

Savor salmon in entrees and appetizers

Holiday time is often a busy time — with shopping, trimming the tree, party planning and out-of-town guests. It's no wonder that many cooks find preparing an elegant dish a daunting task. Yet preparing a festive meal for friends and relatives need not be difficult.

Here's a dish that's perfect for a sit-down dinner after last minute

shopping, a buffet main course for that get-together among friends, or as an alternative for a family tired of turkey leftovers. The recipe combines penne (Italian for pen) pasta with Norwegian smoked salmon and roasted leeks in a winter pesto cream sauce.

This simple recipe brings together

several wintry elements in one dish — the winter pesto is an unusual, yet inexpensive, combination of olive oil, parsley, walnuts, Parmesan cheese and garlic. The pesto, as with most of the ingredients, may be prepared a day or two in advance. The final step is a simple reduced cream sauce, prepared just before serving. Traditionally used as a holiday hors d'oeuvre, here Norwegian smoked salmon is laid on top of the pasta and sauce, where the vapors below gently heat the delicate slices of smoked salmon. The visual contrast between the soft green of the pesto and the rich pink of the Norwegian smoked salmon provide for a festive table at a holiday buffet.

MANY PEOPLE are reluctant to use smoked salmon in a recipe because they think it's salty, smoky, or has a dry texture. But because Norwegian smoked salmon is produced from mild tasting, farm-raised Atlantic salmon, it has a smooth, buttery flavor.

Norwegian salmon also contains an ideal fat content that keeps the flesh moist through the smoking process and voids the salty taste that other smoked fish may have. For nutritionally conscious people, the fat content of Norwegian salmon holds other benefits beyond enhancing the good taste.

It contains the health-promoting Omega-3 fatty acids that have been shown to reduce blood cholesterol

levels. Wild Pacific salmon, because it has a more strenuous life cycle in the open ocean, is leaner than its farm-raised cousin, and often results in a fishier tasting, drier-textured smoked salmon.

To complement the flavors of the pesto and smoked salmon, choose a light, dry white wine, such as Ernest & Julio Gallo North Coast Chardonnay.

PENNE WITH NORWEGIAN SMOKED SALMON AND ROASTED LEEKS IN A WINTER PESTO CREAM

(Serves 6 — Can be doubled)
4 cups lightly packed parsley leaves
4 cloves garlic
½ cup chopped walnuts
1 cup olive oil
1 teaspoon salt
½ cup grated Parmesan cheese

3 leeks
1 tablespoon olive oil
salt and pepper to taste

3 cups heavy cream
1½ pounds dry penne pasta
12 slices Norwegian smoked salmon

To prepare Winter Pesto (can be prepared up to two days in advance):

In food processor, combine parsley, garlic, walnuts, olive oil, salt and pepper. Process with a metal blade until all elements are finely chopped. Stir in the grated Par-

mesan cheese. Store in refrigerator in a tightly covered container, until ready for assembly.

To prepare roasted leeks (can be prepared several hours in advance):

Preheat oven to 450 degrees. Trim off and discard leek roots and green leaves, leaving about one inch of green on the white stalks. Split the leeks in half lengthwise, and slice the leek halves into ½-inch slices. Wash the sliced leeks thoroughly in several changes of water to remove sand. Drain and dry completely.

In a bowl, toss the leeks in olive oil and lightly salt and pepper to taste. Spread the leeks out in an even layer on a large roasting pan, or cookie sheet with a rim. Roast in the oven for 20 minutes, stirring frequently, until the leeks begin to brown. With a slotted spoon, remove the leeks and drain on paper towels. Reserve until ready to assemble dish.

To prepare Cream Sauce (can be done one hour in advance):

In a heavy-bottomed saucepan, bring the heavy cream to a boil. Boil, stirring frequently with a whisk, until the cream has been reduced in volume by one-third.

To Assemble:

In a large pot of boiling salted water, cook the penne until tender. While the pasta is cooking, bring the

reduced cream to a simmer, and stir in the winter pesto sauce and the roasted leeks. When the penne is done, drain the pasta and return it to the pot. Add the pesto cream and toss it quickly with the pasta.

Arrange the pasta on a serving platter, or large bowl and lay the slices of Norwegian smoked salmon on top. The heat from the pasta will warm the salmon. Serve immediately.

Most delicatessens and specialty shops carry Norwegian smoked salmon vacuum sealed in plastic to maintain the absolute highest standard of freshness. Look for the Golden Guarantee label of freshness in the package, which tells you that Norwegian smoked salmon is of the highest quality, with a mild, buttery flavor.

Use any smoked salmon left over from the pasta recipe to prepare simple hors d'oeuvres. The mild taste of Norwegian smoked salmon combines well with many kinds of foods. Here are some suggested finger food combinations:

• Fill fresh endive spears with fresh dill guacamole topped with Norwegian smoked salmon slices.

• Roll up slices of Norwegian smoked salmon with a filling of cream cheese, chopped black olives and fresh mint.

• Open up chilled, blanched snow pea pods and make "sandwiches" with a mixture of feta and cream cheese, and wrap them up with strips of smoked salmon.



