Pioneer a July 4 tradition, make some heritage desserts

If you're interested in learning more about American Heritage foods, plan to attend the Taste of History at Greenfield Village in Dearborn, 9 a.m. to 5 p.m. Satur-day and Sunday, July 24 and July

day and Sunday, July 24 and July 25.

The two-day event will feature a sampling of 200 centuries of American cooking. For more information, call 271-1620.

Lynn Kalli, lead interpreter at the Firestone Farm at Greenfield Village, and her staff will be proparing three recipes in the Firestone Farm kitchen.

"They're all authentic 1880s recipes," said Kalli. "One, a White Mountain Cake is from "The Buckeye Cookbook," which has recently been reprinted and is available in the gift shop. Another is a lount Kate's molssess cookles, Harvey Firestone's mother's favorite.

vorte.

"We're not allowed to sell food on the farm, but all three of these deaserts will be available in the stating tents on the grounds."

Here are some American Heritage deaserts to try.

The original instructions for this syllabub, which dates from 1800, called for the bowl to be filled with warm milk straight from the cow. If desired, 2 cups of white wine can be substituted for the mixture of port and sherry.

SVIABUR

SYLLABUB

- 1¼ cups port 1¼ cups medium-dry sherry 2½ cups milk
- 1/2 cup heavy cream, whipped

Pour the port and sherry into a 1%-quart glass or pottery bowl. The bowl should be about 1% full. Stir in the augar according to taste. Add the milk and stir a little. Leave to stand for about 20 minutes, or until the curd of the milk separates from the wine. Pour the syllaboth into individual glasses, spooning the curd on top, and put a spoonful or the syllaboth star individual glasses, spooning the curd on top, and put a spoonful or the syllaboth spooning the curd on the syllaboth spooning the curd on the syllaboth spooning the curd on the syllaboth spooning the curd of white syllaboth spooning the syllaboth spooning the

LEMON POTATO PIE

One medium unpoeled boiling

- one medium potato One lemon 1 cup sugar 1 cup water 2 pie crusts
- Grate one medium unpecled boil-ing potato. Grate one lemon, peel and all, saving the juice that runs

off. Remove seeds Mix potato, lomon, sugar and wa-ter. Pour into a ple crust and put

top crust in place. Bake in a hot (about 375 degree) oven until done. At the Firestone Farm they insert a knife to test for

doneness.

When it's thick enough to cling to
the knife, it's done. Keep in mind
that baking wasn't an exact science
in the 1880s. The stoves didn't have
thermometers, so cooks relied on instinct and experience.

AUNT KATE'S COOKIES_

35 cup lard or short 1 teaspoon ginger

Low-fat from page 1B

dessert, we are well on our way to achieving this goal.

I'll bet you didn't know that whole milk, skim milk and evaporated skim milk have the same amount of calcium.

Here are some guidelines for

amount of calcium.

Here are some guidelines for healthy eating from the American Heart Association:

Brown meats by broiling or cooking in non-stick pans with

cooking in little or no oil.

Chill soups, stews and sauces before serving. Lift off congealed

iat, Reneat. ■ Use water-packed canned fish. For sauces and dressings, use low-calorie bases — vinegar, mustard, tomato juice, fat-free bouilton instead of high calorie ones — creams, fats, oils and mayonnaise.

CARRYOUT SERVICE AND DINNER

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■ Thicken soups and sauces with cornstarch or flour dissolved in cold liquid or with pureed vegetables instead of heavy cream.
■ Grease pans with non-stick vegetable spray instead of butter or oil.

or oil. We want your recipes to makeo-ver for this column. Please send recipes to: Keely Wygonih, Taste/ Entertainment Editor, the Ob-server & Eccentric Newspapers, 38251 Schooleraft, Livonia 48150 or fax recipes via 591-7279.

