'Souper Bowl II' picks asparagus, apple soups

Chef Ron Nicol of Les Anteurs in
Royal Oak won first place and \$500
in the Michigan Souper Bowl II
order of the city of Kalamaron
Swan Inn in Kalamaron
Nicol 2004 to 20 boxors for his reSimmons. Observer L. Proceeding

Swan Im in Kalamano. Nicol took top boncer for his re-cipe, Michigan Green and White As-paragus Soup with Grilled Salmon and Smoked Tomatoes. Is the amateur category, Mina De Kraker of Holland won first place and \$500 in the competition for her Cold Apple Scon.

and \$500 in the competition for her Cold Apple Scup. Among professional chef finalists were Terence Shusser of the Fox and Hounds in Bloomfield Hills, Craig Common of Charley's Restauran group, headquartered in Farmington Hills. Lorraine Platman of Sweet Lorraine's Cafe in Southfield; and David Phillips of the Wharfside in Charlevoir.

Charlevoir.

AMATEUR FINALISTS included Virginia Karnafel of Redford, Gail Bliss of Ann Arbor, Barbara Palin of Gaylord and Dorothy Womacott of Ell Republic.

ET Rapids.

Finalists were chosen from more than 150 statewide entries in the contest, sponsored by AAA Michigan Restaurant Association and the Greater Richigan Foundation. Songs were rated on taste, originality, ingredients and appearance.

Final judges were Mark Griffin, vice president of the Michigan Restaurant Association. Louis "Ned"

Preliminary judges were Ebed, Simmons. Observer & Eccentric Newspapers tool editor, Jean Sarna, Derroit Free Press test kitches director, food writer and borne conomist: and Evelyn Cairus. Heritage Newspapers food editor.

The "Souper Bowl" content is a search for the best state soop made of all-Michigan products in honor of Michigan Week. May 18-26. Here are the two prize-winning recipes, as well as recipes from some of the finalists.

WINNER — PROFESSIONAL Michigan "Souper Bowl" Contest Chef Ron Nicol Les Anteers, Royal Oak

MICHIGAN GREEN AND WHITE ASPARAGUS SOUP WITH GRILLED SALMON AND SMOKED TOMATOES

10 ounces Michigan asparagus, trimmed trimmed
4 ounces white asparagus spears
4 ounces lechs (diced small)
2 ounces celery (diced small)
1 ounce carrots (diced small)
2 ounces clarified butter 2 onnees flour 1 quart chicken stock or broth

3 cups heavy cream
Four 2-ounce escallops of northern
Michigan salmon
6 vine-ripened tomatoes

a tempoons fresh thyme (chopped) I nunce olive oil Salt and freshly ground pepper to taste

Core and the first of the season of the seas

veloute to blender and puree. Strain through a fine sieve back into sacce-pan. Add reduced cream. Season to taste and keep warm. Portion out taste and keep warm. Portion out into warm soup bowls, garnishing with escallop of salmon in center of soup. Sprinkle warmed smoked to-matoes (diced small) and finish with white asparagus spears, sprinkled sparingly over top of the smoked tomators. Serves 4.

WINNER -- AMATEUR Mina De Kraker Holland COLD APPLE SOUP

4 large apples
1 cup apple jaice
2 cup apple jaice
2 luce of me lemon
2 textpoons of sugar or to taste
1 cimanno stick
2 textpoon vanilla
1 cup orange juice
1 cup whipping cream
1 textpoon orange juice concentrate
2 textpoon vinegar

Peel, core and quarter 3 apples. Combine with apple juice, lemon juice, sugar, cinnamon stick and va-nilla in large saucepan. Cover and cook over medium heat until apples are very soft, about 20 minutes. Let cool, then cover and refrigerate 26 burns.

cool, then cover and refrigerate 24 hours.