Norwegian smoked salmon is featured in this main course dish, "Penne with Norwegian Smoked Salmon and Roasted Leeks in a Winter Pesto Cream."

Homemade bread warms up cold winter days

Life success Florine Mark

One of my fondest childhood memories is of coming home after school and smelling the wonderful aroma of freshly baked bread in the oven. That was my mother's favorite way of warming up those crisp fall and winter days for us. I carried on the tradition for my children and now for my grandchildren. But today, I make my homemade bread with a little more pizzazz.

Does the morning rush have you frazzled? If you prepare ahead, you can freeze home-baked favorites, like West Indies Banana Bread.

You'll get a round of applause from your entire family. If you don't have time to "monkey around" in the kitchen, but still crave the taste of homemade bread, you might want to try Cinnamon Monkey Bread. It's quick and easy to prepare using ready-to-bake buttermilk biscuits.

If you have a little extra time on a Sunday afternoon, why not try something different like Arabian Pocket Bread? Arabian Pocket Bread is a traditional Middle Eastern bread that's easy to make and sure to please.

Whether you're planning an upcoming social event, a holiday party, the school or church bake sale, or simply a treat for your family, with

these recipes, I guarantee you're sure to be a "bread-winner!"

WEST INDIES BANANA BREAD

Makes 12 Servings, 1 Slice Each
2 ½ cups all-purpose flour
1 tablespoon double-acting baking powder
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
½ cup granulated sugar
¼ cup unsalted margarine
1 egg
1 teaspoon vanilla extract
3 very ripe bananas, peeled and mashed
¾ cup raisins
2 ounces chopped walnuts
2 tablespoons shredded coconut

Into medium bowl sift together flour, baking powder, salt, cinnamon, and nutmeg; set aside.

Preheat oven to 350 degrees F. In separate medium mixing bowl, using electric mixer, beat together sugar and margarine until light and fluffy; add egg and vanilla and continue beating until mixture is thoroughly combined. Add sifted ingredients alternately with bananas, beating slightly after each addition until mixture is well combined (do not overbeat, as this will cause loaf to become tough). Stir in raisins, nuts and coconut.

Spray 9 x 5 x 3-inch nonstick loaf pan with nonstick cooking spray and

pour batter into pan; bake for about 50 minutes (until loaf is browned and cake tester, inserted in center, comes out clean). Remove loaf from pan to wire rack and let cool. To serve, cut cooled loaf into 12 equal slices.

Each serving provides: 1 Bread; 2 Fat; 1 Fruit; and 85 Optional Calories.

Source: Weight Watchers International Cookbook, 1985.

CINNAMON MONKEY BREAD

Makes 10 Servings
3 tablespoons plus 1 teaspoon margarine, melted, divided
¼ cup granulated sugar
1 teaspoon ground cinnamon
10-ounce package ready-to-bake refrigerated buttermilk flaky biscuits (10 biscuits)

Using a pastry brush, brush some of the margarine over bottom and up sides of 7 ½ x 3 ½ x 2 ½-inch nonstick loaf pan; set aside.

Preheat oven to 350 degrees F. In small bowl combine sugar and cinnamon; stir to combine and set aside. Cut each biscuit into quarters; dip each quarter in remaining margarine, then into sugar mixture, turning lightly to coat and using all of the margarine and sugar mixture. Layer biscuit quarters in loaf pan and bake until loaf is browned, 30 to 35 minutes. Invert pan onto serving platter and let loaf stand in pan for 1 minute, carefully remove pan from loaf and serve warm.

Each serving provides: 1 Bread; 1 Fat; 25 Optional Calories.

Source: Weight Watchers Quick

Success Program Cookbook, 1988.

ARABIAN POCKET BREAD

Makes 16 Servings, 1 Pocket Each
1 packet fast-rising active dry yeast
1 ¼ cups warm water (see yeast package directions for temperature)
¼ teaspoon granulated sugar
4 ½ cups all-purpose flour, divided
2 tablespoons vegetable oil
1 teaspoon salt

Spray large bowl with nonstick cooking spray; set aside. In another large bowl sprinkle yeast over wa-

ter; add sugar and stir. Let stand until mixture becomes foamy, about 5 minutes; add 1 cup flour, the oil and salt. Using electric mixer at low speed, beat until combined, 1 to 2 minutes. Stir in all but 2 tablespoons flour, mixing well. Using remaining 2 tablespoons flour, flour work surface; knead dough on floured surface until smooth and elastic, about 5 minutes. Form into ball and place in sprayed bowl; cover with plastic wrap and let stand in warm, draft-free place until doubled in volume 45 to 60 minutes. Remove dough from bowl and punch down. Cut into 16

equal pieces and shape each into a ball.

Preheat oven to 450 degrees F. Using rolling pin, roll balls into circles, each about 5 inches in diameter; set on nonstick baking sheet, leaving about 2 inches between each. Bake until golden brown, 5 to 7 minutes. Remove breads to wire rack; let cool at least 5 minutes.

Each serving provides: 1 ½ Bread; 15 Optional Calories.

Source: Weight Watchers Favorite Recipes, 1986.

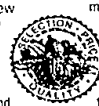
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