

Baking by the Auers gives cookie recipes

Baking by the Auers is at 29207 Southfield Road, Southfield. The shop is open Tuesday-Saturday, 7 a.m. to 6 p.m. (phone 424-8660).

Since many of the Auers' pastry recipes are complicated, here are two of their classic French cookie recipes to try at home.

CIGARETTES

Makes 1 1/4 pounds.
12 1/2 ounces unsalted butter
17 1/2 ounces confectioners' sugar
1/2 teaspoon vanilla
10 1/2 ounces all-purpose flour
3 1/2 ounces skinless almonds, pulverized and sifted
10 egg whites

Heloise has more hints

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day night spaghetti bash, it works.

Stir a pinch of finely crumbled rosemary into mashed potatoes.

When you see delicate leaves sprouting from carrot and radish tops, they didn't just get off the turnip truck yesterday; they're old.

To make your own wine rack, construct a bookcase by layering blocks with sturdy boards and then stacking bottles, which have been inserted into mailing tubes, on the shelves.

Store seafood in the fridge on ice. A colander nested into a crisper drawer will keep the fish "fishmarket fresh."

Is your dishwasher hot enough? Try this test: Fill a tall glass with your hottest tap water. Add a teaspoon of dishwasher detergent. If it doesn't dissolve before it hits bottom, your water is not hot enough.

New foods helping keep us 'healthy'

AP — Americans are interested in "healthy" eating — and food manufacturers are responding with new foods, says Food Engineering magazine.

The magazine says the market for cereals that appeal to health-conscious adults now accounts for nearly 20 percent of the \$6 billion ready-to-eat cereal category — and is growing. Other trends:

- Rice bran is gaining popularity, with products such as cereals and cookies being introduced.
- Several cheese manufacturers are formulating cheese substitutes using vegetable oils instead of dairy fats.
- Low-fat mayonnaise now represents about 15 percent of the total \$600 million mayonnaise market.

Food Engineering says the effort to reduce total fat in the diet has taken several different directions. According to the magazine, Americans are consuming less red meat, butter, whole milk and eggs but are consuming more cheese, frozen desserts, yogurt, sour cream and oil.

"People are looking for ways to change their diets without depending entirely on a change in their eating habits and lifestyles," the magazine says.

Food Engineering serves food and beverage manufacturers in North America.



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Soup for supper aids dieters

We still face one of the biggest questions of the day, "What's for supper?" Whether there are one, two, three or more people in the house, the question still remains. Well, what about a simmering pot of homemade soup with stick-to-the-ribs nutritious goodness?

For those of you who have resolved to lose weight, there is some very interesting research being done on soup and weight control. Participants in a weight-loss program at the Institute of Behavior Education in Pennsylvania lost more weight the more often they ate soup.

The researchers, headed by Dr. Henry A. Jordan, showed that the larger role soup played in the dieter's meals the fewer total calories they consumed. The researchers showed that by eating soup as a part of their meals, the dieters consumed calories at a slower rate. A third more calories were consumed per minute in non-soup lunches than in lunches which soup was eaten.

In other words, by starting your meal with soup, which has a lower calorie density than most solid foods and which takes a relatively long while to consume, you are likely to eat less. Eating soup gives your brain time to register that "you're full" before you have over-consumed calories. This makes a great case for a soup supper.

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WITH TODAY'S busy schedule it is sometimes more convenient to start with a commercially made broth. They are usually saltier than the homemade version, but if you are starting with this, adjust the rest of your seasonings accordingly. Soups that are good served alone take on new interest when combined with other kinds. Combine tomato and chicken rice, or cheddar cheese and tomato, or cream of mushroom and tomato, or cream of asparagus and cream of mushroom, for something different.

Making your own tasty broth takes very little effort. The vegetables used to make the stock need not be peeled because you are going to strain the stock and remove the solids. To recapitulate some of the great vegetable flavors, start the stock with the cooking water from vegetables you normally throw away. Use carrot and onion to help deepen the color and add sweetness to the stock.

Never let the liquid boil; simmer slowly. If it does boil, the broth or stock will be cloudy. Remove any foam that may collect on the surface as it simmers.

This is a good time to use a turkey carcass or ham bone that you froze when you didn't have time to make soup. After the bones and vegetables have been simmered until done, either strain it through cheese cloth or a plain sieve. A bulb baster may be used to remove all the surface fat.

Or, the easiest and most effective way is to refrigerate the broth or stock for several hours so the congealed layer of fat may be lifted off. Homemade broth or stock may be refrigerated up to four days. For longer storage, freeze meat stock up



Lois Thieleke

home economist, Cooperative Extension Service

to six months and fish stock two months.

THICKEN SOUP with wholesome ingredients such as a few tablespoons of uncooked farina. A grated raw potato may be added into the broth, or instant mashed potatoes into a hearty soup. Use rice, barley or oat flour instead of white flour. Cornmeal or bread crumbs also may be used to thicken the soup. Cheese may be used to thicken, too. Cube or shred the cheese to melt evenly, keeping the heat low so the cheese doesn't become tough and stringy.

Don't forget the garnish for the soup. Try popcorn, crumbled bleu cheese, toasted almonds, thin hot dog slices, chopped pickles or browned onion rings. Be creative.

Crisp accompaniments contrast pleasingly with soup. Crusty bread chunks or bread sticks or even garlic toast served with a salad and fresh fruit would be a welcome meal. Doesn't a hot mug of hearty, healthy, homemade soup sound great? A cold, soup snack or a hot soup supper sounds very inviting for family or drop-in friends.

new products

Cookie making

Motor City Muffin Co. has introduced a line of all-natural cookies that are kosher, too. Under the label Bliff & Moe's, the cookies are made from fresh ingredients with no additives or preservatives.

Oatmeal cookies, with chocolate chips, are called Cowgirl Cookies, while an oat bran variety is called a Partner cookie. They are packaged

18 to a carton, for \$4.75, or a larger size wrapped individually, for \$1.25.

The cookies are named after their creators. Bliff is the nickname of Susan Borin and Moe is Joyce Sherman, her partner. The cookies are chips, are called Cowgirl Cookies, available at fine grocery stores and specialty food stores in metropolitan Detroit.

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