

Cranbrook cookbook wins award in national contest

BEAUTIFULLY ILLUSTRATED, and full of fabulous recipes, we knew the new "Cranbrook Reflections — A Culinary Collection" was worthy of national recognition.

The cookbook, published by the Cranbrook House and Garden Auxiliary, received third place honors in the National 1991 Tabasco Community Awards Competition.

Cranbrook House and Garden Auxiliary is an adjunct of the Cranbrook Educational Community in Bloomfield Hills.

HAPPY ANNIVERSARY to Al Glasby of bakery baskets by Specialty who is celebrating his first year

of being in the business of making people happy. Glasby started Specialty after his wife, Kim, sent him flowers at work. While he was delighted she thought of him, "I got teased," he said. Glasby's bakery baskets are filled with cookies, brownies and other treats made fresh every day at Herschels Deli and Hot Bakery in Troy. Prices include delivery. Call 1-800-822-LOVE for information.

FEBRUARY is American Heart Month. Be good to your heart — reduce the amount of salt, sugar and fat in your diet. Switch from whole



tidbits
Keely Wygonik

milk to skim milk, order vegetable toppings on your pizza instead of ham and pepperoni.

Here's a heart-healthy recipe from the Michigan Heart & Vascular Institute at St. Joseph Mercy Hospital in Ann Arbor.

SOLE FLORENTINE

1 10 oz. package fresh or frozen spinach
4 sole fillets (1 pound)
1 1/2 tablespoons margarine

2 tablespoons chopped onion
2 tablespoons all-purpose flour
1 cup skim milk
1/4 teaspoon salt
1/4 teaspoon pepper
dash ground nutmeg
1 1/2 teaspoon grated Parmesan cheese
1/4 teaspoon paprika

Preheat oven to 350 degrees. Cook spinach as label directs, omit salt. In 8-inch square baking dish sprayed with non-stick cooking spray arrange spinach. Arrange fillets in single layer over spinach. In small saucepan over low heat, melt margarine. Add onions, cook about 3

minutes or until soft, stirring frequently. Add flour, cook about 1 minute, stirring frequently. Gradually add milk, salt, pepper and nutmeg. Cook until thickened and smooth, stirring constantly. Pour over fish. Sprinkle with cheese and paprika. Bake about 15 minutes or until fish flakes.

BETTY CROCKER Tip of the Week: Dress up your favorite stew with dumplings cooked in the stew, about 20 minutes before serving, use a scratch or packaged biscuit recipe. For questions about food, or help finding a missing recipe, call Keely Wygonik. Taste editor: 953-2105.

Malt gives people a feeling of security, tastes good

Back in the 1930s, when I was growing up, every drug store had an ice cream counter and served malted milk shakes along with sodas and sundae.

There were also ice cream shops, often called malt shops, with round marble-topped tables and metal high-backed chairs.

Some years later, (and don't ask me why), they began leaving the malt out of the milk shakes, so that today, there are many young people who have never tasted a real malted milk shake.

MALT is grain, usually barley, softened by steeping in hot water, and allowed to germinate. Its primary use today is in brewing beer or malt liquor.

It's difficult to find plain malt powder today, but most grocery stores still sell malted milk powder. It can be purchased plain or with chocolate mixed in.

An example of this is the Ovaltine which we used to associate with Little Orphan Annie and her dog, Sandy. Carnation and Borden also make malted milk powder, both plain and chocolate flavored.

The following recipes have been adapted to use these mixtures, rather than the pure malt, which is so hard to find.

MALT GIVES people a good feeling of security, and brings out the best in those who partake of it, (at least, when it is used without alcohol).



kitchen witch

Gundella

Breakfast cereals which contain malt, such as Malt-O-Meal (a mixture of malt and cream of wheat), or any cereal sprinkled liberally with malt powder, not only tastes good, but make those who eat them feel productive in their work.

Malted milk powder is also delicious when sprinkled on ice cream, fruit, pudding and such.

Here are three very good recipes using malt. If you have favorites of your own, please share them with me — Gundella, Box 434, Garden City 48135.

MALTED WAFFLES
2 or 3 eggs, well beaten
1 cup flour
1 cup powdered malt, (plain; not chocolate)

1 cup milk

Mix all the ingredients together, and bake in a waffle iron, as you would any waffle batter, until golden brown and crispy. Serve hot, with maple syrup.

MALTED LACE COOKIES

These are delicious by themselves, but try serving one cookie on the side with plain vanilla ice cream, for a dainty, delectable dessert.

