

Discover the 'Joys of Pressure Cooking'

See related story on Taste front. Recipes from the 'Joys of Pressure Cooking' by Toula Patsalis

CHICKEN WITH TWO PEPPER NOODLES

- 1 cup sliced white onion
- 1/2 cup olive oil
- 3 cloves garlic, crushed
- 4 chicken breast halves, each cut in halves (2 inches thick)
- 1 red bell pepper, seeded and sliced lengthwise
- 1 green pepper, seeded and sliced lengthwise
- 3 cups canned or fresh chicken broth
- 1 8-ounce can tomato sauce
- 1 tablespoon lemon juice
- 2 tablespoons brown sugar
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons dried basil
- 1 1/2 teaspoons oregano
- 1/2 teaspoon ground fennel
- 1 bay leaf
- 6 cups uncooked fettuccine noodles
- 1/2 cup (2 ounces) grated Fontinella cheese

1/2 cup (2 ounces) grated Parmesan cheese
Place heat diffuser over range burner. In pressure cooker, sauté onion in hot oil for 3 minutes. Add garlic, chicken pieces and peppers. Sauté on medium high for 3 minutes, stirring occasionally. Stir in broth, tomato sauce, lemon juice, sugar and seasonings. Add noodles and stir again.

Secure lid. Over high heat, develop steam to high pressure. Reduce range heat to medium and cook for 10 minutes.

Release steam according to manufacturer's directions. Remove lid. Combine cheese. Remove bay leaf. Stir chicken and noodle mixture and transfer to serving bowl. Sprinkle with cheese.

BLACK EYED PEA AND SAUSAGE SOUP

- 2 cups (12 ounces) dried black-eyed peas
- 1 bay leaf
- 1/2 pound bacon, cut in 1 inch pieces
- 1 cup minced red onion
- 2 teaspoons chopped garlic

- 6 cups canned or fresh chicken broth
- 3 tablespoons tomato paste
- 2 teaspoons dried Greek oregano
- 1 bay leaf
- 1 teaspoon coarse sea salt
- 1 teaspoon crushed red pepper flakes
- 3 tablespoons brown sugar
- 1/2 pound turkey kielbasa, cut in 1 inch pieces
- 1/2 cup chopped green pepper
- Sort dried peas and remove any foreign particles. Place in large strainer and rinse under warm running water, tossing to thoroughly clean peas. Pour into bowl and add water to measure 2 inches above peas. Let soak for 6 hours. Drain peas and set aside.

In pressure cooker, combine bacon, onion and garlic. Cook over high heat until bacon sizzles. Reduce heat to medium high and cook until onion is transparent, about 3 minutes.

Add peas to bacon mixture and stir well. Add broth, tomato paste and seasonings. Stir until thoroughly mixed.

Secure lid. Over high heat, develop

steam to high pressure. Reduce range heat to medium high and cook for 5 minutes.

Release steam according to manufacturer's directions. Remove lid. Add kielbasa and green pepper to

pea mixture. Bring to a boil over high heat and cook, uncovered, for 5 minutes, stirring occasionally. Serve soup with chunks of hard-crusted bread. Prepared soup may be frozen. For a quick presoak of peas, com-

bine peas and 4 cups water in pressure cooker. Secure lid. Over high heat, develop steam to high pressure. Turn range heat off and allow steam to slowly decrease. Remove lid. Drain peas and set aside until ready to use in soup recipe.

Don't be afraid of pressure cookers

Continued from Page 1

"I never put my pressure cooker away. I even bought one for my daughter who lives in Florida so I can cook with it when I visit her," said Nachman. She's a working mother, and she's converted to pressure cooking also."

Nachman, who's working to establish a local chapter of the American Institute of Wine & Food, owns upward of 1,000 cookbooks. She gives the highest praise to Patsalis' book. "It's a wonderful book to read as well as cook out of. Everything I've tried has been a success; the recipes

are foolproof, and the flavors are intense because the cooking time is minimal. The cheesecake is the creamiest ever."