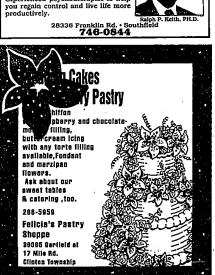
or jas recipes via visite of For a complimentary issue of the "Laura's Fat Free Kitchen" newsletter, send a self-addressed, stamped envelope to H.W. Publi-cations, P.O. Box 9324, Livania 48151-1324. Subscription price is \$12 a year.



WEIGHT CONTROL

If you're overweight and recognize that personal problems and life stresses are contributing to the that personal problems and life stresses are contributing to the problem, contact Dr. Ralph Keith, an experienced psychotherapist to help you regain control and live life more productively.





1 teaspoon cinnamon 2 teaspoons baking soda dis-solved in 1 cup warm water

In large bowl, combine brown sugar and lard or shortening. Mix until creamy. Stir in eggs and mo-lasses. Add dry ingredients, alterating with warm water/soda mix-

Mix until smooth. Drop by tea-spoonfuls onto greased baking shoets and bake in a 400 degree oven for about 10 minutes. Note these cookies are enhanced by a touch of butter king.

GOOSEBERRY FOOL

1 quart tipe gooseberries, strawberries, blackberries, or raspberries 1 cup suger 1½ cups grated lemon rind 1½ cups heavy cream ½ cup crumbled macaroons

Combine the berries with ¼ cup water in a saucepan. Cook over a low heat until fruit is extremely

tender. Remove from heat and work through a sleve to make a smooth pure. While hot, attr in sugar and temor rind. Set saids to cool. Whip cream until it holds a shape, then fold into the cool futth pure. Spoon into a serving bowl, sprink ewith macaroon crumbs, and chill thoroughly. Serves 6.

The author of "Little Women" was so fond of the New England dessert called slump that she named her house in Concord, Mass. "Apple Slump."

LOUISA MAY ALCOTT'S APPLE

6 cups apples, pared, cored

l cup sugar I teaspoon cinnamon teaspoon contamon
 cup water
 Cups slitted all-purpose
 flour

flour ¼ teaspoon salt 1½ teaspoons baking powder ½ cup milk

Combine apple slices, sugar, cinnamon, and water in a saucepan with a tight-fitting lid. Heat to the

boiling point. Sift together flour, salt, and baking powder. Sift in enough milk to make a soft dough. Drop dough from a tablespoon onto apple mixture. Cover tightly and cook over a low heat for 30 minutes. Serve warm with New England Nutmeg Sauce, or rich cream. This deseart can be made with various berries as well.

NEW ENGLAND NUTMEG SAUCE

1 cup sugar 1 tablespoon flour

1 cup boiling water 1 tablespoon butter 1 teaspoon nutmeg

Mix together sugar and flour. Stir in boiling water and cook, stirring constantly, until sauce bubbles and thickens slightly. Add butter and simmer gently for 5 minutes. Re-move from heat and stir in 1 tea-spoon nutmer. Serve bot.

Onio Pupping

sweet potatoes and carrots or squash 1 teaspoon sait 1 cup fine dry bread crumbs 1 quart milk or light cream 1 teaspoon vanilla extract

. I teaspoon vanise acuser.

Combine the beaten eggs with brown sugar, mashed vegetables, salt, crumbs, milk, and vanilias, salt, crumbs, milk, and vanilias own 1 hour, 15 minutes, or until a silver knife inserted in the center comes out clean. Eat warm with cold pudding sauce, or when partially cool sprinkle with granulated augar. Makes about 8 servings.

COLD PUDDING SAUCE

14 pound of butter or marga-nne (1/2 cup) 1 to 11/2 cups sirted confec-

tioners' sugar
½ cup heavy cream
1 tablespoon lemon juice or 1
teaspoon grated find

Beat the butter. Add the sugar,

Soup, bread, old-time favorites

See Larry Janes' Taste Buds column on Taste front. In 1794, Thomas Jefferson recorded a bumper crop of pea-nuts at Monticello, thus fitting for this recipe.

