

# The Pavilion Cafe serves light meals

See related story, Page 1B.

## SPARTAN SAUTE

2 ounces feta cheese  
8 ounces sirloin beef tips  
4 ounces sliced mushrooms, fresh or canned  
2-3 ounces quartered artichoke hearts, fresh or canned  
2 ounces green peppers, cut into julienne strips  
2-3 ounces olive oil (or margarine) for cooking  
1 teaspoon fresh garlic  
2 ounces pitted Greek olives or sliced black olives  
1 teaspoon mixed herbs (oregano and basil)  
2 ounces garlic butter

Saute sirloin tips in olive oil and fresh garlic until medium rare. Add mushrooms, artichoke, and green pepper. Cook until tender, approximately 1 minute. Add olives and garlic, lightly toss. Serve over rice or pasta. Garnish with fresh feta cheese.  
Serves 2.

## ORIENTAL CHICKEN STIR-FRY

8 ounces boned chicken breast, trimmed and cut into julienne strips  
4 ounces pea pods

In spring work hard, cook easy

See Larry Jones' Taste Buds column, Page 1B.

## CHICKEN TARRAGON

4 chicken breasts, skinned and boned  
2 tablespoons butter or margarine  
2 tablespoons dried tarragon  
Juice of 1 lemon or 1/4 cup bottled lemon juice

## CASSOULET CHOID CHEN

(Hot Dog Casserole)  
2 cups macaroni  
1 cup grated cheddar cheese  
2 tablespoons flour  
3/4 cup bottled barbecue sauce  
6 hot dogs, cut into chunks  
Chopped onions or other vegetables (optional)

Precook macaroni in boiling salted water until tender. Drain. Pour into lightly greased 2-quart casserole. Combine cheese with flour. Toss to coat. Stir cheese mixture and barbecue sauce into macaroni. Add hot dog chunks. Mix well. Cover and bake at 350 degrees for 30 minutes or until heated throughout.

## new products

## FROZEN DESSERT

Stroh's Ice Cream Co. is introducing a new product, a 100 percent cholesterol-free frozen dairy dessert. It contains 140 calories per three-ounce serving. The package contains complete per-serving nutritional labeling, and complements the recently introduced family of square half gallons for Stroh's Light and Stroh's Frozen Yogurt Dairy Desserts.

"These three new items allow us to compete on a broader basis in the frozen dessert business," said Phil Rosetti, Stroh's Ice Cream Co. president.

The non-cholesterol dairy dessert is available at drug and supermarket outlets and ice cream parlors in four new half-gallon-square flavors — Peanut Butter Cup, English Toffee Fudge, Raspberry Fudge Torte and Chocolate Caramel Pecan Torte.

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# Bakery's wedding cake is dreamy

See related story, Page 1B.

MONCHELLE LAMOURÉ  
CARROT CAKE

To make batter, mix:  
2 cups sugar  
1 1/4 cup light vegetable oil  
2 eggs  
2 cups flour  
2 teaspoons baking soda  
1 1/4 teaspoon salt  
1 teaspoon cinnamon

Add to batter:  
2 cups grated carrots  
1/2 cup black walnuts, chopped

Bake at 350 degrees for 45 minutes. Ice when cool.

Icing:  
1 small package Philadelphia Cream

Cheese  
1 stick butter  
1 1/4 cups powdered sugar  
1/2 teaspoon vanilla

Blend until smooth.

## WALDORF SALAD

1/2 cup heavy cream  
1/2 cup vanilla yogurt  
2 tablespoons lemon juice  
1 cup diced unpeeled Granny Smith apples  
1 cup diced unpeeled red apples  
1 cup thinly chopped celery  
1/2 cup chopped California walnuts  
1/2 cup Golden raisins

Toss apples in lemon juice. Add celery, walnuts and raisins.

Dressing:  
Whip cream until stiff. Add vanilla yogurt and a pinch of cinnamon and

whip until blended.  
Toss salad in dressing and chill.  
Makes 4 servings.

MONCHELLE LAMOURÉ  
WHITE CHOCOLATE MOUSSE

Mousse  
1/2 cup confectioners sugar (sifted)  
4 ounces white chocolate, grated (use Swiss or French Chocolate)  
4 tablespoons unsalted butter, cut into 10 pieces  
3 extra-large eggs, room temperature, separated  
1 cup heavy whipping cream (cold)  
Pinch of salt  
Pinch of cream of tartar

Garnish:  
Fresh raspberries or strawberries  
Crushed hazelnuts

Melt white chocolate over hot water in double boiler, stir until smooth. Whisk in butter, one piece at a time. Whisk after each piece until blended.  
Beat egg yolks with sugar until firm. Pour into double boiler and whisk over low heat until thick. Remove from heat. Add white chocolate, and beat until cool.  
Beat heavy whipping cream until stiff. Using electric mixer at low speed, mix egg whites until they foam. Add salt and cream of tartar and beat mixture until stiff.  
Add 1/2 of egg whites into chocolate to lighten. Add remaining egg whites, and fold in whipped cream. Cover and refrigerate overnight. A metal bowl is best, if you have one.  
When ready to serve, spoon into small decorative bowl or cup. Top with suggested garnish.

## Don't overcook or undercook in microwave

AP - Using your microwave to save time isn't worth much if your results are either underdone or overcooked. You can make sure that won't happen with these kitchen-tested cues.

• Rounded dishes have the edge. For perfectly done breads, cakes or custards, use a round or ring-shaped baking dish. Microwaves concentrate in the corners of square or rectangular dishes, overcooking the edges of the foods while leaving the centers underdone. You can avoid undercooked centers by using a ring-shaped dish.

• Put up a foil shield. Avoid uneven cooking by using a little aluminum foil if your owner's manual recommends using foil in your microwave oven. Because foil is

metal, microwaves will not pass through it. Place a small amount of foil over an area of food that is cooking faster to protect it while the uncovered food continues to cook. Remember to use small amounts of foil. And, to prevent sparks, be sure foil doesn't fold back on itself or touch other metal or the side of the microwave oven.

• Arrange foods wisely. When cooking foods with uneven thicknesses, such as chicken pieces, place the thicker portions to the outside where the microwaves tend to concentrate. For fish, fold the thin sections underneath.

• Rearrange food during cooking. Microwaves may cook foods unevenly, so it helps to move the food once or twice during cooking. Stir saucy foods from the edges to the center to

distribute the heat. For pieces that cannot be stirred, move less-cooked pieces close to the dish edges and more-cooked pieces in the center. Turn over large pieces, such as hamburgers, to be sure the top and bottom cook evenly. You can also give the dish a half-turn midway through the cooking time. Some microwave ovens may have a turntable, which will help to cook foods more evenly, too.

Place a small amount of foil over an area of food that is cooking faster to protect it while the uncovered food continues to cook.



## Results.

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