## Chef Larry Janes tells pasta secrets

COOKING INSTRUCTIONS FOR PASTA

All pasta must be cooked in ean, rapidly boiling water.
Use 4 quarts water for each minutes.

Drain well. Toss with olive oil

- ound of pasta.

   Drain well. Toss with olive oil to keep from sticking.

### Cooking in a crockpot produces savory stew

AP — Nothing Jastes 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 logredlents 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 ¼inch cubes
14 cup chopped onlon
1 teaspoon paprika
1 cup peeled potatoes cut into ½inch cubes
1 cup peeled potatoes cut into ½inch cubes

l cup loose-pack frozen whole kernel

corn
1, cup loose-pack winter squash or
sweet potatoes cut into 15-inch cubes
15 cup chopped tomato
2, 15 cups beef broth

I cup tora splaach

In a large saucepan or skillet brown meat, onton and paprika in hot oil, half at a time. Drain off fat. In a 3 4 · or 4 - quart electric crockery cooker layer potatoes, corn, squash or sweet potatoes and tomato. Place the meat-onlon mixture on top. Combine beef broth, garlic salt, and pepper, Pour over the mixture in the crockery cooker. Cover and cook on low-beat setting for 10 to 12 hours. If in spinach just before serving. Makes 4 servings.

Nutrition information per serving. 378 ed., 34 g pro., 24 g carb. 17 g fat, 82 mg chol., 880 mg sodium. U.S. RDA: 55 percent vit. C, 44 percent vitamine, 23 percent riboflavin, 44 percent niacin, 15 percent iron.

#### 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 shrimply terrific.

SHRIMP NACHOS
155 cups shredded Cheddar cheese (6)

1% cups shredded Cheddar cheese (6 vances) one 4-ounce can dieed green chill peppers, drained one 24-ounce can silced pitted ripe olives, drained with the companies or salad dressing one 4%-ounce can tiny shrimp, drained and rinsed 36-40 round tortills chips

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







## ½ teaspoon garlic salt ¼ teaspoon pepper 1 cup torn spinach

# safe platter. Top each chip with a rounded teaspoon of the cheese mixture. Cook, uncovered, on 100 percent power (high) for 1-2 minutes or until cheese is melted, glying plate a half-turn after 1 minute. Repeat with remaining chips and cheese mixture. Makes 36-40 appetizer chips, 12 servings

Nutrition information per serving: 151 cal., 7 g pro., 6 g carb., 11 g fat, 34 mg chol., 331 mg sodium. U.S. RDA: 22 percent vit. A, 12 percent

## Daily fare: prizeworthy meals

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

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

included such area notables as chef Tom MacKinnon who owns McKin-non's in Northville and Kevin En-right, now an instructor in cultany 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 the dinner. It's a versatile, broad spectrum of preparation. I think it's in a Culinary School in New York

more challenging," McCracken sald of country club cockery. He eschews claims of "original" recipes. "That's glorified pleasurrecipes. "That's glorified plea ism," 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, to and abeloid, a deluge of fruit salsa recipes. "The truth is, chefs pull from a lot of directions" for new and creative cuisine "with a splash," McGracken sald.

He draws on training at the American

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

Pastas are also big at the Bir-mingham Country Club, according to executive chef John Sirko, who salif, that during the many years he has served as a chef his culsine has al-ways reflected current trends.

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

## Area country club chefs share recipes

Continued from Page 1

POMEGRANATE SORBET OR ICE Executive Chef Michael Conner, Bloomfield Hill Country Club

Bloomfield Hill Country Club

4: pound sugar

4: cup white wine

5: cup fresh squeezed orange juice

5: cup water

5: cup water

2: pounds permegranate pulp (3-4
large)

Combline 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

NEW POTATO
AND ASPARAGUS SALAD

New potatoes, asparagus

combine for weekday salad

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.

Sauce 3 caps chardonnay wine (may substi-

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tute a dry white)
2 cups fish famet (or clam juice)
4 tablespoons elder vinegar
5 fresh thyme sprigs
2 garlie cloves smashed
3 shallots minced
2 bay leaf
2 tablespoons cornstarch, dissolved
with cold water
1 onart heavy cream

wint color water

5 tablespoors meaux mustard (may
substitute country Dijon)
%-pound butter - pieces chilled
salt/white pepper to taste

Prep procedures: Using a sharp knife, slice thin cutlets of salmon, by holding knife on a complete blas, slice from the tail, moving to the gill. Approximately 2 thin slices to an order.

Sauce: Combine wine, stock, vine-gar, thyme, garlic, shallots and bay

leaf in a sauce pan. Reduce over low heat by 3. Add cornstarch to stabil-ize, bring to a boll. Add heavy cream, reduce over low heat by half. Scason with salt/pepper and mus-tard, whip in butter just before sery-ing

rare, whip in butter just become serving.

Cooking. Preheat over 100 degrees, place salmon cultets spaced
apart on a buttered sheet pan, drigide with white wine, season with salt
and white pepper, cover with
buttered parchiment paper. Cook 6-8.
minutes or until fish is firm but

moist to the touch.

Plating: Excellent for a scafood course to an elegant dinner Place sauce in center of plate, place salm.

on on sauce.

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



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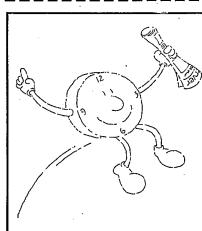
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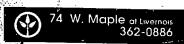


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