

# A shop for all seasons

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 mingham, her partner in her home catering business, and Craig Fahome of Rochester, one of her close friends from OCC.

"IT'S SO EXCITING to see how they have developed," Crowl said.

Despite Crowl's elation, she is convinced female chefs and business owners don't receive as much respect as their male counterparts. She refuses to be bullied by suppliers

who try to palm off inferior merchandise.

She said the hard work is worthwhile when she hears from satisfied customers.

"That's the excitement to me," she said.

Taste of Seasons is at 32839 Northwestern Highway, Farmington Hills, phone 737-5190. Hours are from 9 a.m. to 7 p.m., Monday-Friday, and 9 a.m. to 5 p.m., Saturday.

# Try Creamy Eggplant Salad

This recipe is from the article "Eggplant" in the May issue of Gourmet magazine.

## CREAMY EGGPLANT SALAD

- 4 eggplants (each about 1 pound), unpeeled
- 2 garlic cloves, or to taste, minced
- 2 tablespoons minced onion
- 1/2 cup mayonnaise
- 1 tablespoon fresh lemon juice, or to taste
- black olives for garnish
- fresh parsley sprigs for garnish
- pita triangles, toasted lightly, or sliced French bread as an accompaniment

Prick each eggplant a few times with a fork and bake the eggplants

on a large foil-lined baking sheet in the middle of a preheated 400 degree Fahrenheit oven for 30 minutes. Turn the eggplants and bake them for 30 to 40 minutes more, or until they are very tender. Let the eggplants cool until they can be handled, peel them, and let them drain in a colander for 1 hour. Remove the stem ends from the eggplants, chop the eggplant pulp until it is a chunky puree, and in a large bowl combine it with the garlic, the onion, the mayonnaise, the lemon juice, and salt and pepper to taste. Stir the salad until it is combined well and chill it, covered, for at least 2 hours and up to 48 hours. Spoon the salad onto a platter or into a shallow bowl, garnish it with the olives and the parsley, and serve it with the pita triangles. Serves 8 to 10.

# Supper dish is easy to do

AP — Making and serving this skillet supper dish is a snap. Toss all the ingredients into the skillet to cook. At mealtime, take the skillet to the table and serve.

- ### MEXICALI SKILLET
- 1 medium onion, chopped
  - 1 tablespoon cooking oil
  - One 16-ounce can tomatoes
  - One 4-ounce can diced green chili peppers, drained
  - One 15-ounce can pinto beans

- 1 cup water
- 1/2 cup long grain rice
- 1 teaspoon chili powder
- One 5-ounce package small smoked sausage links or 4 fully cooked smoked sausage links, cut into 16 pieces
- 1 cup shredded cheddar cheese (4 ounces)

In a 10-inch skillet cook onion in hot oil until tender but not brown.

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# Chili fans gathering for fiery fare

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 some of which will be comprised of questionable chili fanatics from WJBL-TV, WWWW radio, WRIF radio and Omnicom television, these guys have been practicing all year and they're ready to take on all challengers.

What better way to have fun on an early May weekend than to venture out to the Saline fairgrounds for the chili cookoff. This year, the Blue Flame Chili makers will make more than three gallons of their famous chili that can be sampled for 25 cents, not because the team is out for blood and money, but mainly because they want to help the National Kidney Foundation and have a great time in the process.

One \$5 admission per person gets you through the gates. All proceeds go to the National Kidney Foundation.

Although it wouldn't be fair, to print the exact recipe from the Blue Flame Chili team, here's a winning recipe from previous competition:

- ### ROBERT VARGO'S MOTOR CITY CHILI 1988 Winning recipe
- 2 pounds center cut pork loin, cut into 1/4 inch cubes
  - 3 1/2 pounds round steak, cut into 1/4 inch cubes
  - 4 pounds ground round
  - 3 large onions, diced
  - 2 whole medium-sized garlic bulbs (about 40-50 cloves) peeled and chopped fine
  - 1 green pepper, seeded and chopped
  - 6 hot peppers (3 Jalapeno/3 Hungarian) seeded and chopped (wear rubber gloves)
  - 1 teaspoon celery salt
  - 1/2 cup corn oil
  - 1 teaspoon finely ground black pepper
  - 1 1/2 cup (6 ounces) chili powder
  - 1/2 cup (2 ounces) cumlin
  - 6 bay leaves
  - 1/2 teaspoon oregano
  - 2 tablespoons garlic powder
  - 2 tablespoons onion powder
  - 1/2 teaspoon ground allspice
  - 1/2 cup beef base
  - 2 tablespoons MSG

