

# If you like spicy food, you'll love Szechwan cuisine

See Larry Jones' column on Taste front.

## MUSHROOMS WITH OYSTER SAUCE

1 pound fresh mushrooms  
3 tablespoons oil  
2 green onions, minced  
1 teaspoon minced ginger root  
1 teaspoon cornstarch, blended with 2 tablespoons water

2 tablespoons oyster sauce  
Salt and pepper to taste  
1 teaspoon sherry  
2 teaspoons sesame seed oil  
Slice mushrooms, set aside. Heat oil in wok or skillet and add onions and ginger root. Add mushrooms and stir-fry one minute. Set cornstarch blend aside. Add remaining ingredients except cornstarch and toss for one minute.

Stir in cornstarch. Cook for two minutes, stirring until thickened.

## KUNG PAO CHICKEN

2 whole chicken breasts, skinned and boned  
1/2 teaspoon salt  
1 egg white  
1 tablespoon cornstarch  
2 cups oil for frying  
1/2 cup skinless roasted peanuts

10 whole dried red chili peppers  
2 green onions, chopped  
2 cloves garlic, minced  
Sauce:  
1 teaspoon chili paste with garlic  
2 tablespoons soy sauce  
1 teaspoon wine vinegar  
1 teaspoon sugar  
1/4 cup chicken stock  
1 teaspoon cornstarch

1 teaspoon sesame seed oil  
Cut chicken into 1/2 inch cubes. Combine chicken with salt, egg white and cornstarch. Mix well. Set aside.  
In a small bowl, blend the sauce ingredients. Heat oil in wok to 400 degrees. Deep-fry chicken until cooked throughout. Remove and drain.  
Lower heat in wok to 350 degrees. Deep-fry peanuts in a strainer until

golden brown, drain.

Remove all but two tablespoons of oil in the wok. Heat to 400 degrees and stir-fry red chili peppers until they are dark red. Lower the heat to 275 degrees, add green onions and garlic. Stir-fry one minute.

Pour in chicken, stir-fry one minute. Add the sauce, stir-fry until heated and glazed. Add peanuts. Toss and serve with rice or noodles.

# Healthy snacks give student athletes fuel to win

See related story on Taste front.

## WHOLESALE APPLE BARS

1/2 cup sugar  
3/4 cup brown sugar  
1/4 cup soft margarine  
1 teaspoon vanilla  
2 eggs or 4 egg whites  
1 cup whole wheat flour  
1/2 cup flour  
1 cup Wheaties cereal, slightly crushed  
3/4 cup old-fashioned rolled oats  
1 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg

1/2 teaspoon ground cloves  
2 large baking apples, peeled, cored and diced

Cream the margarine with the sugars. Beat in vanilla and eggs. In a large bowl, combine dry ingredients and set aside. Add creamed margarine and blend until smooth. Fold in diced apples.

Lightly grease a 9 by 13-inch baking dish with a non-stick cooking oil spray.

Spoon batter into pan and bake in a preheated 375 degree oven for 30 minutes or until cake tester comes out clean. When cool, cut into bars. Makes 24 bars (141 calories each).

## SOFT PRETZELS

1 1/2 teaspoons yeast  
3/4 cup warm water  
1/2 teaspoon salt  
1 1/2 teaspoons sugar  
2 cups flour  
1 egg white, beaten

Dissolve yeast, salt and sugar in warm water. Blend in flour and knead until smooth. Divide dough into eight pieces. Roll each piece on a lightly floured board to form an eight-inch long rope. Twist rope into a pretzel shape or letter of the alphabet. Spray a cookie sheet lightly with a non-stick cooking oil spray.

Set pretzels on cookie sheet and brush each with the beaten egg white. Bake in a preheated 425 de-

gree oven for 12-15 minutes. Serve warm with mustard. Makes 8 servings (116 calories each).

Both recipes provided by the Beaumont Nutritional Medicine Clinic in Birmingham.

## Diet from page 1B

walking to the bus or later in the morning.

An alternative for those who don't like breakfast foods is to try a healthy fruit and oatmeal bar, homemade egg muffin sandwich made with low fat all-corn cheese, a scrambled egg or two cooked egg whites and a homemade muffin or biscuit made with low fat margarine.

For those dinner times when there is no time to eat, a pita sand-

**For those dinner times when there is no time to eat, a pita sandwich stuffed with cooked chicken or turkey and vegetables or pizza bagels made with tomato sauce, low fat mozzarella cheese, will suffice.**

wich stuffed with cooked chicken or turkey and vegetables or pizza bagels made with tomato sauce, low fat mozzarella cheese, sliced vegetables or cooked ground turkey sausage will suffice.

Avoid trying new foods or recipes the night of the game, said Fraser. It's best to work out a routine meal plan early in the season.

See recipes inside.

# Italian restaurants share recipes

The recipes for "A Taste of Italy," on September 21, were accidentally omitted from the paper. Here are recipes from Fonte D'Amore in Livonia and Cafe Cortina in Farmington Hills.

