minutes or until tender; drain well. Let cool; Cook beans according to package directions. Drain.

In a small mixing bowl combine salad dressing, parsley and Parmesan. In a large salad bowl, combine potatoes, green beans and artichokes. Toss gently with dressing mixture. Cover and chill at least 1 hour. Makes 6 to 8 servings.

Nutrition information per serving: 321 cal., 8 g pro., 38 g carb., 18 g fat, 6 mg chol., 450 mg sodium. U.S. RDA: 10 percent vit. A, 50 percent vit. C, 15 percent thiamine, 13 percent riboflavin, 15 percent niacin, 11 percent calcium, 11 percent iron, 14 percent phosphorus.

grated orange rind
2 oranges
¾ cup orange juice
2 eggs, beaten

Filling:
¾ cup heavy cream
3 tablespoons orange marmalade

Frosting:
3 cups confectioner's sugar
2 tablespoons orange juice

2 tablespoons warm water
a few drops orange or yellow food coloring

Preheat oven to 375 degrees. Grease and line two 8¼-inch layer cake pans.

In a bowl, rub the margarine into the flour until the mixture resembles fine bread crumbs. Add sugar, marmalade and grated orange rind. Squeeze the juice from the oranges and add to the ¾ cup orange juice. Mix with beaten eggs and add to the cake mixture. Mix well.

Divide the mixture between the pans and bake for 30 minutes until golden. Turn out of pans onto cooling rack.

For the filling, whisk the cream until thick and gently fold in the marmalade. Sandwich the cakes together with the cream, making sure it reaches the edges sufficiently to seal the gap between them.

Place the cake in the center of an 11-inch, thin, round silver cake board

and then put the board onto a turntable or pedestal, on a clean work surface.

For the frosting, sift the confectioner's sugar into a mixing bowl, then gradually stir in the orange juice, followed by the warm water, until the frosting is thick enough to coat the back of a spoon. Add the food coloring and mix thoroughly. Pour the frosting onto the center of the cake and all over the cake board so the entire "bonnet" is evenly coated. (Don't worry too much about the sides because they will be covered by ribbon.)

Carefully transfer the cake onto a plate. Leave to set for several hours, or overnight.

To decorate: Use colored ribbon (approximately 1 yard) to create a sashband around the side of the cake, securing it with a little of the leftover frosting. (You may secure it with a pin, but don't forget to remove the pin when serving the cake.) Arrange artificial flowers on the bonnet as desired.

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