

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

Gourmet picnic easy to prepare

By Ethel Simmons state the kinds of gourmet picnic foods that may be forught to Meadow Brook's Glyndebourne Picnic, Bob Mounsey of Jacobson's whitped up a few of his own specialties on a recent afternoon in the Kitchen Shop of the Birmingham store.

Jim There was cold salmon with scallop mousse to sample, along with salden eloise and garpaten aspic. For the local picnic, Battenberg and his wife reamong six couples who will each bring a specialty of the say-to-de Cheater's Trile.

The full, beautiful fish-haped mid side was covered by Experimental and was covered by Experimental and was covered by part of the say-to-de Cheater's Trile. The work of the offering revealed tany satimon side by side with salmon mouste, and was topped with a cumber sour cream.

Brightly colored salade nicoise combined potatoes, green beans of AZPACHO ASPIC

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combined potatoes, green bears and tomatoes as well as tuna fish, bard-bolled eggs, Greek ollves and served with the salad. Cheater's Trifle took short cuts, with ready-made pound cake, vanilla pudding, cherries and wainuts among the ingredients.

THE GLYNDEBOURNE Picnie will be held Saturday, Sept. 9, at ingredients. The shotwell-Gustafson Pavillon on the shotwell-Gustafson Pavillon on the sound to the soun

Mon.-Wed. 10-7 Thurs.-Frl. 10-8 Sat. 10-6



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.

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 allterary 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 Winc." 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.

weekly Canadian television program.

I don't know why I dido'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 potal pancakes but shreeded succeinia and shreeded carrots are added to the batter. I was disappointed there weren't any herbs included in the ingredients. So I improvised, which ingredients. So I improvised, which is just what the author encourages in

is just what the author encourages in her introduction. Another unconventional, yet tasty, recipe is Green Gazpacho with Cit-rus Fruit and Yellow Squash. Unlike the traditional, cold Spanish version, Green Gazpacho is made minus to-

matoes or tomato juice. It's very re-freshing and especially so if your en-thusiasm for the traditional red has

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

dishes but just the most appetiting 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 enter-tain Iriends. Does the book meet with those expectations? On a section of 1-10, I rate this one 7½, but that's just this cook's opinion.

VEGETABLE PANCAKES
(This is a sort of multi-colored potato pancake)
1 medium onlon, minced
1 pound carrots, scrubbed and
sbredded
1 pound zucchini, washed and sbredded

I pound potatoes, peeled and shredd-

ed 2 tablespoons minced paraley ½ cup all-purpose flour 2 large eggs 2 tenspoons kosher salt

tenspoon freshly ground black pep-

egetable oil

Put the onion, carrots, zucchini, potatocs and paraley in a bowl. Stir in the flour, eggs, salt and pepper. Heat about 14-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-

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BY THE AUTHOR OF MICROWAVE GOURMET



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 warm. Repeat until all the batter is at a time. Remove the cooked pan-cakes with a slotted spatula and 4-inch pancakes.



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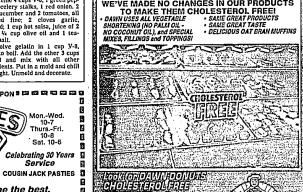
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