

Larry's recipes

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LAVENDER ICE CREAM
14 ounces milk
3 ounces fresh lavender leaves and flowers
2 ounces crystallized ginger, chopped
1 cup sugar
3 egg yolks
2 cups heavy whipping cream

In a saucepan, slowly heat milk to 200 degrees. Remove from heat and add lavender. Allow to steep for 15 minutes. Strain white still warm. Add crystallized ginger and sugar, mix well. Place egg yolks in a small bowl, then place half the milk mixture into the yolks, mixing well while adding. Place over low heat and cook, stirring constantly until mixture reaches 200 degrees. Add 2 cups cold cream and freeze until well chilled. Process in any ice cream freezer.

SCENTED GERANIUM GRAPEFRUIT DRESSING
1/2 cup fresh-grated pink grapefruit rind/seed
2 tablespoons sweet pink grapefruit juice
1/4 lemon
1 tablespoon fruit-flavored vinegar
1/4 teaspoon cider vinegar
3 tender, scented geranium leaves, minced
salt and fresh pepper to taste
2 cup light-flavored olive oil

Place all the ingredients, except the oil, in a bowl and whisk lightly. Add the oil slowly, while whisking. Taste for seasoning and adjust with additional salt and pepper, if necessary. Allow to stand 30 minutes for full flavors to develop.

White chocolate newest food trend

AP — White chocolate will be the hot chocolate of the '90s, food experts at a convention of chefs say. The drink of choice at coffeehouses and ski lodges soon may be white chocolate cappuccino.

Europeans have enjoyed white chocolate for years, but the confection has gone largely ignored in the United States. Because federal regulations forbid the term "white chocolate," manufacturers were wary of marketing the candy. The success of Nestle's White Alpine candy bar, introduced in 1985, has changed all that.

Marty Friedman, editor of the Florida-based New Product News, named white chocolate as one of the top 15 new food trends during the recent International Association of Food Professionals convention in Boston.

"It's the last unexplored avenue in the chocolate world," said Janice Wald Henderson, West Coast editor of Chocolatier magazine and author of a white chocolate cookbook. "White chocolate was the last stone turned."

HENDERSON'S COOKBOOK contains recipes for white chocolate waffles, white chocolate pound cake, white hot chocolate, white chocolate bread pudding and white chocolate German cake.

"It's a big hit now," said Liz Echenida, co-publisher of the Con-

fectioner, a national trade publication. "It's a new taste that hasn't been around before."

White chocolate, introduced in Switzerland after World War I, comes from the cocoa bean and differs from milk chocolate and dark chocolate only in that it lacks a liquid chocolate extract, the substance that gives standard chocolate its bitter, sharper flavor, according to chocolate experts.

"It has many of the flavor notes of milk chocolate but it has a lighter, cleaner taste," said Carl Anderson, a vice president of Nestle Foods Corp. in White Plains, N.Y., where the 40-cent Alpine White with Almonds bar has become one of the top-selling 25 candy bars in the country.

Nestle circumvented the white chocolate definition problem by describing the contents of the bar as "what Europeans call 'white chocolate' on the back of the label. Otherwise, it's referred to only as 'Alpine White.'"

"I WOULDN'T BE surprised if deep down inside, people think it has less calories than other chocolate," said Friedman. "It looks so pristine and white. It's one of the biggest successes in the candy world."

Nestle also sells white chocolate chips, white chocolate-coated ice cream bars and bulk white chocolate for individual consumers and candy manufacturers.

clarification

The Kitchen Witch column by Gundella, which appeared April 17, should have included the following: The recipe for Rhubarb Cobbler should have listed 2 cups hot water as one of the ingredients. The recipe

for Rhubarb Raisin Crunch should have listed between 1 1/4 to 1 cup raisins (depending upon your taste) as one of the ingredients. The raisins should be added the same time as the rhubarb.

Le Gala chefs contribute to cookbook

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with the cookbook recipes, "I think all the chefs are very aware that people are fascinated with them (their recipes), and they are making them so that people can use them. They (the chefs) are not as secretive as in the past."

