

# Upscale mushrooms come in great variety

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edible and which are poisonous just by appearance. Most upscale grocery stores now carry an exotic line of tempting mushrooms and safe, good produce places can even get their hands on the more exotic varieties for a price.

Also, don't underestimate the value and taste of dried mushrooms. At the Eastern Market, J.R. Hirt stocks a nice variety of dried beauties that need only be reconstituted in a little warm water or broth before adding to your favorite dish. Be sure to reserve the soaking water for addition into the dish because flavors leech out, and it would be a shame to feed

the disposal this wonderful treat.

For a more exotic choice, try the little mom-and-pop-type ethnic grocers. A wide assortment of fresh and dried Chinese mushrooms abounds at local import stores and a few of the better Italian and Polish markets import hearty and flavorful varieties that can add a discriminating taste to everything from lasagna to beef remoulades.

So whether they are chopped and sautéed in a little butter and red wine and served over burgers on the grill or graced in a pastry-wrapped Wellington of beef, mushrooms can be a delight in almost any recipe. Bon Appetit!

**MUSHROOM BREAD**  
1/4 cup warm water  
3 tablespoons light brown sugar  
1 envelope active dry yeast  
3 cups bread flour  
6 ounces finely chopped mushrooms  
1 green onion, finely chopped  
1 teaspoon salt  
1/4 cup plus 2 tablespoons warm buttermilk  
2 tablespoons butter/margarine  
1 egg  
1/4 teaspoon salt

Place finely chopped mushrooms on a non-stick cooking sheet and bake in a 425-degree oven for 10 minutes. Reduce temperature to 375 degrees and continue baking until mushrooms begin to shrivel, about 20 minutes. Allow to cool. Set aside.

For a mushroom-shaped loaf of bread, grease interior and rim of a 12-ounce corn can. Make a collar with cardboard and cover with foil. Lightly grease and place around the top of the can. Set aside.

Combine warm water with brown sugar and yeast and allow to proof for 10 minutes. Combine flour, chopped mushrooms, onion salt and yeast mixture in a large mixing bowl. Gradually work in warm buttermilk, blending well. Work in butter, mixing well. Turn dough onto a lightly floured surface and knead for 10 minutes. Transfer to an oiled bowl, turning to coat the dough. Cover with a damp towel and allow to rise until double in bulk. Punch dough down. Shape with hands. Transfer to prepared cans and set on a baking sheet. Cover loosely and allow to stand in a draft-free area until almost doubled, about 1-1/4 hours. Preheat oven to 400 degrees. Beat egg with salt and brush top of unbaked loaf with mixture. Bake for

**MUSHROOM HOLLANDAISE**  
6 ounces fresh mushrooms, sliced  
3 egg yolks  
1 tablespoon warm water  
1/4 teaspoon dry mustard  
1 cup (2 sticks) unsalted butter, six-zing hot  
3 tablespoons fresh lemon juice  
1/4 teaspoon fresh ground white pepper  
salt to taste (optional)

Place mushrooms on a baking sheet and bake at 425 degrees for 15 minutes. Reduce heat to 375 degrees and continue cooking until shriveled, about 20 minutes. Cool. Chop very fine. Place mushrooms in a blender or processor with egg yolks, water and mustard and mix well. With machine running, slowly add hot butter, blending constantly until thickened. Stir in lemon juice, pepper and salt. Great over beef, lamb, broccoli, cauliflower and vegetable pates.

## cooking calendar

### ON PRESERVING

The Oakland County Cooperative Extension Service is offering a set of two mini-classes on preserving summer fruits and vegetables 9 a.m. to 12 p.m. on Tuesday, June 21, and Thursday, June 22, in the newly completed kitchen classroom of the North Off-

ice Building in Pontiac. Cost is \$16 per person for both days. This covers all printed materials including a copy of the 1989 Ball Blue Book Canning Guide. Students should bring an apron. Class instruction will include how to make jam. For further information call the Foods Hotline at 858-0904.

## Pistachios accent salad

Here's a recipe from the article "Stylish Vegetarian Menus" in the June issue of Bon Appetit magazine.

### WARM SPINACH SALAD WITH PISTACHIOS

Pistachios and yellow bell peppers add a delicious twist to this classic salad.  
6 servings  
1 bunch fresh spinach, stemmed  
1 small yellow bell pepper, sliced  
1 small red onion, thinly sliced  
3 garlic cloves, minced  
1/2 cup olive oil

3 tablespoons balsamic vinegar (available at specialty food stores, Italian markets and some supermarkets)  
or 2 tablespoons red wine vinegar  
salt and freshly ground pepper  
1/4 cup coarsely chopped toasted pistachios

Place first four ingredients in large bowl. Heat oil in heavy large skillet over high heat. Add vinegar. Immediately pour over spinach and toss to coat.  
Season with salt and pepper. Sprinkle pistachios over and serve.

# Health-conscious cuisine

The following recipes are from "The American Cancer Society Cookbook" by Anne Lindsay in consultation with Dr. Diane J. Fink (Harvard Medical School, Boston, 1988) and feature cuisine that is high in fiber, low in fat and rich in vitamins and minerals.

**RED LENTIL SOUP**  
one 8-ounce package dried red lentils (about 1 cup)  
3 onions, coarsely chopped  
5 cups water  
1 bay leaf  
1 large clove garlic, finely chopped  
1 teaspoon dried thyme or 1 tablespoon chopped fresh  
3 carrots, scraped and thinly sliced  
3 tablespoons chopped, fresh parsley  
salt and freshly ground pepper

Wash and drain lentils. In large saucepan, combine lentils, onions,

water, bay leaf and garlic. Cover and simmer for 1 hour. Add thyme and carrots; simmer covered for 30 minutes longer, or until lentils are tender and lentils are soft. Remove bay leaf. Add parsley and salt and pepper to taste. Serve hot. Makes 8 servings.

