

Try grilled salmon with new potatoes

Chef Joseph Weissenberg of the Culinary Institute of America likes to combine the old and the new. A favorite recipe of his is grilled salmon on creamed new potatoes and peas.

"Grilling salmon, especially with cedar shingles, is very up-to-date, while the cream sauce with the vegetables is a nod to the past," Weissenberg says.

SALMON STEAK

Juice of 2 lemons
¼ cup olive oil
Six 5-ounce salmon steaks
1 small bunch fresh dillweed

For the marinade, combine lemons, olive oil and salt and pepper to taste. Coat salmon steaks with marinade and place in a baking dish, alternating fish with sprigs of fresh dillweed. Cover and refrigerate for 2 to 3 hours.

Cut untreated cedar shingles into 5-to-6-inch squares. Preheat a grill with a lid. Place cedar shingles on the grill and char lightly, reserve.

Sear salmon on grill on one side. Place each salmon steak, uncooked side down, on the charred side of a cedar plank. Grill salmon on plank in covered grill until fish is just cooked through. Season to taste with salt and pepper. Makes 6 servings.

Note: If cedar shingles are not available, hickory or mesquite chips that have been soaked in water can be added to the coals for additional flavor.

CREAMED NEW POTATOES AND PEAS

1 cup milk

1 cup cream
1 bay leaf
1 small onion
2 whole cloves
3 tablespoons butter
3 tablespoons flour
2 pounds new red potatoes
2 pounds peas, unshelled, or 1 pound peas on the pod
Salt and white pepper to taste

Combine milk and cream in a saucepan. Attach bay leaf to onion by sliding with cloves. Add to milk and cream mixture; bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat and cover. Allow to steep for 20 to 25 minutes.

In another pot, melt butter, add flour and cook the roux over low heat for 3 to 4 minutes, stirring constantly so the flour will not burn. Remove from heat and allow to cool. (A roux is a mixture of flour and fat that is cooked slowly and then used to thicken a sauce.)

Remove onion from milk and cream mixture; bring mixture to a boil again. Combine liquid with the cooled butter-flour mixture, stirring until smooth. Return to boil and cook at low boil for another 5 minutes. Discard onion.

In a saucepot, place potatoes in enough water to cover by at least 1 inch; bring to a boil. In another pot, bring to a boil enough water to cover peas; add peas. Cook potatoes and peas until tender. Drain and combine with the hot cream sauce. Season to taste. Makes 6 servings.

Note: New potatoes have very thin skins and need not be peeled. Wash thoroughly and rub off skin, if desired.

Tomatillos are firm, tangy

AP — Tomatillos, usually available throughout the year, are mostly associated with Mexican cooking.

Tomatillos look like cherry tomatoes wrapped in a green, papery husk. The flavor is very tangy, so they are rarely eaten alone. Rather, they are a basic ingredient in salsa, and are often used in tacos, enchiladas, sauces, stews and salads.

Like tomatoes, tomatillos are low in calories and are a good source of vitamin A.

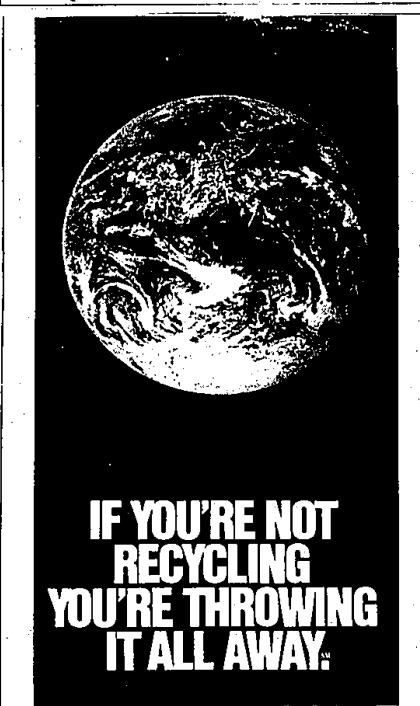
When shopping for tomatillos, look for those that are firm and dry with clean, tight-fitting husks, free from

mold and rot. They may be hard, unlike tomatoes, which give a little. Tomatillos can be stored up to one month in a refrigerator.

To prepare: Remove the husks and rinse in cold water to remove any sticky resin found around the stem. Tomatillos may be poached gently, without simmering, for 3 to 10 minutes, depending on their size.

To roast unhusked tomatillos, place them on a baking sheet in a 450-degree oven for 10 to 15 minutes. Be careful they don't burst. Cool, then remove husks and rinse off.

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Afternoon tea

Cookbook provides tempting tea breads

Imagine settling down in the afternoon with a slice of fruity Blueberry-Raspberry Kuchen, Intense Chocolate Tea Bread, or healthful Whole-Wheat Carrot-Apple Honey Cake.

Whatever your preference, Elizabeth Alston's new book, "Tea Breads and Coffeecakes" (Harper-Collins, 1991, \$10.95 hardcover), has something to offer. Here is one of her favorite recipes

3 tablespoons unsalted butter, at room temperature
2 teaspoons vanilla extract

Heat the oven to 325 degrees. Grease the pan.

Start the cake: Melt the butter in a medium-size saucepan (or in a bowl in a microwave oven). Remove from the heat and cool slightly.

Put the flour, baking powder, baking soda, and salt into a large bowl. Stir to mix well.

Add sugar, eggs, and vanilla to the butter; whisk to blend well. Stir in the sour cream.

Put all the topping ingredients into a small bowl. Work with your fingers or with a fork until the mixture is in coarse crumbs.

Add the sour-cream mixture to the flour mixture and stir just until well-blended (the batter may be slightly lumpy). Spread the batter in the prepared pan. Sprinkle the topping over the surface.

Bake until a wooden pick inserted in the center of the cake comes out clean, 65 to 75 minutes. Place the pan on a wire rack to cool for 15 to 20 minutes. Loosen the edges of the cake with a knife and remove the sides of the pan. Let cool.

If not serving the same day, wrap airtight and store overnight at room temperature, or freeze.

TEA BREADS AND COFFEECAKES

ELIZABETH ALSTON



Pecan Streusel Coffecake and Intense Chocolate Tea Bread are two of the recipes featured in "Tea Breads and Coffeecakes."

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