

# Chef Larry Janes tells pasta secrets

**COOKING INSTRUCTIONS FOR PASTA**

- All pasta must be cooked in clean, rapidly boiling water.
- Use 4 quarts water for each pound of pasta.
- Stir (fluff) while adding pasta to water.
- Fresh pasta boils for 1 minute 15 seconds to 1 minute 30 seconds.
- Dried pasta cooks for 3 to 3 1/2 minutes.
- Drain well. Toss with olive oil to keep from sticking.

# Cooking in a crockpot produces savory stew

AP — Nothing tastes as good as a savory stew. This one cooks in the electric crockery cooker without watching while you go ahead with your work at home or away.

Be sure to layer the ingredients as suggested. The vegetables go in first so they are covered with seasoned liquid, absorbing flavor and cooking evenly.

**VEGETABLE-PORK STEW**

1 tablespoon cooking oil  
1 pound pork stew meat, cut into 1/4-inch cubes  
1/2 cup chopped onion  
1 teaspoon paprika  
1 cup peeled potatoes cut into 1/2-inch cubes  
1 cup loose-pack frozen whole kernel corn  
1 cup loose-pack winter squash or sweet potatoes cut into 1/4-inch cubes  
1/2 cup chopped tomato  
2 1/2 cups beef broth

# Shrimp makes nachos special

AP — So you think there's no better snack or party food than cheesy nachos? We used to think so, too, until we tried these classy shrimp nachos. They're just as easy to make as the originals. They'll disappear even faster because they taste simply terrific.

**SHRIMP NACHOS**

1 1/2 cups shredded Cheddar cheese (8 ounces)  
one 4-ounce can diced green chili peppers, drained  
one 2 1/2-ounce can sliced pitted ripe olives, drained  
1/4 cup sliced green onion  
1/4 cup mayonnaise or salad dressing  
one 1/4-ounce can tiny shrimp, drained and rinsed  
36-40 round tortilla chips

In a large bowl combine cheese, chili peppers, olives, onion and mayonnaise or salad dressing. Gently fold in shrimp. Arrange about 20 tortilla chips on a 12-inch microwave-

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# Daily fare: prizeworthy meals

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your flavors, the herbs that marry well, you start coming up with fine dishes.

Personally, I stress full flavor, nutritional balance, contrasting flavor and good presentation," said Brennan, 36, who last year was named Chef of the Year by the Michigan Chefs de Cuisine, a local chapter of the American Culinary Federation.

Brennan graduated from Schoolcraft College's culinary arts program in 1975, a red-letter class that

included such area notables as chef Tom MacKinnon who owns McKinnon's in Northville and Kevin Enright, now an instructor in culinary arts at Oakland Community College.

Of the 16 years Lon McCracken has piled his craft as chef, all but two have been in country club settings. He is now executive chef for Meadowbrook Country Club in Northville.

As such, "I do BBQ poolside for the kids. Then I come inside on the same night and do a formal black tie dinner. It's a versatile, broad spectrum of preparation. I think it's

more challenging," McCracken said of country club cookery.

He eschews claims of "original" recipes. "That's glorified pleurism," he said, citing an example.

"SEVERAL YEARS AGO, I started experimenting with fruit salsas over steamed fish. One day I pick up the newspaper and, lo and behold, a deluge of fruit salsa recipes.

"The truth is, chefs pull from a lot of directions" for new and creative cuisine "with a splash," McCracken said.

He draws on training at the American Culinary School in New York

and a myriad of cookery seminars in Europe, ethnic cuisine like Spanish paella, culinary trends and exotic like smoked duck and pasta.

Pastas are also big at the Birmingham Country Club, according to executive chef John Sirko, who said that during the many years he has served as a chef his cuisine has always reflected current trends.

"Now it's lots of pastas and seafoods. Used to be, we'd have fish once a week. Today, it's a seven-day operation. We're going heavy on fish," said Sirko, who has "worked kitchens since I was 12 years old."

# Area country club chefs share recipes

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**POMEGRANATE SORBET OR ICE**  
Executive Chef Michael Connelly  
Bloomfield Hills Country Club

1/2 pound sugar  
1/2 cup white wine  
1/2 cup fresh squeezed orange juice  
1/2 cup water  
2 pounds pomegranate pulp (3-4 large)

Combine all ingredients in sauce pot. Bring to a boil and then reduce heat. Cook for about 10 minutes and strain. For sorbet, put in an ice cream maker to freeze. For ice, put

in a plastic container and freeze in the freezer.

**STEAMED SALMON WITH A CHARDONNAY-MEUX MUSTARD SAUCE**  
Executive Chef Kevin Brennan  
Orchard Lake Country Club

1-2 pound fillet of fresh salmon (pin boned and skinned - have butcher do this)  
white wine as needed.  
salt/white pepper to taste

Sauce  
3 cups chardonnay wine (may substi-

tute a dry white)  
2 cups fish fumet (or clam juice)  
2 tablespoons elder vinegar  
5 fresh thyme sprigs  
2 garlic cloves smashed  
3 shallots minced  
2 bay leaf  
2 tablespoons cornstarch, dissolved with cold water  
1 quart heavy cream  
5 tablespoons meaux mustard (may substitute country Dijon)  
1/4-pound butter - pieces chilled  
salt/white pepper to taste

leaf in a sauce pan. Reduce over low heat by 1/2. Add cornstarch to stabilize, bring to a boil. Add heavy cream, reduce over low heat by half. Season with salt/pepper and mustard, whip in butter just before serving.

**Cooking:** Preheat oven 400 degrees, place salmon cutlets spaced apart on a buttered sheet pan, drizzle with white wine, season with salt and white pepper, cover with buttered parchment paper. Cook 6-8 minutes or until fish is firm but moist to the touch.

**Plating:** Excellent for a seafood course to an elegant dinner. Place sauce in center of plate, place salmon on sauce.

**Garnish ideas:** Petite blue crab rosettes, tomato crescent with fresh thyme sprigs, fresh dill and lemon twists.

# New potatoes, asparagus combine for weekday salad

**NEW POTATO AND ASPARAGUS SALAD**  
3 medium red new potatoes (about 17 ounces), halved lengthwise  
1 pound asparagus, trimmed  
1 tablespoon Dijon mustard  
1 tablespoon fresh lemon juice  
1/4 cup olive oil  
2 tablespoons minced fresh chives  
salt and freshly ground pepper

Cook potatoes in large pot of boiling water until just tender, about 20 minutes. Drain and cool slightly. Cook asparagus in large pot of boiling salted water until just crisp-tender, about 8 minutes. Drain. Refresh under cold water. Cut potatoes into wedges. Cut asparagus into 1 1/2-inch pieces. Toss vegetables together in large bowl.

Combine mustard and lemon juice

in small bowl. Gradually whisk in oil. Pour over vegetables. Add chives and toss to coat. Season with salt and freshly ground pepper. Serve salad warm or at room temperature.

Makes 2 servings; can be doubled or tripled.

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