**ASPARAGUS WITH RED PEPPER PUREE**  
2 large sweet red peppers  
2 teaspoons olive oil  
1/4 teaspoon dried thyme  
freshly ground pepper  
2 pounds asparagus

Roast peppers on a baking sheet in 375-degree oven for 18 minutes. Turn and roast on other side for 18 minutes longer or until peppers are blistered and soft. Remove from oven and place in a heavy paper or plastic bag. Close bag and let peppers steam for 10-15 minutes.

Using fingers and a small knife, peel skin from peppers, seed and cut into strips. In skillet, heat oil over medium heat; when hot, add roasted peppers and thyme. Sauté for 5 minutes. Season with pepper to taste. Puree in food processor. Wash and break tough ends off asparagus. Cook in large pot of boiling water for 5-8 minutes or until tender. Drain thoroughly. Spoon hot pepper puree over individual plates. Arrange hot asparagus on top. Makes 6 servings.

**SALMON MOUSSE WITH DILL**  
1 envelope unflavored gelatin  
1/4 cup water or clam juice  
1/4 cup finely chopped fresh dill or 1 teaspoon dried dillweed  
2 tablespoons grated onion  
1 tablespoon lemon juice  
1 teaspoon salt  
dash Tabasco sauce  
1/4 cup low-fat yogurt

In a small saucepan, sprinkle gelatin over cold water or clam juice. Let stand until softened, about 5 minutes. Warm over medium heat until gelatin is dissolved. Let cool to room temperature. Stir in dill, onion, lemon juice, salt, Tabasco, yogurt, sour cream and celery. Refrigerate until mixture begins to set.

Remove skin from salmon. Mash salmon with a fork or process in a food processor. Mix into gelatin mixture. Spoon into 4-cup mold. Cover and refrigerate until firm, at least 3 hours.



**Lois Thieleke**  
home economist, Cooperative Extension Service

# Cabbage family has lots of cousins

The cabbage family is the oldest and the largest of the vegetable families and has cousins by the dozens. Broccoli, cauliflower and brussels sprouts may be the aristocrats of the family, but the cabbage is still the "head" Michigan ranks 11th in United States cabbage production, and fifth in the production of cauliflower so it is homegrown too.

Young cabbage have greener leaves and, of course, greener leaves mean more vitamins. Heads should be reasonably solid and heavy in relation to size, with stems cut close to the head and preferably no loose leaves.

Early cabbage is not as solid as the later crop. Heads with some outer leaves separate from the stem may have an undesirable strong flavor and coarse texture. Also select cabbage heads that are fresh white, green or red and free from yellow leaves.

**RED CABBAGE** is selected the same way except for the color. This has red leaves with white inside, making a color contrast for relishes and salads. Savoy cabbage has a loose head and naturally crumpled leaves. Pointed cabbage differs mainly in the shape, but the leaves are also smoother than other types.

Cabbage is very nutritious and low in calories. It contains Vitamin C, the one vitamin the body can't store. A half-cup serving of cooked cabbage contains one-third of the daily Vitamin C requirement and only about 10 calories.

When serving a clay coleslaw, add celery seed, stuffed olives and a cooked salad dressing to a bowl of crisp, cold, shredded cabbage. Or try a diced apple, raw carrots and green pepper with a sour cream dressing.

Chunk pineapple, chopped marshmallows, peeled apples and blanched almonds with whipped cream dressing will make a delightful coleslaw. Allow one-half cup dressing to about four cups shredded cabbage. One pound of cabbage provides seven-eighths cups shredded raw or four-fifths cups of cooked.

All cabbage should be kept cold and humid and used within a week or

two. Remove withered leaves and wrap in wax paper or store in a covered container in the refrigerator. Cabbage can be consumed in many forms. It can be eaten raw, cooked stuffed, baked, steamed or boiled.

When purchasing the cousin, cauliflower, choose heads that are white or creamy white, clean and solid, with tightly formed flowerets and a bright green jacket (if leaves have not been removed in packaging).

Serve "Christmas Cauliflower" year round by adding strips of pimento and green pepper to a cheese or white sauce. Cauliflower contains about one-third of the required Vitamin C for a day. However, raw cauliflower has twice as much Vitamin C as cooked.

**BROCCOLI**, another cousin, has nearly all the required Vitamin C for the day. Choose broccoli that is dark to a purplish color. The buds should be compact and not open to show yellow flowers. Yellow and wilted leaves indicate old age. The stalks and stems should also appear green and fresh. A new twist for serving broccoli is to add toasted blanched almonds or lemon juice to the butter.

Brussels sprouts should be compact, well formed, bright green in color and crisp in appearance. Puffy or soft sprouts are poor eating. Wilted or yellow leaves indicate aging. After cooking the Brussels sprouts combine with mushrooms or small onions or fresh seedless grapes, or add one tablespoon grated American cheese, or one teaspoon prepared mustard to celery seed and melted butter. Brussels sprouts contain about three-fourths of the required Vitamin C for a day.

Other cousins of cabbage are: leafy collards and kale, which are similar looking kohlrabi, that look like a plant with knobs; stemmed Swiss chard; and elongated bok-choi and its better known cousin, Chinese cabbage. The general rule for cooking the whole family of cabbage is to cook quickly and in a moderate amount of water. Cook until just fork tender. Overcooking of these vegetables impairs color, flavor and texture.

Whether it be the head of the cab-

bage family or the aristocrats or many, many cousins, they are all nutritious and low in calories. They add

variety and interest to meals besides being economical and available year round.

How do you celebrate that ounce for ounce Philly has 1/2 the calories of butter or margarine?

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