

Enjoy roast lamb sweet and spicy

AP — Roast Lamb Sesame features a leg of lamb roasted with a sweet and spicy honey, ginger and orange mixture.

After the lamb is cooked, this mixture is combined with bouillon and cornstarch to become a sauce for the lamb. Sesame seeds are sprinkled over the top of the lamb for added flavor and eye appeal.

Greek Lamb and Mixed Fruit Pilaf can be served with a green vegetable and a loaf of warm, crusty bread.

ROASTED LAMB SESAME
Grated rind of 1 orange
Grated rind of 1 lemon
1 teaspoon powdered mustard
1 teaspoon salt
Freshly ground pepper to taste
One 3-pound leg of lamb
1 cup orange juice
1 tablespoon honey
1 teaspoon ground ginger
1 tablespoon light sesame seeds
1 cup light bouillon
2 tablespoons cornstarch
2 tablespoons cold water
Blanched shreds of orange and lemon rind (optional)

Mix grated orange and lemon rinds with mustard, salt and pepper. Rub mixture over lamb and set aside for 30 minutes. Place leg of lamb in roasting pan. Cook in a 350-degree oven for 30 minutes.

Mix orange juice, honey and ginger, pour over lamb. Sprinkle lamb with sesame seeds. Return to oven and cook at 350 degrees for 1 1/2 to 2 hours, basting often with pan juices. Add water to pan when necessary.

Remove lamb from oven, place on platter. Cover and keep warm. Skim fat from pan juices and add bouillon to pan. Heat and stir well to dissolve sediment.

Strain into saucepan and stir in cornstarch mixed with water. Bring to boil, stirring constantly. Serve sauce with lamb. Add blanched

shreds of orange and lemon rind to sauce, if desired. Makes 6 servings. (Recipe from Australian Meat & Live-Stock Corp.)

GREEN LAMB AND MIXED FRUIT PILAF

1/2 cup butter or margarine
1 medium onion, finely sliced
1 1/2 pounds lamb, cut into cubes
1 cup dried apricots, soaked overnight in cold water, drained and halved
3 tablespoons seedless raisins
1 teaspoon salt
1/2 teaspoon ground cinnamon
1/2 teaspoon black pepper
3 1/2 cups water
1 1/2 cups long-grain rice, washed, soaked in cold water for 30 minutes, and drained
1 teaspoon salt

Melt butter in large, deep frying pan. When foam subsides, add onion and cook until soft and translucent but not brown. Add lamb and cook for 5 minutes, stirring until browned. Stir in apricots, raisins, 1/2 teaspoon salt, cinnamon and pepper.

Pour in 2 cups of water and bring to boil, stirring occasionally. Reduce heat, cover pan and simmer for 1 hour or until meat is tender.

Put rice in a medium saucepan. Pour remaining water over rice and add remaining salt. Bring to a boil, reduce heat, cover and simmer for 15 to 20 minutes or until all liquid is absorbed.

Place one-third of cooked rice in medium-size oven-proof casserole. Cover with a layer of one-half of cooked meat mixture. Top with another one-third of rice. Continue to make layers until all ingredients have been used, finishing with rice.

Cover dish and place in center of oven. Bake in a 350-degree oven for 20 minutes and serve from casserole. Makes 4 to 6 servings. (Recipe from Australian Meat & Live-Stock Corp.)

Bake, fry, boil or steam 'em

AP — Potatoes are popular! The Idaho Potato Commission says that, on average, Americans eat 124 pounds of potatoes per person each year — in every form imaginable.

Potatoes can be baked, fried, boiled and steamed. For flavorful potato dishes, try potato latkes or roast potato pie. You can also add variety to the traditional baked potato with different toppings and seasonings.

ROAST POTATO PIE

6 medium potatoes (2 pounds)
Juice of 1/2 lemon
3 tablespoons unsalted butter
1 medium sweet onion, grated and drained
4 large cloves garlic, minced
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon unsalted butter
3-pound salmon fillets, skinned and cut into 1/2-inch slices, on the diagonal
2 cups shredded Gruyere cheese
1/2 cup grated aged Romano or Parmesan cheese
1 tablespoon unsalted butter, melted

Peel potatoes and place in large bowl of ice water mixed with lemon juice. With sharp knife, slice potatoes very thin, about the thickness of potato chips. Return to bowl of ice water.