PATSALIS INSISTS that it's all a matter of confidence. "Most problems come from overcooking; that means you don't have the timing down pat. It's essential that you acquire a good timer along with the cooker. You can't put it on the stove and go to church."

"Everyone looks for different textures in foods. If you love veggies crisp, shave a few seconds off the time. Experiment — you'll be forever grateful."

'Most problems come from overcooking; that means you don't have the timing down pat.'

— Toula Patsalis

See recipes inside. Patsalis' book is available at most area book stores. Autograph copies are available at Kitchen Glamour stores. For information, call 537-1300.

Aromatic, hearty paella satisfies winter appetites

See Larry James' taste buds column on Taste front.

AUTHENTIC PABELLA

- (preheat oven to 350 degrees)
- 1 pound chicken, cut up
- 4 cups good chicken stock or broth
- 1/2 cup olive oil
- 1/2 cup thinly sliced onions
- 2 cups rice
- 2 teaspoons saffron

- 2 cloves garlic, minced fine
- 2 sliced sweet red peppers
- 1 teaspoon Spanish paprika
- 1/2 teaspoon oregano
- 1/2 pound thin sliced chorizo or hard Spanish sausage
- 1/2 pound shrimps, peeled, and deveined
- 12 clams

Parboil chicken in broth for 20

minutes. Remove, drain, reserve broth. In a paella pan or heavy casserole, heat olive oil and sauté onions until golden. Stir in rice and continue stirring until rice is "toasted" about 5 minutes. Add the chicken broth and the saffron. Stir in garlic, red peppers, paprika, oregano and chorizo. Mix well. Add chicken. Cover and bake at 350 degrees for 30 minutes. Remove from oven. Add

raw shrimps and clams, cover and continue baking for 10-12 minutes longer. Serve at once. Serves 8.

SEAFOOD PABELLA

- 1 cup finely chopped onion
- 2 teaspoons butter or margarine
- 2 tablespoons olive oil
- 1 cup raw rice
- 1 small sweet red pepper, chopped
- 1 small sweet green pepper, chopped

- 1 tablespoon minced garlic
- 1/4 cup fresh basil leaves, chopped
- 1 teaspoon saffron
- 1 1/2 cups chicken broth
- 1 pound large shrimps, peeled and deveined
- 1 pound cherrystone clams
- 1 cup frozen peas

In a large skillet, sauté the onion in the butter or margarine and the

olive oil over medium low heat until onion is softened. Add the raw rice and cook, stirring for 5 minutes. Add the peppers, garlic, basil, saffron and 1 cup of the broth. Bring to a boil, stirring often; Lower heat to a simmer, cover and cook for 10 minutes. Add but do not stir, remaining broth, shrimps, peas and cherrystone clams. Cover and simmer for 10 minutes. Serves 4.

Seven healthy ways to pamper yourself, beat the blahs

AP — Vow to beat the blahs on cold dreary days. This week's worth of feel-good, good-for-you ideas identifies easy, inexpensive ways to pamper yourself.

Start bright and early Monday morning with hot homemade cereal and carry it right on through to steaming cocoa on Sunday night. Winter has never felt so good!

Monday: Start Your Day Right Warm your insides with a hot bowl of oatmeal or whole-grain cereal.

Try this single-serving, high-fiber breakfast:

SPICED OATMEAL WITH DRIED FRUIT

- In a small saucepan bring 1/2 cup water to boiling. Gradually stir in 2 tablespoons quick-cooking rolled oats, 1/4 cup mixed dried fruit bits or raisins, 1/2 teaspoon honey, 1/2 teaspoon ground cinnamon, 1/2 teaspoon salt and a dash ground nutmeg. Cook for 1 minute, stirring once or twice. Cover and remove from heat; let stand for 3 minutes. Serve with 1/4 cup skim milk. Makes 1 serving.

