

# Recipes for a summer feast

**FLAN DE CAROTTES**  
(Carrot Pie)  
1 1/2 lb. new carrots  
1/2 cup cream  
2 cups of rich pastry dough (ready made pie dough may be used)  
1 cup butter  
1/2 cup sugar  
salt and pepper

Using your own chilled pastry dough, line a 12-inch buttered pie pan, pressing down firmly, trimming edges and pricking in several places with a fork to avoid bubbles. Line with wax paper and spread with dried beans or uncooked rice so that crust will keep its shape. Bake in a hot oven, 425 degrees, until golden. Remove paper and beans or rice and return to the oven for a few minutes. Peel and wash carrots, cut into thin slices. Cook 1 1/2 cup of carrots in boiling, salted water until tender. Sauté remaining slices in a small amount of water containing a pinch

of salt, a pinch of sugar and half the butter. When tender, the juice should be completely reduced. Make a puree by pressing stewed carrots through a strainer, adding remaining butter bit by bit. Add cream, mix thoroughly, reheat and pour puree into pastry shell. Decorate with slices of boiled carrots. Sprinkle with sugar and bake in a hot oven, 425 degrees, for 20 minutes.

**CORONNET MOUSSE AU CAPE**  
(Coffee Mousse Coronet)  
2 tablespoons unflavored gelatin  
1/4 cup strong cold coffee  
1/4 cup strong hot coffee  
1 cup sugar  
1 tablespoon vanilla or rum flavoring  
1 cup broken pecans (optional)  
1 dozen lady fingers  
3 ounces or 1/2 package semi-sweet chocolate bits, melted  
2 cups heavy cream

Sprinkle gelatin on cold coffee to soften. Add sugar to hot coffee, dissolve. Then add to softened gelatin. Stir until dissolved. Chill until the consistency of unbeaten egg white or honey. Split nine or 10 lady fingers. Dip one end of each into melted chocolate. Stand chocolate side up along sides of a 9-inch spring form pan. To add them in standing upright, fasten each to side of pan with dab of light corn syrup. Whip chilled gelatin mixture until light and fluffy. Whip cream and fold into gelatin mixture. Add pecans and flavoring. Pour 1/2 of mixture into mold and layer with half of the remaining plain lady fingers that are split. Add another layer, one-third of the gelatin mixture. Layer with remaining split lady fingers. Add remaining gelatin mixture. Chill until firm. Remove outer ring from spring form. Just before serving, sprinkle with a

mixture of 2 teaspoons of instant coffee and 2 teaspoons sugar. Garnish with additional whipped cream. Serves 12.  
**MOUSSE DE SAUMON FUME**  
(Smoked Salmon Roll)  
1 16-ounce can salmon or 1 pound fresh salmon, boned and skinned (cold)  
1 8-ounce package cream cheese, softened  
1 tablespoon horseradish  
1 tablespoon lemon juice  
1 tablespoon liquid smoke  
4 tablespoons grated onion  
Gently incorporate cream cheese and salmon. Add other ingredients. Reserve lemon juice until last to adjust liquid. Roll into 1 large and 2 small rolls. Refrigerate. Before serving, roll in chopped parsley and nuts. Rolls can be frozen.



STEPHEN CARTMILL/Staff photographer  
Mary Jane Bostick, a retired professor of food service at Wayne State University, has a lifelong interest in good cooking.

## Food can be zesty — even without the salt

**Continued from Page 1**  
Start the "cut out the salt" regime by removing the salt shaker from the table.  
Do not put salt in the water in which vegetables, cereals, pastas and rice are cooked.  
Read labels and be aware of sodium amounts in foods. Buy no-salt or sodium-reduced foods whenever possible.

Build up a supply of herbs, spices and no-sodium flavor substitutes. Use onion and garlic powders (not salts). Lawry's No-Salt 17 is a great flavor enhancer.  
Make your own salad dressings and use unsalted butter and margarine when cooking.  
If you are big soft drink consumer, taste the salt-free equivalents.  
Give the salt shaker (and box) to a

friend for a week.  
If you begin to cut down on salt but not eliminate it from your diet, you'll find that after a few weeks, favorite recipes will begin to taste too salty. Most palates will be satisfied with a pinch instead of a teaspoon. Good luck!  
**SAVORY SPAGHETTI SAUCE**  
1/2 cup finely chopped onion  
2 cloves garlic, minced  
2 tablespoons olive oil  
1/4 cup finely chopped carrot  
1/4 cup chopped celery  
1 teaspoon crushed oregano  
1 teaspoon crushed basil  
1/2 teaspoon liquid smoke  
16 ounces no-salt added tomato sauce  
1 large can, no-salt added stewed tomatoes  
Sauté onion and garlic in oil until

onion is soft. Add carrot, celery, oregano, basil and pepper. Sauté 5 minutes. Add tomato sauce and stewed tomatoes with a spoon. Simmer, uncovered, 30 minutes. Makes 1 quart.  
**CHICKEN PAPRIKA**  
3 pounds chicken, cut into serving pieces  
1 tablespoon vegetable oil  
1 tablespoon fresh-squeezed lemon

juice  
1/2 teaspoon paprika  
1/4 teaspoon pepper  
1/4 teaspoon tarragon leaves, crushed  
Place chicken pieces on rack in a shallow baking dish. Brush lightly with oil. Sprinkle with lemon juice, paprika, pepper and tarragon. Bake in a 350 degree oven for 45-50 minutes or until chicken is tender.