Remove cinnamon stick. Add orange juice and whipping cream to applies and puree in batches in blender until smooth. Pour into chilled tureen. Street remaining apples (unpeeled) and stir into soop along with peciety and stir into soup along with orange juice concentrate and vine gar. Serve immediately. Serves 4.

FINALIST — PROFESSIONAL Chef Craig Common Charley's, Farmington Hills

SMOKED TURKEY
AND LENTIL SOUP

in gallon chicken stock
in gallon beef stock
I a pound leeks (cleaned, sliced inthick)

men tues;) I pound celery (diced fine) I pound carrots (diced fine) I tablespoon fresh thyme (chopped

fine)
1 's pound smoked turkey (cubed 's-inch thick)
8 ounces mushrooms (sliced 'a-inch thick)

¹a tenspoon black pepper 1 tablespoon paraley (chopped fine) 12 ounces lentils (soak in water for 4)

Drain lentils and add to soup pot with chicken and beef stock, mush-rooms, celery, carrots, leeks, thyme, black pepper and cook for 1 hour, covered. Add smoked turkey and paraley, cook for 15 minutes. Serve

FINALIST — PROFESSIONAL Lorraine Platman Sweet Lorraine's Cafe Madison Heights and Southfield

MICHIGAN HARVEST SOUP

In gallon cubed butternut squash

I quart of pecied, cored and diced
Michigan cooking apples

2 medium onions, diced

In gallon bomemade chickes stock

In tablespoon dried rosemary

It teaspoon of ground white pepper

In teaspoon of ground white pepper

In teaspoon of ground synne pepper

per 8 tablespoons of unsalted butter by cup unbleached all-purpose flour sliced red delicious apples for garn-ish

In a large stock por, melt butter and add the flour and stir until mixture is combined and bubbly. Stir chicken stock and cook stirring constantly until mixture has thickened. Lower heat and add all remaining ingredients and simmer until squash is tender. Pure thoroughly, Serve hot, garnish with a red delicious apnile slice.

FINALIST — PROFESSIONAL Chef Terence Shuster Fox and Hounds, Bloomfield Hills

SICILIAN LAMB AND NORTHERN BEAN Act North Early BEACY
le cup corn oil
l's pounds lamb stewing meat ('s
inch pieces)
le cup flour
l onion (dieed fine)
comments tomato paste ounce tokenstry
ounce thyme
ounce oregano
cups chicken broth (canned or
unemade)

homemade)
6 cups beef broth (canned or homemade)
1 ounce sait

is ounce pepper
2 cups northern beans (soak in water
is hour)
1 bay leaf
4 tomatoes (diced)
2 ribs celery (medium diced)
1 reck pepper (includium diced)
1 reck pepper (includium diced)
2 green pepper (medium diced)
2 green pepper (medium diced)

In large soup pot beat 4 of oil till very hot. Add lamb, stirring often till brown. Reduce beat, stir in flour. Cook slowly for 3 minutes, then add centons, 105emary, oregano, thyme, 4 of tomato paste and 4 of stocks. Bring to boil, cover, then reduce to slow simmer till meat is tender — about 45 minutes. In another pot admorthern beans after draining off water. Add remaining stock, tomato, paste and bay leaf. Bring beans to a boil, then reduce heat to a simmer. Slowly cook about 30 minutes or till beans are soft to the bite. Skim surface of any impurities. When beans and lamb are both croked, combine both together in larger pot, Saute and lamb are both cooked, combine both together in larger pot. Saute vegetables in remaining oil just till lightly tender. Add to soup. Adjust seasoning and serve immediately. If serving at a later hour, keep vegeta-bles out until just before serving to insure good color and texture. sure good color Yield: I gallon

FINALIST — AMATEUR Virginia Karnafel, Redford ONE-POT CHOWDER

2 tablespoons vegetable oil
3 minered garlic cloves
1 cap finely chopped celery
1 cap finely chopped onlin
16-once site stewed tomatoes
(chopped finel)
1 quart Clamato julce
1 steaspoon poregano
1, teaspoon basil
1, teaspoon basil *4 teaspoon basis