- 1 tablespoon sugar
- 1 tablespoon Lawry's seasoned salt
- 1 can (4 ounces) Old El Paso brand green chilies, chopped undrained
- 4 cans (1 pound 12 ounces each) whole tomatoes, undrained, chopped
- 3 cans (6 ounces each) tomato juice
- 3 cans (14 ounces) each tomato puree

- 24 raw green chilies
- 2 pounds cubed roast pork shoulder
- 2 tablespoons bacon drippings
- 1/4 cup flour
- 2 teaspoons salt
- 2 medium sweet onions, finely chopped
- 2 medium cans stewed tomatoes
- 1 (6-ounce) can tomato paste
- 2 cups water
- 1/2 teaspoon garlic powder

Use a large commercial pot, 20-40 quarts in size. Brown pork, round steak, ground round, onion, garlic, green peppers and celery salt in corn oil until meat loses its pink color, about 45 minutes. Do not drain. Add remaining ingredients except tomatoes, tomato juice and puree. Mix well to blend seasonings. Transfer half of mixture to a second pot. Add tomatoes, tomato juice and puree, dividing equally between the 2 pots. Bring both pots to a slow boil, reduce heat, simmer, covered for 2 1/2 hours. Remove bay leaves before serving.

Parch green chilies removing skin, veins, seeds and tops. Flour the pork and brown in bacon drippings. When the pork is browned, remove to a large 3-to-5-quart pot. Add onions to the remaining fat in the frypan and cook until clear. When all the chilies are peeled, coarsely chop into 1-inch slices; add to meat and onions. Add remaining ingredients and continue to cook over medium low heat until mixture is slightly thickened and the flavor well blended.

Jane Butel is a cookbook author and owner of the Pecos River Spice Company.

JANE BUTEL'S GREEN CHILI

# Lots of ways to cut breakfast calories

AP — Like many popular breakfast combinations, sausage, scrambled eggs with cheese, and potatoes are high in fat. Check out test-kitchen changes that cut fat by half, calories by one-third. It's a great-tasting way to start the day.

— Use non-stick spray coating instead of oil for browning.

— Substitute smoked turkey sausage for regular breakfast sausage.

— Use half whole eggs, half egg whites.

— Choose a low-fat cheese product.

— Heat the potatoes with broccoli instead of frying.

— Use butter-flavor granules instead of margarine or butter to flavor the vegetables.

## SALSA AND CHEESE SCRAMBLE

- ### Non-stick spray coating
- 8 ounces fully cooked smoked turkey sausage, thinly sliced and quartered
  - 5 eggs
  - 4 egg whites
  - 1/4 cup skim milk
  - 1 teaspoon dried minced onion
  - 1/4 teaspoon dried oregano, crushed
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/2 cup shredded low-fat cheddar cheese (1 1/2 ounces)
  - 2 cups fresh or frozen broccoli florets
  - One 15-ounce can sliced potatoes, drained
  - 2 teaspoons imitation butter granules
  - Dash dried oregano, crushed
  - 3 English muffins, split and toasted

## Substitute smoked turkey sausage for regular breakfast sausage.

Spray a cold large skillet with non-stick coating. Preheat skillet over medium-high heat. Cook sausage in hot skillet for 2 minutes.

In a mixing bowl beat eggs, egg whites, milk, onion, oregano, salt and pepper. Stir in half the cheese.

Add egg mixture to the skillet. Cook, without stirring, until mixture begins to set on the bottom and around edges. Using a large spoon or spatula, lift and fold partially cooked eggs so uncooked portion flows underneath. Continue cooking

over medium heat about 4 minutes or until eggs are cooked through but are still glossy and moist.

Meanwhile, in a medium saucepan cook broccoli, covered, in a small amount of boiling water 8 to 10 minutes (3 to 4 minutes for frozen broccoli), adding potatoes the last 2 minutes of cooking. Drain. Sprinkle butter granules and oregano over vegetables. Spoon egg mixture on top of muffin halves. Sprinkle with remaining cheese. Serve with vegetables. Makes 6 servings.

Nutrition information per serving: 254 cal., 22 g. pro., 25 g. carb., 8 g fat (28 percent of calories from fat), 250 mg chol., 718 mg sodium. U.S. RDA: 24 percent vit. A, 34 percent vit. C, 15 percent thiamine, 23 percent riboflavin, 21 percent niacin, 16 percent calcium, 15 percent iron.

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