

# Family members share giving a super party

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getting six salads of the same genre. Connie pointed out the invitations blantly spelled out a request for different foodstuffs.

Neighbors Susie and Bob Proctor hauled over a Salton Hot Tray heaped with two different hot appetizers. The Proctors claim to have a butcher as a friend who knows just how to cut up a slab of ribs into tiny riblets which, when precooked and tossed into an equal blend of bottled chili sauce and grape jelly, make for a tasty finger-food that also is finger-lickin' good.

Along with a nacho cheese dip that the Proctors admitted to making with canned Campbell's soup and fortified with diced jalapenos and fresh cilantro, and a basket of University-of-Michigan-inspired blue and regular corn tortilla chips, their

contributions were not only tasty but practical and inexpensive.

Vegetarian friends Stan and Josette Jarulawski were tapped, as in previous years, for their uncanny ability to toss a unique vegetarian salad flavored with sesame oil, nuts, bulghur wheat and finely chopped vegetables. The Bannisters point out this salad is a bit every year not only because it's different, but because it can be shoved into a pita and topped with Rick's Mushy Meatballs for a specialty hero of hero sandwiches. Omit the meatballs and the salad adorns a plate with color, texture and an aroma that always has guests hitting the halftime table for refills.

Business associates Mark and Linda Honaker of West Bloomfield, both professing that their culinary abilities lie solely in keeping gourmet-to-go places like Elvin's Tu-Go in trendy Royal Oak in business,

wrote a check to Chef Elwin Greenwald for an ample bowl of his house specialty potato salad. "You don't have to be a Julia Child in the kitchen to enjoy good food," said Linda. "All you need is money in the bank."

"SPOKEN LIKE someone who stocked the microwave as a \$500 baked-potato maker," I responded.

So if you are thinking about tossing an informal party this year, or a Super Bowl party next year, take a lesson from the Bannisters. Check out your options and your guest list, then delegate.

## RICK BANNISTER'S MUSHY MEATBALLS

(Makes about 100)

2 pounds ground stewing beef  
1 pound ground pork

- 1 cup crushed saltine cracker crumbs
- 1 small can mushrooms in gravy sauce, pureed
- 8 ounces tomato sauce
- 3 tablespoons Worcestershire sauce
- 1 small onion, chopped fine
- 3 ribs celery, chopped fine
- 1 can Campbell's cream of mushroom soup
- 1 can Campbell's cream of celery soup
- 2 cups milk

In a large bowl combine ground beef with ground pork. Add cracker crumbs. Puree the small can of mushrooms in gravy in a blender or processor until smooth. Add to meat mixture. Add tomato sauce, Worcestershire, onion and celery. Mix well. Shape into meatballs and place on broiler rack. Preheat oven to 375 degrees. Place meatballs on rack and bake for 20 minutes or until

barely cooked throughout. Transfer meatballs to roasting pan. Combine cream soups with milk, mix well, pour over meatballs and continue cooking, uncovered, for 45 minutes.

## SWEET AND TANGY RIBLETTS

1 rack pork ribs

6 cups water

1 cup vinegar

12 ounces bottled chili sauce

12 ounces grape jelly

Have butcher trim and cut ribs into 2-inch riblets. Place ribs in a large pot, cover with water and add vinegar. Parboil for 30 minutes. Drain. Arrange parboiled riblets on a baking sheet. In a bowl, combine chili sauce with grape jelly. Mix until well blended. Brush sauce over riblets. Pop under broiler for 5 minutes or until cooked throughout. Heat remaining sauce until hot. Add riblets, toss to coat. Keep warm and serve with tongs.

## NUTTY VEGETARIAN SALAD

3 cups bulghur wheat

Water

1 cup chopped nuts (such as walnuts, almonds, pistachios or pine nuts)

1 bunch green onions, chopped

1/2 cup cauliflower

1/2 cup broccoli

1/2 cup vegetable oil

4 tablespoons sesame oil

1/2 cup lemon juice

Salt and pepper to taste

Place bulghur wheat in a medium bowl. Add just enough water to cover and allow to soak for 15 minutes. Add nuts and green onions. Mix. Set aside. Blanch cauliflower and broccoli in some boiling water for 1 minute. Drain and refresh until cold water. Drain well. Add to bulghur wheat mixture. Toss. Combine vegetable oil with sesame oil. Pour over salad. Add lemon juice. Toss to mix well. Correct seasonings with salt and pepper.

# Pritikin urges: Get the fat out of diet

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What about the use of cholesterol-free oils? Pritikin again refers to studies which demonstrate that eating polyunsaturated fat indirectly stimulates the production of cholesterol. Additionally, he points out that by eating fried foods one nurtures a taste for them. Ironically, according to Pritikin, people are born with an innate preference for sweets. A taste for fat is cultivated.

He also attributes the failure of most weight-loss diets to the focus on portion control instead of the elimination of fats. "Buy a frozen diet dinner and see how small it looks on a dinner plate," he recommends. Analyze its contents and you will discover that the portion is small because the fat content is so high. Fat is so calorically dense that it requires portion control.

Pritikin maintains, and he cites several studies again to back him up, that a person on a fat-free diet can eat as much as he wants and still lose weight. "A person should be able to walk away from the table feeling satisfied," he says. One of the many diet pitfalls is dining out, and although restaurants are trying to offer more healthful options, Pritikin believes the choices are still too limited. "We go out to eat as a reward and end up punishing ourselves by eating and drinking the wrong things," he says emphatically.

IT IS HOPED that the Culinary Classic will inspire noted chefs — including Steven Allen of the Golden Thread in Southfield, Ed Janos of

Too Chez in Novi, and others — to create culinary adventures using Pritikin-approved foods.

"Fat-free food that is prepared well is wonderful," Pritikin says, "and it should have a regular place on the menus of all fine eating establishments."

How does one adapt to a fat-free diet, especially in a world of microwaveable and fast foods? Accord-

ing to Pritikin, planning ahead is key. "If you keep your kitchen stocked with healthful foods that are easy to prepare, eating well will become second nature," he says confidently.

The Pritikin Eating Plan recommends choosing more whole grains, fruits, legumes and vegetables and less fat, cholesterol and

sodium. The Pritikin Program provides a range of tools to help people implement these choices, including books, stress reduction and exercise tapes, seminars and other educational videos, Pritikin brand foods and Pritikin Longevity Centers.

See recipes, Page 5B.

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