1 cup butter, or butter-flavored shortening
1 cup brown sugar
1 cup white sugar
3 eggs
1 cup powdered, malted milk mix

(not plain, chocolate)

1 cup flour
1 teaspoon salt
1 teaspoon baking soda
1 cup Quick oats (uncooked oatmeal)
1/2 cup chopped walnuts

Cream together the butter, sugar, eggs and malt powder. Add flour, salt and baking soda. Mix well. Drop by teaspoonfuls on well-greased cookie sheet.

Bake at 350 degrees F. for about 10-15 minutes. Cool on the cookie sheet. When completely cool, remove very carefully with spatula.

This recipe makes about four dozen crisp, lace cookies that should earn you words of praise from all who taste them.

Chase away February blues with bright, festive foods

February can be such a dreary month — if you let it. The sun never seems to shine, and the damp, dreary weather can be most depressing. A great way to brighten up the greys of February is with colorful foods.

VEGETABLE MELANGE

2 servings
1 cup thawed Spaghetti Squash (recipe below)
1/2 cup broccoli florets, blanched
1 cup cauliflower florets, blanched
1/2 cup sliced carrots, blanched
1/2 cup sliced zucchini
1/2 cup sliced yellow squash
1 tablespoon sliced scallion (green onion)
2 teaspoons reduced-calorie margarine
2 teaspoons lemon juice
Dash pepper

1 teaspoon grated lemon peel

In 4-quart microwavable casserole combine all ingredients except lemon peel. Cover and microwave on medium (50 percent) for 5 minutes, stirring once every 2 minutes. Add lemon peel and stir to combine. Let stand 1 minute before serving or serve at room temperature.

Each serving provides (including spaghetti squash): 1 fat, 3 vegetables

Source: Simply Light Cooking, 1992.

1 Spaghetti Squash
1 spaghetti squash (about 3 pounds)
Cut squash in half lengthwise. Remove and discard seeds. In microwave oven, cook for 15 minutes, stirring once every 5 minutes.

crowdable baking dish large enough to hold them, set squash halves, cut-side down. Add 1 cup water and microwave on high (100 percent) for 20 minutes, rotating casserole 1/4 turn every 5 minutes, until squash is tender.

Remove from oven and let squash stand for 5 minutes. Remove squash from water and let stand until cool enough to handle. Using a fork, scoop out pulp.

CONFETTI SWEET AND SOUR SLAW

2 servings
3 cups finely shredded red cabbage
1 cup shredded carrots
1/2 cup julienned-cut (matchstick pieces) red or yellow bell peppers
2 tablespoons each thinly sliced

onion and celery

2 tablespoons golden raisins, plumped

2 teaspoons vegetable oil

1/2 teaspoon each granulated sugar, apple cider vinegar and honey

1/2 teaspoon lemon juice

Dash pepper

In large glass or stainless-steel bowl combine all ingredients; stir to combine. Cover and refrigerate until



Lite success

Florine Mark

flavors blend, 30 minutes or overnight. Stir salad just before serving. Each serving provides: 1 fat, 4 1/2 vegetables, 1/4 fruit, 15 optional calories.

Source: Weight Watchers Healthy Life-Style Cookbook, 1990.

LEMON-RASPBERRY CLOUD

(makes 4 servings)

1/2 cup freshly squeezed lemon juice

2 tablespoons thawed frozen concentrated orange juice (no sugar added)

1 tablespoon granulated sugar

1/2 teaspoon grated lemon peel

1 teaspoon unflavored gelatin

1/2 cup thawed frozen dairy whipped topping

3 egg whites

1/4 teaspoon cream of tartar

1/2 cup raspberries, fresh or frozen

In small nonstick saucepan combine lemon juice, 1/4 cup water, the orange juice, sugar and lemon peel; sprinkle gelatin over juice mixture and let stand 1 minute to soften. Stir mixture to combine; cook over low heat, stirring frequently, until gelatin is dissolved, 1 to 2 minutes.

Transfer mixture to large mixing bowl; stir in whipped topping and set aside.

Using mixer on high speed, in large mixing bowl beat egg whites until frothy; add cream of tartar and continue beating until whites are stiff but not dry. Gently fold egg whites into gelatin mixture until mixture is thoroughly combined.

Into each of four 6-ounce dessert dishes pour 1/4 of gelatin mixture. Cover and refrigerate until firm, at least 1 hour (when gelatin mixture is chilled it will form 2 layers). Garnish each portion with 2 tablespoons raspberries.

Each serving provides: 1/4 protein, 1/4 fruit, 40 optional calories.

Source: Weight Watchers Healthy Life-Style Cookbook, 1990.

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