Melt 3 tablespoons of the butter in medium skillet over medium heat, add onion, garlic, salt and pepper. Sauté until onion is translucent. Remove from heat, set aside.

Grease a deep 9- or 10-inch pie dish or casserole with 1 tablespoon of the remaining butter. Alternate

layers of drained potato slices, onion mixture, salmon slices and cheeses four times, ending with two layers of potato slices on top. Brush with remaining 1 tablespoon butter, melted. Cover with aluminum foil and bake in a 375-degree oven for 30 minutes. Remove foil and continue to bake until potatoes are tender, throughout, about 15 minutes. Remove from oven and set aside 10 minutes. Cut into wedges with sharp knife. Serve with green salad. Makes 6 servings.

(Recipe from chef Anthony Damiano, The Russian Tea Room, New York City)

POTATO LATKES

4 to 5 medium potatoes (1 1/2 pounds), peeled
Juice of 1/2 lemon
1 medium onion
2 egg yolks
1 1/2 cups ground matzo meal
1/2 teaspoon salt
1/2 teaspoon white pepper
Corn oil for frying
Applesauce

Grate potatoes with food processor or by hand. Squeeze out as much liquid as possible. In large bowl, toss potatoes with lemon juice. Grate onion, squeeze out liquid and add to bowl with potatoes.

Mix in matzo meal, salt and white pepper. Heat 1/2 teaspoon oil in large skillet over medium-high heat. Portion 1/4 cup measures of potato mixture into hot oil, spacing apart. Cook until golden brown, about 3 minutes on each side, turning once. Drain on paper towels. Keep hot on baking sheet in a 325-degree oven.

Repeat with remaining potato mixture, adding oil to skillet as needed. Serve with applesauce. Makes 16 latkes.

(Recipe from Sammy's Roumanian Steak House, New York City)

BAKED POTATOES

Scrub potatoes. Pierce with a fork, place on an ungreased baking sheet and bake in a 425-degree oven for 50 to 65 minutes, or until soft. Use a hot tray or bun warmer to keep potatoes hot at the table. Serve with any of the toppings below.

GARDEN FRESH TOPPING

2 cups low-fat cottage cheese
1/2 cup buttermilk
1/2 cup cucumber, peeled, seeded and chopped
1/2 cup green pepper, chopped
1/2 cup radishes, chopped
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon pepper
Combine all ingredients in a medium bowl; mix well. Cover and chill about 1 hour to blend flavors. Serve with hot baked potatoes. Makes 4 servings. (Recipe from Idaho Potato Commission)

SAVORY SALMON TOPPING

2 tablespoons butter or margarine
3 tablespoons flour
2 1/2 cups milk
1/2 teaspoon dry mustard
1/2 teaspoon hot pepper sauce
One 1-pound can salmon, drained and flaked
1/2 cup pimiento, chopped
1/2 cup pitted black olives, chopped

In medium saucepan, melt butter. Add flour and cook 3 minutes over medium heat, stirring constantly. Remove from heat.

Gradually stir in milk. Return to heat, bring to a boil, then reduce heat and cook 5 minutes. Add mustard and hot pepper sauce; fold in salmon.