She said a lot of the chefs are getting into heart-healthy kinds of recipes. "Tom MacKinnon has a vinaigrette salad dressing that has no cholesterol." Among other new recipes this year are Keith Farnie's Warm Escallope of Salmon Salad and the Midtown Cafe's Scrambled Eggs with Chives and Gold Caviar. "Hogan's wants to use the same recipe as last year, Suguloso Sauce and Garlic Butter."

SCRAMBLED EGGS WITH CHIVES AND GOLD CAVIAR
Chef Donald B. Vidergrip, Midtown Cafe, Birmingham

4 eggs
3 chives, minced
salt, pinch
pepper, pinch
2 teaspoons gold caviar

Cut the tops off 4 eggs with an egg cutter. Wash shells in hot water. Save tops. Scramble eggs with chives. Season with salt and pepper. Spoon back into shells. Top with caviar.

WARM ESCALLOPE OF SALMON SALAD
Chef Keith Farnie, Les Autours, Royal Oak

12 ounces Norwegian salmon, sliced thin
1 bowl of mixed greens
1 red onion, julienned thin
1 pound assorted sliced wild mushrooms
2 cups tomato concasser (diced tomatoes cooked in olive oil)

We are all looking for ways to save time, money and energy, especially in the kitchen. But for many of us, if we achieve this we suffer from guilt because, maybe, just maybe, the convenience is getting in the way of good nutrition.

Fruits, vegetables, entrees, side dishes, desserts or snacks can be found in the frozen-food section, which seems to be growing by leaps and bounds lately. Worry no more. Wise choices in the frozen-food section can be an advantage to any cook.

Freezing foods is an excellent way to help preserve nutrients. The rapid freezing used commercially maintains the nutritional value of frozen foods. Freezing helps seals in the freshness of the product. Food companies select foods that are at their peak of freshness, flavor and nutrition and freeze them within hours to preserve this quality.

Since frozen foods require little or no water for cooking, more vitamins

In 1979, some 24 chefs each contributed a recipe to the cookbook. Now, close to 50 chefs take part in Le Gala, and the cookbook is considerably bigger. Among new restaurants represented at the event for 1989 are the Townsend in Birmingham and the Ritz-Carlton in Dearborn.

"IT'S DIFFICULT to work a new chef in," Lutomski said. "Each year, some drop out, or the committee requests they rotate." The Breadwinner bread store is participating in Le Gala for the first time this year. Charley's Crab, the seafood restaurant in Troy, was represented in the dessert category last year because of no openings in entrees, but this year, "They have been moved to the right position."

1 Idaho potato, sliced thin and oven-fried in olive oil
2 cups of basil vinaigrette

Saute mushrooms in olive oil until browned. Put aside. Divide up greens on plates, arrange onions, tomatoes and mushrooms on greens. Lightly flour salmon and saute slices in hot olive oil. Arrange warm salmon slices on greens. Drizzle 1 1/2-2 ounces of vinaigrette on greens. Place sliced potato chips on plate with salmon. Serves 4

SUGULOSO SAUCE
Chef Thomas McGinnis, Hogan's, Bloomfield Township

1 jar of sun-dried tomatoes
1 small onion
1 tablespoon garlic
1 cup olive oil
pepper, dustless

Puree all ingredients in food processor until fine, except pepper. If mixture is too pasty, add a little more olive oil. Add pepper to taste.

Three categories, appetizers, entrees and desserts, are highlighted at Le Gala, with some appetizers served in the classroom area of the Cranbrook campus and under tents in the Quad. Desserts also are arranged in the outdoor tents.

Entrees occupy 14 places in the spectacular dining hall, and this category cannot be expanded because of the limited space.

Le Gala tries to avoid duplications in the food categories. Seafood and pastas are especially popular now. In the entrees, one chef is doing pork and two are doing beef — "They're getting back to the basics," Lutomski said.

She observed, "More and more chefs are requesting barbecues to grill things — natural grilling." This has moved some of the dishes out-

GARLIC BUTTER
1 pound butter
1 tablespoon garlic, freshly chopped fine
1 tablespoon parsley, freshly chopped fine
1/4 teaspoon pepper
1/4 teaspoon chervil
1/4 teaspoon gran garlic
1/4 teaspoon lemon juice, fresh
1/4 teaspoon white wine

Mix all ingredients well with an electric mixer, cream well. Add salt and pepper to taste.

