



STEPHEN CANTRELL/staff photographer

Bob Mounsey makes Cheater's Trifle, his version of English trifle, with ingredients quickly put together.

## Gourmet picnic easy to prepare

By Ethel Simmons  
staff writer

Just to demonstrate the kinds of gourmet picnic foods that may be brought to Meadow Brook's Glynedebourne Picnic, Bob Mounsey of Jacobson's whipped up a few of his own specialties on a recent afternoon in the Kitchen Shop of the Birmingham store.

There was cold salmon with scallop mousse to sample, along with saladise nicolise and gazpacho aspic. For dessert, Mounsey prepared his easy-to-do Cheater's Trifle.

The full, beautiful fish-shaped main dish was covered with paper-thin slices of cucumber. Each wedge of the offering revealed tasty salmon side by side with salmon mousse, and was topped with a cucumber sour cream.

Brightly colored saladise nicolise combined potatoes, green beans and tomatoes as well as tuna fish, hard-boiled eggs, Greek olives and anchovies. French dressing was served with the salad.

Cheater's Trifle took short cuts, with ready-made pound cake, vanilla pudding, cherries and walnuts among the ingredients.

THE GLYNDEBOURNE Picnic will be held Saturday, Sept. 6, at the Shotwell-Gustafson Pavilion on

the Oakland University campus in Rochester Hills. The black-tie event is a benefit for the Kresge Library collections.

J.T. Battenberg III, GM vice president and group executive, and his wife, Luann, are chairmen of this year's picnic.

For the local picnic, Battenberg and his wife are among six couples who will each bring a specialty dish to share. All the Meadow Brook guests provide their own picnic fare, some having chefs doing the preparation.

The picnic is \$100 per couple, \$250 patron and \$500 benefactor. For more information call 378-2488 or 378-2481.

Here's Mounsey's recipe for Gazpacho Aspic, a rosy ring of the more familiar cold, Spanish summer soup.

### GAZPACHO ASPIC

Combine 4 cups V-8; 1 green pepper, 3 celery stalks, 1 red onion, 2 cups cucumber and 2 tomatoes, all chopped fine; 2 cloves garlic, crushed; 1 cup balsamic juice of 2 limes, ¼ cup olive oil and 1 teaspoon salt.

Dissolve gelatin in 1 cup V-8, bring to boil. Add the other 3 cups of V-8 and mix with other ingredients. Put in a mold and chill overnight. Unmold and decorate.



## cook's books

Geri  
Rinschler

## 'Food for Friends' is a pleasure

By Geri Rinschler  
special writer

"Food For Friends" by Barbara Kafka, Harper & Row, 1989, \$10.95.

When I was first asked to review "Food for Friends," I thought the title sounded familiar. As it turns out, the original, cloth version was published in 1984.

Why reprint a paperback five years later? Well, first of all, "Food for Friends" received a prestigious Tastemaker award. That's a literary award given annually to a select number of cookbooks in a variety of categories such as best ethnic, international or basic.

Since 1984 Kafka has gone on to write two other award-winning books, "Microwave Gourmet" and "American Food and California Wine." Besides being the recipient of these distinguished awards, Kafka also writes a food column for the New York Times and teaches on a weekly Canadian television program.

I don't know why I didn't remember "Food for Friends" because the recipes do appeal to me. Although many of the recipes are basic and traditional, a number of them are healthy, easy to prepare and made with some unconventional ingredients.

FOR EXAMPLE, the first recipe I tested for a family dinner, Vegetable Pancakes, worked out nicely. It's prepared with the same technique you would use for making potato pancakes but shredded zucchini and shredded carrots are added to the batter. I was disappointed there weren't any herbs included in the ingredients. So I improvised, which is just what the author encourages in her introduction.

Another unconventional, yet tasty, recipe is Green Gazpacho with Citrus Fruit and Yellow Squash. Unlike the traditional, cold Spanish version, Green Gazpacho is made minus to-

matoes or tomato juice. It's very refreshing and especially so if your enthusiasm for the traditional red has waned.

There are a few other recipes I'd still like to try this summer, which sound appealing — Raspberry Bread Pudding, Curried Chicken Salad and Parsley Soup. Not all the recipes in "Food for Friends" are summer dishes but just the most appetizing ones.

My biggest disappointment with this cookbook is that there are no suggested menus or advice on dishes which specifically complement one another.

Some of the recipes are simple, others a bit complicated. The title suggests a collection of recipes for out-of-the-ordinary recipes — which is just what I look for when I entertain friends. Does the book meet with those expectations? On a scale of 1 to 10, I rate this one 7 1/2, but that's just this cook's opinion.

### VEGETABLE PANCAKES

(This is a sort of multi-colored potato pancake.)

1 medium onion, minced  
1 pound carrots, scrubbed and shredded  
1 pound zucchini, washed and shredded  
1 pound potatoes, peeled and shredded  
2 tablespoons minced parsley  
¼ cup all-purpose flour  
2 large eggs  
2 teaspoons kosher salt

teaspoon freshly ground black pepper  
vegetable oil

Put the onion, carrots, zucchini, potatoes and parsley in a bowl. Stir in the flour, eggs, salt and pepper.

Heat about ¼-inch of vegetable oil in a 12-inch skillet until hot but not smoking. Take about 3 tablespoons of the mixture and put it into the skillet. With a spatula, immediately spread the mixture into a 4-inch circle. Cook for about 3 min-

### A TASTEMAKER WINNER

## FOOD FOR FRIENDS



BY THE AUTHOR OF MICROWAVE GOURMET

## BARBARA KAFKA

Reissued, in large paperback, is Barbara Kafka's "Food for Friends."

utes; turn and cook for 3 minutes on the other side. You can cook about 3 at a time. Remove the cooked pancakes with a slotted spatula and drain on absorbent paper. Keep warm. Repeat until all the batter is cooked. Serve warm. Makes about 16 4-inch pancakes.

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