## CHICKEN FRADIAYLO

4 eight-ounce boneless, skinless chicken breasts  
1/2 cup olive oil  
1 teaspoon chopped garlic  
1 teaspoon crushed red chili pepper  
1 cup chopped tomatoes  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
1/4 cup white wine  
1 teaspoon dried oregano  
1 teaspoon dried or fresh basil  
salt and pepper to taste

Saute chicken breast in 1/4 cup of olive oil. Brown both sides, remove from pan. Add remaining olive oil, garlic, pepper, tomatoes, onion, green pepper, wine and seasonings. Sautee over medium heat for five minutes. Add chicken, sautee for five more minutes. Pour sauce over chicken. Serves 4.

Translated, this dish means Chicken of the Devil because of the chili pepper. It's hot! Recipe from Luciano Del Signore of Fonte D'Amore in Livonia.

## RISOTTO WITH ZUCCHINI

About 2 tablespoons olive oil for sauteing  
1 clove garlic chopped  
1 teaspoon butter  
1/4 cup fresh basil

1 medium zucchini, finely chopped about two cups  
1 cup Arborio rice  
5 cups chicken soup stock  
salt and pepper to taste

Saute garlic in olive oil, add 1/4 cup fresh basil, butter and zucchini. Sautee 2 minutes. Add Arborio rice and chicken soup stock. Simmer, keep stirring, and salt to taste. Add water if necessary, cook and stir until it thickens.

Rina Tonon of Cafe Cortina in Farmington Hills suggests serving the risotto with breast of chicken grilled with rosemary and sage. She seasons the chicken breast with olive oil, fresh rosemary, sage, salt and pepper and rubs the seasonings into the meat. She suggests marinating the meat in the refrigerator for about an hour prior to grilling.

## COOKING CALENDAR

**Send items for publication in Cooking Calendar to Keely Wygonik, Taste editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia, MI 48150.**

## KITCHEN GLAMOR

Work in Malaysian Chinese style will reflect the excellent training of instructor Helen Coon. She grew up in Kerala on the southwest coast of India and later spent time in Malaysia. The \$3 fee includes complete recipe packet and small tasting. Class offered 1 and 7 p.m. Tuesday, Sept. 29 at Novi street, 1 and 7 p.m. Wednesday, Sept. 30 in

Redford; 1 and 7 p.m. Thursday, Oct. 1 in West Bloomfield, and 1 and 7 p.m. Friday, Oct. 2 in Rochester. Call 537-1390 for information.

## LES SAISONS

Les Saisons presents Les Auteurs School of Cooking 10 a.m. to noon Saturday, Oct. 3, 10, 17 and 24 at Les Saisons, 304 West Fourth Street in Royal Oak. For information call 545-3400. Classes \$25 each or \$65 for three-class series. On Oct. 3, Sunday Brunch and Light Entrees, Chef Michael Berend of Les Auteurs; Oct. 10, Under the Sea Cookery, Master Chef Jeff Gabriel

of Schoolcraft College Culinary Arts Program; Oct. 17, "Simply Great Entrees of Chuck Muer," Chef Peter Ashcraft of Charlie's Crab; Oct. 24, Simple and Healthy Pasta Dishes, Master Chef Jeff Gabriel of Schoolcraft College. Demonstrations 1-4 p.m. Saturday, Oct. 3 American Spoon Foods, "Salad Dazzler's" recipes and 1-4 p.m. Saturday, Oct. 17, American Spoon Foods, new product "Toppers" recipes. Mark Mucci of "Your Personal Gourmet" will be providing tastings of his elegant dining-at-home menu, 5-7:30 p.m. Thursday, Oct. 15.

# Kitchen pointers make chores easier

Here's a couple of handy tips. For clear ice tea, boil the water and let it cool to room temperature before pouring it over ice cubes.

Hard boiled eggs may be easier to peel if you pierce the large end with a thumbtack before cooking. Do not leave cold items, like milk, lunchmeat, hardcooked eggs or yogurt, out on the counter at room temperature. Put these foods back in the refrigerator as soon as you've fixed your snack.

When using the microwave, if a dish is covered with plastic wrap or wax paper, turn up one corner to let excess steam escape. Pull plastic wrap off foods so steam escapes away from hands and face. Steam can burn.

You can substitute two egg whites for one whole egg in most baked recipes such as cookies, muffins, quick breads, French toast and cheesecake.

If a recipe calls for lightly beaten eggs, it means to mix yolk and white before adding to recipe. When a recipe calls for beaten yolks; beat them until they are thick and lemon-colored and form ribbons.

For stiffly beaten egg whites, beat them until stiff but not dry just until they don't slide in the bowl when you tip it. If you beat them further, they become dry and won't fold into other ingredients well.

When you make hot sauces, add vanilla or other flavorings last. If added during cooking, alcohol in

the vanilla will evaporate, leaving less flavor in the sauce.

Got a handy tip you want to share? Call Keely Wygonik, Taste editor, 953-2105, or write The Observer & Eccentric, Attn: Keely Wygonik, 36251 Schoolcraft, Livonia, MI 48150.

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