Pasta — Cook any pasta (1 pound) of your liking.

Shrimp — Peel and de-vein any size shrimp, 1 pound.
Bread — Spread half loaf of Italian bread with garlic butter, slicing vertically. Place in foil and bake at 350 degrees for 8 minutes. Reserve rest of garlic butter for entree.

Entree — Sauté shrimp with garlic butter and olive oil. Finish with 2 cups heavy cream, reduce, add 2 tablespoons suguloso sauce, reduce, toss with pasta. Do not overcook shrimp, serve with garlic crostons. Garnish pasta with freshly grated parmesan cheese and parsley.

doors. "If it rains, you'll see a lot of chefs with umbrellas," she said with a laugh, adding that it seldom has rained on Le Gala.

Getting the chefs to turn their cookbook recipes in on time can be difficult. Lutomski said last year's cookbook chairman Edie Ho was on vacation in Hawaii when she had to call Chef Raymond Wong of Wong's Eatery in Windsor, for his recipe, which had not arrived.

The current cookbook chairman, Tobey Wietzke, will head the same committee next year. In a brief phone interview, he described a change in the cookbook for 1990. "We're going to try to have the chefs photographed in their environment at Le Gala and use the photos next year," Wietzke said.

BASIC RECIPE FOR RISOTTO
Chef Tom Foydel, the Money Tree, Detroit

3 cups Arborio rice (an Italian rice available at specialty stores)
1 onion (Spanish is best) finely minced
3 cups dry white wine
chicken stock, at a small bowl (2 quarts should suffice)
cream or butter (optional)
salt and pepper

Sweat onion in a little fat over medium heat. Add rice and stir to coat with fat. Add wine, stirring. Rice will begin to absorb liquid and become creamy. Taste from time to time. As soon as rice is tender throughout, stop adding stock, remove from fire and, if desired, add cream or butter to enrich. Adjust salt and pepper.

Remarque — Sauté shallots with garlic butter and olive oil. Finish with 2 cups heavy cream, reduce, add 2 tablespoons suguloso sauce, reduce, toss with pasta. Do not overcook shrimp, serve with garlic crostons. Garnish pasta with freshly grated parmesan cheese and parsley.

Frozen convenience without guilt



Lois Thieleke

home economist, Cooperative Extension Service

are retained. Frozen vegetables also keep their bright colors because of the quick freezing. Read the labels to make sure you know what you are eating and if anything has been added to keep the quality.

ENERGY, OTHER THAN when carrying the foods into the house, is used during the cooking time. For frozen foods, a shorter time is required. If you're using microwave cooking, many foods are cooked in their own containers, or a food pouch. This makes for quick and easy clean-up after dinner.

Frozen foods are convenient. The company has done all the cleaning,

dicing and chopping for you. You are not paying for stalks, pits, skins or rinds with frozen foods, so they can be economical. There is no food waste with frozen foods. Many are conveniently packaged to suit your family's needs.

For the most part, frozen vegetables need not be thawed. Cook vegetables or thaw in the refrigerator for 24 hours to use in salads, sandwiches, appetizers and soups.

Make sure all the frozen foods are the first ones you put away when you arrive home from shopping. Ice crystals form on foods that have been frozen after thawing. This changes the texture and the fresh flavor.

Keep your freezer set on 0 degrees or lower to keep the quality of the frozen product. If a frozen vegetable completely thaws, store in the refrigerator and use within three days. Dieting is a favorite pastime for many of us. Frozen food packages include the calorie count and nutritional value of the food. However, watch the sodium count on many of the packaged dinners. Also, avoid the vegetables with butter and cream sauces.

PURCHASE PLAIN vegetables; heat and add your own herbs or seasonings. Another plus is that frozen dinners are often packed in the portion size. Add a salad and a glass of skim milk and you have a dieter's delight that isn't dull.

Frozen foods are available year-round, and generally cost less than fresh foods. Watch for sales on frozen fruits and vegetables as the new crop arrives in the market.

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