level will probably increase. To the degree that low fat oil products replace fatty items in a healthy diet the value increases. Out bran is only as good as your entire dietary pattern. Eating quantities of oat muffins will add to the fiber in your diet, however it also will add lots of unwanted calories.  
Having a "fiber fest" everyday by eating a high fiber breakfast cereal will prevent cancer. If it were only that simple! Increase consumption of breads, cereals, fruits, vegetables and legumes, these complex carbohydrates tend to decrease consumption of foods that contain lots of fat. Also eating complex carbohydrates automatically increases your intake of fiber. Look for the words, whole wheat or whole grain on ingredient lists for breads, and cereals.  
Fiber is beneficial for diabetics. The maintenance of normal blood glucose levels is a primary concern to diabetics. Recent research attention has been placed on the role of fiber in this process. Soluble fiber absorbs water and forms gels in the stomach. This gel formation slows the rate at which food is emptied from the stomach. In the small intestine, gel formation leads to slower digestion and absorption rate.  
Preliminary research has shown that eating two carrots a day will also lower cholesterol levels significantly. Just as with the oat products, it's the soluble fiber in carrots that is believed to be responsible for the benefits. Here again, two carrots a day is not helpful if you have eggs and croissants for breakfast, a fatty

## Separate facts from fiction in dietary habits

Since the ancient days, people have wanted to believe that certain foods hold special curative properties and powers. At one time, it was believed that garlic would give you added strength and that eating chocolate would prolong life. Wouldn't it be great if that were the truth? No more steroids for athletes, and we'd all live forever!  
More and more scientific studies

show there is a relationship between the diet people consume and the incidence of the leading diseases. Take care about products with health claims when choosing a particular breakfast cereal to avoid cancer, or eating a certain oat bran to lower cholesterol, or fish-oil capsules to protect you against heart disease and on and on. Be wise enough to distinguish between popular, current

hype and reality.  
Oat bran therapy just may be a low cost way of lowering cholesterol levels. If you add oats to your daily diet but continue to follow a high fat, high cholesterol diet your cholesterol  
**Lois Thieleke**  
home economist, Cooperative Extension Service



## Make grill cleanup faster, less messy

**AP —** Better Homes and Gardens Magazine offers these plan ahead and grill clean-up tips to make the job faster, less messy.  
**BEFORE GRILLING**  
• Line the inside of the firebox with heavy foil. After the ashes have cooled, just pick up the foil — ashes and all — and throw away.  
• Spray the inside of the grill rack with non-stick spray coating before grilling. Never spray coating on a hot surface.  
• Use a grill basket for fish and hamburgers. That way they won't

stick to the rack, making both turning and clean-up easier.  
**AFTER COOKING**  
• Cover both sides of the grill rack with wet paper towels or newspapers; let rack cool while you eat. The steam created loosens cooked-on food so it will wash right off later.  
• For stubborn spots, sprinkle a damp sponge with dry baking soda and scrub the grill lightly. Or scrub the grill with a scouring or abrasive-type pad, crumpled foil or a stiff grill brush.  
• After each use, turn the gas burners to HIGH. Lower the hood and let burn about 15 minutes. After cooling, simply brush charred particles from the grill with a stiff brush.  
• Once a year, gas grills need more thorough cleaning. To do this, remove the grill rack, briquettes and briquette rack. Then brush out the bottom of the grill.  
• Read the cleaning and care directions that accompany your grill equipment before using any cleaning products or abrasives.

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**TRIAL AND ERROR** has taught many good outdoor cooks how many briquettes are needed for grilling. Here are some guidelines from our Test Kitchen home economists, who test recipes outdoors year round.  
• As a rule of thumb, plan on 30 briquettes to grill 1 pound of meat. For instance, to grill six 4-ounce hamburgers (1 1/2 pounds of meat), you'll need 45 briquettes. For best results, never use fewer than 30 briquettes.  
• Strong winds, very cold temperatures or moist air increase the number of briquettes needed.  
• If your recipe calls for more than 45 minutes cooking time, you'll need to add more briquettes. After 30 minutes, place 10-12 briquettes around the edge of the fire. When they're coated with gray ash, move to the center, using long-handled tongs.  
• Store charcoal in a cool, dry place in a tightly closed bag or covered container.

## Vegetables and pasta mix well

**AP —** For easy cooking and serving, combine two favorite side dishes — summer squash and pasta — in one. Both these foods are naturally low in fat, but are often served with high-fat sauces and toppings. Instead, the squash and other fresh vegetables are cooked in a small amount of olive oil and tossed with the pasta.  
**VEGETABLES WITH PASTA**  
1 medium yellow summer squash  
1 medium zucchini  
1 medium sweet red pepper  
2 tablespoons olive oil  
1 1/2 cups sliced fresh mushrooms

2 or 3 cloves garlic, minced  
1/4 cup dry white wine  
1/4 teaspoon salt  
1/4 teaspoon dried basil, crushed  
1/4 teaspoon dried tarragon, crushed  
1/4 teaspoon crushed red pepper  
6 ounces linguine or fusilli  
1/4 cup freshly grated Parmesan cheese  
Cut summer squash and zucchini into 1/4-inch-thick slices; cut slices into very thin strips so they have peel on ends. Cut red pepper into very thin strips.  
Preheat a wok or large skillet

over high heat; add oil. Add squash, zucchini, sweet red pepper, mushrooms and garlic. Stir-fry two to three minutes or until vegetables are crisp-tender. Stir together wine, salt, basil, tarragon and crushed red pepper. Drizzle mixture over vegetables; toss to coat. Heat through.  
Meanwhile, cook linguine or fusilli according to package directions. Drain and return to skillet. Add cooked vegetable mixture. Toss to mix. Transfer to large serving platter. Sprinkle with cheese. Makes six to eight side-dish servings.

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