

Bulk food stores offer recipes

See related story on Page 1B.

SPICY APPLE CINNAMON MUFFINS
 1 1/2 cups stone-ground whole wheat flour
 1/2 cup bran flakes
 1/4 teaspoon baking soda
 1/4 teaspoon freshly grated nutmeg
 2 teaspoons cinnamon
 2 teaspoons grated orange rind
 1/2 cup peeled, chopped apple
 1/4 cup raisins
 1/4 cup chopped walnuts
 Juice of 1/2 orange
 1 cup buttermilk
 1 egg, lightly beaten
 1/4 cup blackstrap molasses
 1 tablespoon vegetable oil

Preheat oven to 350 degrees. Lightly butter muffin pan, dust with whole wheat flour, and shake off excess.

In mixing bowl combine flour, bran, baking soda, nutmeg and cinnamon. Stir in the orange rind, apples, raisins and walnuts. Combine remaining ingredients then add to dry mixture. Do not overblend. Fill

the muffin tins 3/4 full and bake 25 minutes. 125 calories per muffin.

Recipe from American Bulk Food Stores.

MINISTRONE SOUP
 1/2 onion, sliced
 1 tablespoon olive oil
 2 potatoes diced
 4 carrots, sliced
 2 celery stalks, sliced
 1/4 cup long-grain rice
 1/4 cup elbow macaroni
 1 teaspoon basil
 1 teaspoon oregano
 1/2 teaspoon salt
 1 can kidney beans

In a soup pot or large casserole, saute onion in olive oil until tender. Mix in potatoes, carrots and celery. Add water to cover. Add rice, basil, oregano, salt and kidney beans. Bring to a boil. Reduce heat, cover and simmer until rice is cooked and vegetables are tender.

Recipe from American Bulk Food Stores.

NEOPOLITAN PIZZA

1 cup warm water
 1 package dry active yeast
 3 tablespoons olive oil
 1/2 cup whole wheat flour
 1 1/2 cups unbleached white flour
 1/4 teaspoon salt
 1 teaspoon cornmeal
 1/4 cup Marinara Sauce
 1 1/2 cups (6 ounces) grated mozzarella cheese
 1 1/2 cups (6 ounces) grated Muenster cheese
 4 cups (12 ounces) sliced mushrooms, sauteed (optional)

Pour the warm water into a large bowl and sprinkle in the yeast. Stir to mix and let sit for 5 minutes. Stir in the oil, then add the flours and salt. Beat with a wooden spoon until well mixed. Turn the dough onto a lightly floured board or work surface and knead for 10 minutes (no less). You will have to keep lightly flouring the work surface to prevent the dough from sticking.

Put the dough in a lightly oiled bowl, then invert the dough so the oiled surface is on top. Cover the bowl with a newspaper and let rise

in a warm place (no hotter than 85 degrees) for 1 1/2 hours, or until double in bulk. (You can place the bowl in the oven if there is a pilot light, or lightly heat the oven for a few seconds, turn off the heat, then let it sit in the barely warm oven.)

Punch down the dough and knead a few times. Lightly flour your work surface, and with a rolling pin roll the dough into a rectangle large enough to fit your jelly roll pan. Sprinkle the cornmeal on the pan and line with the dough. It is not necessary to form an edge.

Preheat the oven to 500 degrees. Spread a layer of Marinara Sauce over the dough. Cover the pizza with the sliced mushrooms. If you wish, Bake for 15 minutes, or until the crust is golden underneath and the cheese lightly browned. (To test the crust insert a knife or spatula under the crust and lift carefully to peek.) Cut into squares and serve immediately. Makes one 17-inch rectangular pizza (serves 4).

Recipe from "Vegetarian Pleasures" by Jeanne Lemli.

Planning parties takes a little work

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

BLACK BEAN SALSA
 1 pound black turtle beans
 1/2 medium white onion, sliced
 1/2 small head garlic
 10 cups hot water
 1/2 cup chopped cilantro (fresh)

Rinse beans in cold water and place in a slow cooker. Add onions and garlic and cover with hot water. Cover the pot and cook at the highest temperature until the skins are soft — from 4-12 hours depending on the beans. Mash and season to taste with a little salt and fresh cilantro. Serve warm or cold with corn tortillas or nacho chips.

Chef's suggestion: Stir in some chopped tomato or chopped jalapeno peppers for added taste.

STUFFED GRAPE LEAVES
 30 canned grape leaves
 2 cups finely chopped onion
 1/2 cup uncooked rice
 1/2 cup olive oil
 2 tablespoons chopped parsley
 1/4 cup pine nuts (optional)

Mash and season to taste with a little salt and fresh cilantro. Serve warm or cold with corn tortillas or nacho chips.

1 cup finely minced lamb (optional)
 1 cup water or chicken broth
 1/2 cup lemon juice

Rinse grape leaves and separate. In a large bowl, combine onion with rice, oil, parsley, nuts and minced lamb. Mix well. Place a generous tablespoon of mixture into center of each grape leaf and roll, not too tightly, securing ends. Place in a heavy pot. When finished rolling, combine water/stock with lemon juice. Mix and pour over grape leaves. Place a heavy plate on top, then cover and cook over low heat about 1 1/2 hours. Serve warm or chilled.

Cafe's specialty: food for fitness

See related story, Page 1B.

VEGETABLE PITA
 4 pita breads
 1 tablespoon plus 1 teaspoon saf-

flower mayonnaise (Kraft cholesterol-free, fat-free mayo)
 2 teaspoons Dijon mustard
 16 slices fresh tomato
 4 thinly sliced zucchini
 8 lettuce leaves
 Pinch alfalfa sprouts

Slice each pita in half. Spread each pita pocket with mayo and mustard. Layer with tomatoes, zuc-

chini, lettuce and sprouts. Yield: 8 half-pita sandwiches.

GRILLED LEMON CHICKEN
 1 boneless, skinless chicken breast, grilled until done
 1 tablespoon fresh lemon juice
 1/2 cup chicken stock
 1/4 teaspoon arrowroot
 1 teaspoon chopped parsley
 1/4 teaspoon fresh chopped basil

1/2 teaspoon fresh thyme
 Dash of pepper

Bring stock to boil. Dissolve arrowroot in small amount of cold water and add to stock. Add remaining herbs and spices. Simmer a few minutes. Serve with chicken.

Recipes courtesy of World Gym Cafe.

cooking calendar

BEEF BROCHURE
 Get a head start on easy, carefree outdoor cooking with the help of a new recipe folder from the beef industry, "Marinate and Grill Beef Recipes."

To receive a single free copy, send a stamped, self-addressed, business-size envelope to the Michigan Beef Industry Commission, 2145 University Park Drive, Suite 300, Okemos, Mich. 48864. Allow four to six weeks for processing.


The newly released brochure contains a grilling guide for beef chuck steaks and three complementary marinades.

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