Award-winning chefs share secrets, favorite recipes

I'll never forget the thrill I felt when I shaved \$20 off a \$90 grocery bill with coupons. It was the most I

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Monday, March 9.

CAROLYN HASKINS, Executive Chef for the Townsend Hotel in Bir-mingham, had lots of good tips. She recommends using kosher salt and baking on parchment paper, it helps with cleanup.

"The secret to chopping garlle and shallots is to put a little salt on the board so they don't jump all over the board," she said. To keep the board from sliding, wet a towel and make a towel nest. Rest the board on top of

the towel.

When she garnishes foods, Haskins always garnishes in odd numbers 1, 3 or 5 for example.

"Unless you make something really awful, if your recipe doesn't turn out, make it into something else. Be



creative, use the recipes as a guide," said Haskins.

IF SOMETHING is too salty, add lemon Juice said Elwin Greenwald of Elwin's Tu-Go in Royal Oak. When he kneads dough he uses the heel of

his hand.
Gadgets like food processors save time in the kitchea, but Greenwald offers this advice, "always do a recipe the first time by hand so you'll

know how it's supposed to look."
Here is one of my favorite recipes from the seminar, garlie soup, which was prepared by Rick Halberg of H.I.K.'s in West Bloomfield. The re-cipe is for one gallon, you can reduce it for less. The soup is creamy, and very flavorful.

GARLIC SOUP (Yields about one gallon) 6 ors, unsalted butter

3 pounds coursely chopped white

and diced) 1's quarts chicken broth (defatted)

by gallon cream 'Sachet bag with one bay leaf, 10 sprigs of parsley, and six sprigs of thyme salt and pepper to taste

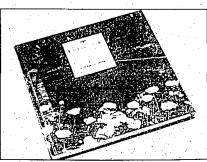
Melt butter in a five-quart pot and add onion and garlie, saute until lightly browned. Add chicken stock, bread and sachet bag. Bring to a boil and simmer for about one hour.

and similier for about one hour. Hemove suchet bag, puree and add cream Season with salt and pepper. Adjust consistency, if necessary, with stock or cream and check seasoning. Garnish with crispy shallot

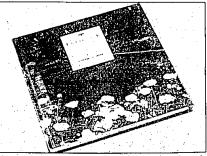
rings or chopped parsley.
See what's cooking at the Interna-tional Builders, Home, Flower and Furniture Show through March 22 at Cobo Conference/Exhibition Center

SUSAN BAUR and students from Oakland Community College, a group from Troy Athens light School, and Skip Julius, che of the Wagon Wheel in Troy will be among the 10 chels preparing festive leasts. This is the first year cooking demonstrations will be offered at the show. Julius is coordinator of the cooking demonstration of the cooking demonstration will be offered at the show.

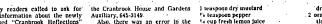
demonstrations Betty Crocker tip of the week: The flavor of one tablespoon of onion powder is equal to that of one large fresh omon.



"Cranbrook Reflections" is visually appealing and filled with delicious recipes including two of the Cranbrook House and Garden Auxiliary's most popular gift items, Michigan Navy Been Soup Mix and Tuesy Mussy Potpouril.



CALL 746-0844



Cranbrook cookbook draws lots of interest

Many readers called to ask for more information about the newly published "Cranbrook Reflections" cookbook after reading the March 9 Winner Dinner column. Unfortunates by, they were calling the wrong number. Our thanks to Mark Hanna at Kmart Corp. who gave the correct phone number. "Cranbrook Reflections," a cultinary collection published by the Cranbrook Relections, a cultinary, is available locally at Hudoso-Cranbrook hookstores and Specialty shops. For more information, call

the Cranbrook House and Gardens Auxiliary, 645-3149. Also, there was an error in the Bloomfield Winter Salad, it should have been 4. cup light vegetable oil, not 3; cup. The corrected recipe 15 below.

BLOOMFIELD

The Hometown and Observer and Eccentric "Creative Living" section has the largest selection of suburban display real estate ads in the metro area

I waspoon dry mustard

* teaspoon pepper

* a cup fresh lemon Julee
I teaspoon celery seed
I tablespoon dicted onlon
I large or 2 medium cloves of garlie
2 tablespoons boney

* a cup light vegetable oil
Combine all ingredients in a
blender and mix until smooth. Makes
I's cups of salad dressing. Extra
dressing, stored in the refrigerator,
keeps for weeks.

* Salad:

* badatd:

* bead romaine lettuce. washed

I head romaine lettuce, washed,

dried, tora into pieces
2 oranges, peeled and cut into sections without pith
1 grapefruit, peeled and cut into sections without pith
2 grains and peoper, to taste
2 all and peoper, to taste
1 ried onton, peeled and thinly sileed
1 ripe avocado, peeled and sileed
Toss together romaine lettuce,
oranges, and grapefruit. Sprinkle
2 all with a sile and the sale and with a sile and the sale with a sile and the sale with a sale with a sale directly and grapefruit. Sprinkle
2 and grapefruit in the sale and a sale with a sale directly and a sale with a sale directly and a sale with a sale directly and a sale with a sale





It you've tried to lose weight and early get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be tound in your emotional life-

People-who are, or have been in antididing or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

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