*4 teaspoon thyme

I pound of boncless fish (such as cod,
turbot, perch)

*4 teaspoon salt

Cook onlors in oil until tender. Add garlic and spices and cook for another minute. Add celery and cook with lid on until tender. Add tomawith lid on until tender. Add toma-toes and cook for 20-25 minutes, stirtees and cook for 20-25 minutes, stir-ring occasionally to prevent sticking. Add fish and Clamato juice and cook for 15 minutes uncovered at full beat. Salt to taste, cover and cook for 2 minutes at low heat. Stir often with a whisk to break up fish.

Chef Larry Janes gives recipes with Pouden Vla

See Larry Janes' column Taste Buds on Page 1B.

POUDEN VLA PIE

2 tablespoons butter or margarine 1% cup crushed graham cracker crumbs

Cremb Crest

l cup creamy peanat butter 2 cups vanilla Ponden Vla 1 envelope unflavored gelatin 3 tablespoons boiling water

To prepare crust: melt butter or margarine and toss with graham cracter crumb. Press into a 9-inch pie plate. Bake at 350 degrees for 4-5 minutes. Cool, set aside.

To prepare filling: dissolve unfla-vored gelatin in 3 tablespoons boil-ing water. Stir into Pouden Vla and mix well. Stir peanut butter into Vla mixture and pour into pie shell. Re-frigerate several bours before serv-

POUDEN APPLES UNDER A BLANKET

4 large sour apples (i.e. Granny Smiths) 8 teaspoons sugar 8 teaspoons cinnamon

Peel apples and remove core. Halve the apples and place in a lightly bettered overproof casserole. Combine rugar and cinnamon and sprinkle over the apples. Separate egg. Add egg yolk to Pouden Vla.

l egg 2 cups vanilla Pouden Via

mix well, set aside. Beat egg white until stiff but not dry. Gently fold into VIa mixture. Pour this mixture over the apples and bake at 300 de-gress for 20 minutes. Serve immedi-ately.

CHERRY VANILLA COUPES

2 cups fresh or frozen cherries 4 tablespoons sugar 2 cups vanilla Ponden Vla 8 teaspoons crusbed vanilla wafers or graham crackers

Mix cleaned cherries with sugar, reserving a few for garnish Layer Pouden Vla in tall skinny sherher glasses alternating with Vla, cheries and crushed vanilla wafers. Garnish with additional cherries. Chill or serve immediately.

cooking calendar

• HEALTH FAIR

• HEALIFFEAN Weight Watchers Food Program Weight Watchers Food Program Team will present "How to Read Food Labels" and low-calorie cooking demonstrations at a free health and information fair from noon to 4 pm. Satudsy, June 9, at the Weight Watchers building in Farmington cont.

Hills.

There also will be a variety of other activities. Specialists from the Cardiovascular Health Associates will offer blood pressure and cholesterol testing. The American Diabetes Association will present information to help identify those at risk of having of developed (labetes).

SATURDAY

SATURDAY

VI b

June 23rd - Chef Ken Mitchell of Mayericks Restaurant

For more information call 553-3232 or 1-800-462-7466.

POPCORN TIME

POPCORN TIME
Popcorn is a quick easy-to-fix
such, it is so very nutritions. Popcomment in the proof source of
the and the source of the angular transition of the angular popular
fow-fat states and a grood source of
ther, and the American Dental Association recommends popcorn on
its litt of sugar-free states.
A "Collection of Homemade Famtis litt of sugar-frem July Time PopCorn" provides recipes and serving
suggestions for summer popcorn fun.
The recipe folder is available fire by
sending a proof of purchase from
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SATURDAY

SATURDAY

September 8th - Chef Donald TiderIngton of Midtown Cafe

SEAFOOD COOKING DEMONSTRATION

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