

Hospital food is really tasty

Sooner or later, almost everyone has occasion to spend some time in the hospital. Recently, it was my turn to do so.

I was amazed at the patience of the people who worked there. The men and women who choose to be caretakers of the sick are truly a special breed of human beings.

Not only the doctors and nurses, but all the others — the technicians who drew blood and took various other specimens; those who administered breathing therapy; those who took chest X-rays at 8 a.m. every morning; and even the housekeepers — were the kindest and most pleasant people I have ever been my good fortune to meet.

None of us are at our best, personality-wise, when we are ill. I am ashamed to admit it, but I was crabby, self-pitying and not very well-behaved or pleasant to be around. Yet, never once did I hear a hospital employee speak sharply or critically to me, or any other patient.

Everyone has, of course, heard how terrible hospital food is. Well, let me tell you that just isn't so.

Right after surgery, I wanted to drink, but I was not allowed to. From time to time, a nurse would give me tiny bits of ice chips in a spoon.

THEN ONCE, when she was busy with something else, I grabbed the whole cup of ice and finished it off all at once. Oh, that cold wet ice felt good!

But a few minutes later, I was nauseated, and throwing up the water. I wasn't allowed to have it all because it wasn't good for me.

The same thing is true when you are first allowed to eat. Nothing on a liquid diet really tastes good. No-body can do much to make bouillon and Pop-Tops taste like anything but bouillon and Pop-Tops.

But once you are put on a regular diet, it is a different story.

At Garden City Osteopathic Hospital, where I was fortunate to be, a dietitian visited me, and discussed my likes and dislikes. She went over menu choices with me, and really seemed to care about my enjoying the food. The trays sent to me were attractively arranged, and the food was hot and delicious.

IT IS ESPECIALLY difficult to cook eggs to please everyone. Personal tastes differ vastly. Even some of the best restaurants cannot fix eggs to please fussy customers. I told the dietitian how I liked my eggs, and every morning they were served hot and cooked to perfection, along with crisp bacon, toast or muffins, fresh fruit and cereal.

My other meals were equally well-prepared: turkey with homemade stuffing (not the kind from a box); and fresh vegetables that were colorful, flavorful and not over-cooked. I had real potatoes, cooked a variety of ways, as well as cakes and cookies that tasted as if they were made at home in your own kitchen.

I talked with the people who prepared these meals and decided to include some of their patients' favorite recipes in this column (with a special thanks to Linda Main, R.D., production dietitian at the Garden City Osteopathic Hospital.)

All these recipes have been reduced in size to serve 6 people.

The stir-fried chicken and vegetables and the dilled vegetable salad were both as good as any dish I have ever eaten at the Whitney, or any other gourmet restaurant.

Try them yourself at home, and let me know what you think of this hospital food. (Call Gundella at 427-1072.)

STIR-FRIED CHICKEN AND VEGETABLES

- 1 1/2 pounds chicken breasts, boned, skinned and cut into 1/2-inch-by-1/2-inch strips
- 3 tablespoons sugar
- 1/2 teaspoon ginger
- 1 1/2 cups chicken broth
- 1 1/2 cups carrots, peeled and cut into 1/2-inch-thick
- 1 1/2 cups broccoli flowerettes
- 1 1/2 cups cauliflower flowerettes
- Hot cooked rice
- 1/4 cup soy sauce
- 1/4 cup vegetable oil
- 3 tablespoons cornstarch
- 3 tablespoons cold water

Combine sugar and ginger and soy sauce. Add chicken strips and marinate for 30 minutes. Heat 1 tablespoon oil in a skillet. Remove chicken from marinade and stir fry in oil for 3-5 minutes. Remove from skillet.

kitchen witch Gundella

let. Combine carrots, broccoli and cauliflower and steam in a small amount of water until tender-crisp; drain.

In skillet, heat remaining oil and chicken broth. Add chicken, vegetables and marinade. Simmer for 5 minutes. Dissolve cornstarch in cold water and add to stir fry. Cook until mixture is thickened and bubbly. Serve over rice. Serves 6.

STUFFED PEPPERS

- 3 large green peppers
- 1 cup cooked rice
- 1 1/2 pound ground beef
- 1/4 cup diced onions
- 1/4 cup bread crumbs
- 2 eggs
- 4 cups tomato sauce
- 1 can tomato soup
- 1/4 cup shredded Cheddar cheese

Wash peppers. Cut in half lengthwise and remove seeds and stem. Arrange in baking dish. In frying pan brown ground beef, drain off fat. Add diced onions and saute until onion is transparent. In mixing bowl combine cooked beef, rice, bread crumbs, eggs and 1 cup tomato sauce. Mix by hand until ingredients are blended. Spoon 1/2 cup of the beef mixture into each pepper half. Combine remaining tomato sauce and the tomato soup. Ladle over and around peppers. Bake at 350 degrees for 45 minutes. Top with shredded cheese prior to serving. Serves 8.