Nutrition information per serving: 1/4 cup skim milk; 166 cal., 1 g fat, 1 mg chol., 4 g dietary fiber.

Tuesday: Fight Cold Weather with Iron-Rich Foods

Frosty toes and numb fingers, no more! Anemia or iron-poor blood makes you more susceptible to the cold. So protect yourself against winter chills by including plenty of iron-rich foods in your meals. That includes such foods as lean meats, fish, poultry, eggs and dried beans, peas and lentils. A bowl of chili can be a great chili chaser.

Wednesday: Treat Yourself to a Taste of Summer

Cultivate a sunny, summer mood with a big bowl of in-season fresh citrus fruits on your dining table. Or serve up glasses of lemonade — hot or cold. Either way, you'll load up on vitamin C. What's more, when you serve oranges, grapefruit or other citrus fruits along with high-iron foods, you'll increase your absorption of iron.

Thursday: Warm Your Soul with Home-Baked Goodness

Bake a nutritious, whole-grain bread from scratch. You can save time by using quick-rise yeast. When the bread comes out of the oven, relax with your family and savor the fantastic results.

Friday: Color winter green

Grow a mini-garden indoors by sprouting lentils, alfalfa seeds and Mung beans. Use the sprouts to lighten winter salads and sandwiches.

Saturday: Take Advantage of Winter Fun

Whether or not the snow falls, go

outside for the fun of it. Bundle up and pack an insulated container of hot soup to provide the liquid you need during exercise. After an hour or more of sledding, skating or walking, the soup will still be hot. Head to the warming house and replenish your energy.

Sunday: Get Toasty with a Hot Beverage

Cozy up the fire with a mug of cocoa, cider or herbal tea. Cocoa is an excellent source of calcium, and can be low in fat when made with skim milk. Enjoy this nutritious cocoa variation!

SLIM 'N' SPICY COCOA

In a medium saucepan combine 1/2 cup unsweetened cocoa powder, 1/2 cup water, 3 tablespoons honey, 2 tablespoons brown sugar, 1/2 teaspoon finely shredded orange peel and 1/2 teaspoon ground cinnamon. Cook and stir over medium heat about 2 minutes or until smooth. Gradually stir in 1 quart skim milk; heat just to simmering. Do not boil. Remove from heat; stir in 1/2 teaspoon vanilla. Pour into 5 mugs. Serve with cinnamon-stick stirrers. Makes about 4 cups (5 servings).

Nutrition information per serving: 138 cal., 1 g fat, 4 mg chol., 1 g dietary fiber.

Chef shares recipe

Chef Jeff Baldwin calls this recipe the macaroni and cheese of the 90s. See related story on Taste front.

MOSTACCIOLI WITH SMOKED TURKEY

Serves one

- 1/2 cup smoked turkey cut into 1/4 by 3 inch strips
- 1 1/2 cups cooked and drained mostaccioli
- 1 tablespoon garlic
- 2 tablespoons fresh basil, chopped
- 2 tablespoons sun dried tomatoes
- 2 tablespoons olive oil
- 2 tablespoons Gorgonzola cheese
- 2 tablespoons Parmesan cheese
- Freshly ground pepper to taste
- 1/4 roasted pepper cut into 4 1/4 inch strips or 4 1/4 inch strips of pimento. To roast pepper, place pepper under broiler and char skin black. Place in paper bag, shake, remove and flane.
- 1/2 small diced tomatoes
- 1/2 cup chicken stock
- 2 tablespoons white wine

Heat oil in pan. Sauté garlic, add basil, turkey, pasta, white wine and chicken stock. Simmer until half the liquid is cooked out. Add parmesan, season and toss with sun dried and diced tomatoes. Put on plate and sprinkle with gorgonzola and parmesan cheese. Garnish with fresh basil sprig and garlic toast.

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