Just before serving, stir in pimiento and black olives. Serve with hot baked potatoes. Makes 4 servings. (Recipe from Idaho Potato Commission)

MEXICALI TOPPING

2 tablespoons butter or margarine
1 large onion, chopped (1 cup)
1 clove garlic, minced
1 pound lean ground beef
One 28-ounce can whole tomatoes in tomato puree, undrained
1/2 cup canned chili peppers, seeded and chopped
2 teaspoons chili powder
1/2 teaspoon dried oregano leaf, crumbled
1/2 teaspoon ground cumin
1/2 teaspoon salt
1 cup Monterey Jack cheese (1 1/2 pounds)
1 1/2 cups finely shredded lettuce

Melt butter in a large skillet over medium heat. Sauté onion and garlic until well browned, breaking up with fork as meat cooks. Add tomatoes, chili peppers, chili powder, oregano, cumin and salt; simmer 10 minutes. Serve with baked potatoes, cheese and lettuce. Makes 6 servings. (Recipe from Idaho Potato Commission)

Group emphasizes March as nutrition month

AP — The American Dietetic Association celebrates March as its National Nutrition Month with a reminder to consumers that nutritious eating can be part of a busy day.

"No matter how fast-paced your routine, you still have time to bite

into a healthy lifestyle," says Mary Abbott Hies, a registered dietitian and president of the ADA. "Healthy snacks provide good nutrition when you run out of time for a sit-down meal."

Hies says snacks are an important

source of calories for toddlers and preschoolers, active youngsters and rapidly growing teens.

She suggests stocking your kitchen with a variety of quick nutrient-rich snack foods, including low-fat yogurt, fruit, cut vegetables, dry cere-

al, bagels and whole-grain crackers.

Healthy choices for snacks include potato wedges with a cottage cheese and vegetable dip, high-fiber muffins, a low-fat yogurt parfait made with fruit and dry cereal, or a mixed fruit cup.

Different ways to decorate your desserts with chocolate

AP — Enhance your best-loved dessert with a chocolate decoration to make it even more lavish. Here's how to make some dazzling decorations.

CURLS

For curls, use a bar of chocolate that's at room temperature. Carefully draw a vegetable peeler across the chocolate, making thin, curling strips.

For shaved chocolate, using a vegetable peeler, make short quick strokes across the surface of a room-temperature bar of chocolate to make thin, irregular pieces.

To grate, rub a cool, firm square of chocolate across a hand grater.

CUTOUTS

Melt together 1 cup of semisweet chocolate, pieces and 1 tablespoon shortening over low heat, stirring constantly. Or, to melt in the microwave oven, place chocolate and shortening in a 2-cup measure and cook on 100 percent power (high) for 1 1/2 to 2 1/2 minutes, stirring after every minute. Pour melted chocolate onto a waxed-paper-lined baking sheet, spreading 1/2 to 1-inch thick. Chill until almost set.

Firmly press hors d'oeuvre or tiny cookie cutters into chocolate. Chill.

At serving time, lift cutouts from baking sheet with spatula. Be careful not to touch the surface with your fingers; fingerprints show clearly and can't be removed.

TWO-CHOCOLATE LAKE

Melt together 1 cup chocolate pieces and 1 tablespoon shortening

over low heat, stirring constantly.

Line a baking sheet with waxed paper or foil. Using a pastry bag fitted with a writing tip or a heavy-duty plastic bag with a small hole cut in one corner, drizzle the melted chocolate over the waxed paper in a 2-by-1 1/2-inch lacy zigzag. Chill in the freezer 5 minutes or until set.

Meanwhile, finely chop 3 ounces white baking bar with cocoa butter and melt with 1 tablespoon shortening over very low heat, stirring constantly.

Using a pastry bag with a writing tip or a heavy-duty plastic bag with a small hole in one corner, randomly drizzle the white mixture on top of the chocolate design. Chill in freezer 5 minutes or until set.

Store in a dry, cool place (between 65 degrees and 75 degrees) until serving time.

LEAVES

In a heavy saucepan, heat 2 ounces semisweet chocolate pieces over very low heat, stirring constantly until chocolate begins to melt. Remove from heat and stir until smooth.

With a small paintbrush, brush melted chocolate on the underside of non-toxic, pesticide-free fresh leaves such as rose, lemon or eucalyptus. Wipe off any chocolate that runs onto the front of the leaves.

Place leaves, chocolate side up, on a baking sheet lined with waxed paper. Chill or freeze until set.

Just before using, carefully peel the fresh leaves away from the chocolate leaves, being careful not to touch the surfaces with your fingers.

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