DILLED VEGETABLE SALAD

- 1/4 cup vegetable oil
- 1/4 cup vinegar
- 1/4 cup sugar
- 1/2 tablespoon dillweed
- 1 cup cherry tomatoes
- 1 cup broccoli flowerettes
- 1 cup cauliflower flowerettes
- 1 cup fresh mushrooms

In a large bowl, combine oil, vinegar, sugar and dillweed. Clean and

trim vegetables. Add vegetables to marinade and stir to coat evenly. Refrigerate. Salad should be made one day before serving so vegetables can marinate.

MOCK CHICKEN CORDON BLEU

- 6 chicken breast halves, boned and skinned
- 1/4 cup skim milk
- 1 cup cornflake crumbs
- 3 ounces ham, thinly sliced (1/4 ounce per chicken breast)
- 3 ounces part skim mozzarella cheese, thinly sliced (1/4 ounce per chicken breast)
- 1 tablespoon fresh parsley, chopped

Measure skim milk and cornflake crumbs and place in separate bowls. Dip chicken breasts in skim milk, then roll in cornflake crumbs, covering completely. Arrange chicken in a baking dish that has been coated with vegetable spray. Bake at 350 degrees for 30 minutes or until chicken is cooked through. Remove from oven; place 1 slice ham over each chicken breast. Top with 1 slice mozzarella cheese. Return chicken to oven and bake for an additional 10 minutes, or until cheese has melted. Sprinkle with fresh chopped parsley prior to serving. Serves 6.

SNOW CAP SALAD

- One 3 1/2 ounce package lime gelatin
- 1/2 cup boiling water
- 1/2 cup crushed pineapple, drained (reserve juice)
- 1/2 cup pineapple juice
- 1/2 cup cream cheese, softened

Dissolve gelatin in boiling water. Stir to dissolve completely. Add pineapple juice to gelatin. Chill until slightly thickened. Spoon gelatin into a mixing bowl. Add cream cheese, mix on low speed until blended. Mix on high speed until fluffy, 1-2 minutes. Fold crushed pineapple into gelatin mixture, turn into gelatin mold. Chill until firm.

Ways to enjoy fruit desserts

"Fruit Desserts" by Lisa Yockelson (HarperCollins Publishers, May 8, 1991; \$15.95) is a mouthwatering collection of recipes for pies, cobblers, puddings, mousses and other delectable desserts.

The cookbook offers home cooks more than 90 different ways to enjoy their favorite seasonal and dried fruits.

A basket of fresh-picked autumn apples calls for Apple Pie, studded with crunchy walnuts and fragrant with spices, or feathery Apple Snacking Cake, great for dessert as well as for breakfast, or any time.

A summer day's harvest of juicy peaches is an occasion to make a batch of fresh Peach Ice Cream or, for later enjoyment, Peach Butter.

FROM APRICOT Pudding to Gingered Pear Crisp to Berry Compote with Creamy Vanilla Sauce, "Fruit Desserts" is packed with ways to enjoy the best that the supermarket or the farm stand has to offer, any time of the year.

The cookbook is divided by types of desserts: Compotes and Salads; Pies and Cakes; Tarts, Turnovers and Dumplings; Puddings and Shortcakes; Fools and Mousses; Cobblers and Crisps; Poached, Baked and Glazed Fruit; and Ice Creams and Sherbets, Floats and Sodas.

Oranges, grapefruit, bananas, strawberries, blueberries, peaches, rhubarb, pears, melons, plums, cherries, kumquats, mangoes — all are given treatment in "Fruit Desserts" as the author demonstrates how to get the most out of the natural sweetness and goodness of fresh and dried fruits.

Also included are recipes for fresh fruit syrups, fruit butters, preserved fruit and scented sugars — perfect gift items for fellow fruit lovers.

YOCKELSON, who trained at the Cordon Bleu in London, is also author of "The Efficient Epicure," "Glorious Gifts from Your Kitchen," "Country Pies," "Country Cakes" and "Country Cookies."

In addition to writing food books, she is a contributor to the Washington Post. Yockelson lives in Washington, D.C.

FROZEN PEACH MOUSSE

This mousse is made from simple ingredients: egg yolks, sugar, cream and a fresh peach puree. To make the puree, peel, halve and pit 3 large, ripe peaches; cut the fruit into chunks and process in the bowl of a food processor fitted with the steel blade.

Other purees, such as nectarine, mango or strawberry, are made in the same way. Apricots or pears; canned in natural juices and drained, can also be pureed to form a delicious fruit base.

Cooling spoonfuls of this mousse are delicious served with thin butter wafers.

- 1/4 cup granulated sugar
- 4 extra-large egg yolks, at room temperature
- 1 1/4 cups light cream, scalded
- 1 teaspoon pure vanilla extract
- 1 cup fresh peach puree
- 1 cup cold heavy cream

Whisk the sugar and egg yolks in a heavy saucepan (preferably enameled cast iron).

Slowly stir in the scalded cream, set the pan over low heat and cook, stirring, until the mixture thickens, coats the back of a wooden spoon and registers 175 degrees on a candy thermometer.

Remove from the heat and stir in vanilla extract. Pour the custard mixture into a bowl, place a piece of plastic wrap directly over the top and cool completely.

Refrigerate the custard mixture, covered, until well chilled, about 8 hours. (The custard can be made up to 1 day in advance.)

Stir the peach puree into the custard mixture. Whip the cream until firm peaks form. Stir a large spoonful of the whipped cream into the fruit mixture; then fold in the remaining cream.

Pour the mousse mixture into a freezerproof bowl, cover tightly and place in the freezer to firm up, about 8 hours. (The mousse may be prepared up to 4 days in advance.)

Alternatively, the mousse may be spooned into individual bowls or ramekins and frozen; smaller portions will firm up in about 1 hour and 15 minutes.

Good Old SUMMERTIME SAVING S

Good Old SUMMERTIME SAVING S

Good Old SUMMERTIME SAVING S

Good Old SUMMERTIME SAVING S

Mexicantown invites you to...

Mexicantown FIESTA '91

JUNE 21, 22, 23

Bagley & 21st Streets • 2 Blocks North of the Ambassador Bridge • in Detroit's Mexicantown

Friday, 6-10 pm • Saturday, 1-10 pm • Sunday, 1-6 pm

Authentic Hispanic Food & Entertainment • Children's Festival

Mercado (marketplace) with Artist, Craftsmen, Importers & Retailers

FREE FIESTA ADMISSION

Experience the Region's FIRST CHARREADA!

Authentic Mexican Rodeo • Stunt Riding • Trick Riding

Incredible Dancing Horses • Folkloric Dancers • Mariachi Band

CHARREADA PERFORMANCES: Fri. 7:30pm • Sat. 2 & 7 pm • Sun. 2pm

Advance CHARREADA Tickets available at:
& Selected Mexicantown Retail Outlets

Adults: \$10 • Seniors \$8
Children (5-12) \$5

TICKETMASTER
HUDSON'S, HARMONY HOUSE & SOUND WAREHOUSE
CALL-FOR-TIX (313) 645-6666

At the Gate: Adults \$15 • Seniors \$13 • Children (5-12) \$7.50

Presented by Southwest Detroit Business Association in cooperation with Mexicantown Commercial Development

FOR INFORMATION CALL: 313/842-0986

SPONSORED BY

FROM I-75...
NORTHBOUND
• TAKE LAJAFAYETTE EXIT
TO 16th STREET
PARKING LOT

SOUTHBOUND
• TAKE POINTE STREET
TO 16th STREET
PARKING LOT

Ariens

LAWN AND GARDEN SALE

TRACTORS

- 16-20 H.P. ENGINES
- 4 MODELS TO CHOOSE FROM
- 42"-60" CUT
- HYDROSTATIC TRANSMISSION
- OPTIONAL ATTACHMENTS

LAWN MOWERS

- 10 MODELS TO CHOOSE FROM
- PUSH OR SELF PROPELLED
- 4 OR 5 H.P. ENGINES
- BAG, MULCH OR SIDE DISCHARGE

RIDING MOWERS

- 8-12 H.P. ELECTRIC START ENGINES
- 28"-32" CUT
- 6 FORWARD SPEEDS & REVERSE
- CLUTCH FREE SHIFTING
- REAR BAG AVAILABLE

"WE SERVICE WHAT WE SELL"

SINCE 1948

MANUS POWER MOWERS

3116 N. WOODWARD
2 Bks. S. of 13 Mile Rd.

549-2440

SAT. 8-4
MON. & FRI. 8-6 TUES.-THURS. 8-6

FULL SERVICE DEPT.
COMPLETE PARTS DEPT.
FINANCING AVAILABLE

WE TAKE TRADE-INS PICK-UP AND DELIVERY