CREAM OF PEANUT SOUP

1 medium onlon, chopped 2 ribs celery, chopped

¼ cup butter 3 tablespoons flour 2 quarts chicken stock or broth 2 cups smooth peanut butter 1 % cups light cream

peanuts, chopped for a gamish Saute the onion and the celery in atter until soft, but not browned. Stir in the flour until well-blend-

Add the chicken stock, stirring onstantly, and bring to a boil. Remove from the heat and puree in a blender or a processor until

Add the peanut butter and the cream, stirring to blend thoroughly. Return to low heat and heat until just hot, but do not boll. Serve,

garnished with peanuts.

This soup is also good chilled on a hot summer day, Serves 10-12. According to tradition, Sally Lunn is named after a young girl who in the 18th century "cried" th sweet yeast bread in the streets of

SALLY LUNN BREAD

1 cup milk

15 cup shortening 4 cups all-purpose flour, divid-

15 cup sugar 2 teaspoons cons salt

2 packages active dry yeast 3 eggs

Preheat oven to 350 degrees 10 ninutes before baking begins. Grease a 10-inch tube or bundt pan. Heat the milk, shortening and ¼

until very warm, al

16it.
Blend 1½ cups flour with the ugar, salt and yeast in a large mix-

ing bowl.

Blend the warm liquids into the

flour mixture.
Beat with an electric mixer at medium speed for 2 minutes.
Gradually add % cup of the flour and mix well. Add the eggs and beat on high speed for 2 minutes.
Add the remelining flour and mix well. The batter will be thick.
Cover and allow to rise until doubled in bulk, about 1 hour. Beat the dough down with a spatula and turn it into the prepared pan.
Cover and allow to rise until it

Cover and allow to rise until it has increased in bulk by 1/2, about 30 minutes. Place in preheated oven and bake for 45 minutes at 350 de-

Run a knife around the edges and turn it onto a plate to cool. Serves about 6.

LOOKING AHEAD

What towatch for in Taste next week:

School's out for summer, but that's no reason to take a vacation from good nutrition. Teachers and moms offer tips for making healthy snack choices.

■ Taste Buds — Children can learn a lot helping you grocery shop, and cook. Chef Larry Janes offers a lesson plan for the sum-

E APPLE PIE CONTEST
Ethan Allen, Inc., 15700 Middlebelt, Livonia, between Five Mile and Sir Mile, is hosting an apple jee competition on Friday, July 9- to celebrate that Ethan Allen is made in the USA. Bring apple pie to the store by 7 p.m. on July 9. Refreahments will be asrved, winners will receive \$500, \$100

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, the Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

M APPLE PIE CONTEST

and \$50 certificates toward Ethan Allen Purchases. For information, call 261-7780.

COOKING CALENDAR

E BIRMINGHAM JACOBSON'S

BIRMINGHAM JACOBSON'S
Stop by the Birmingham Jacobson's Store for the Home, 336
West Maple, Birmingham, 1-3
p.m. Saturday, July 10 and sample some delicious blended beverages and patio dips for summertime entertaining. Linda Wells
from the Herbal Kitchen shows
you how.

E KIDS COOKING
Cooking classes for kids — three classes in a session, \$45 per ses-

sion, ages 10 to 18, will be offered by Betsy Brethen of Bloomfield Hills. Classes will be presented throughout the summer. Partici-pants will learn a variety of cook-ing styles and techniques. To re-ieter, or for information, call 540-2929.

SUPERIOR FISH COMPANY

COOKing Genometration 10 a.m. to noon Saturday, July 10 featuring Executive Chef Roger Sutton of Penbody's Restaurant in Bir-mingham, at Superior Fish, 309 E. 11 Mile Road, Royal Oak. For information, call 541-4632.

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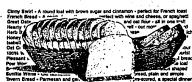


HERB BREAD

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Notice: From:

Public Participation for Regional Long Range Transportation Plan SEMCOG, the Southeast Michigan Council of Governments

The Southeast Michigan Region is federally mandated to revise its Long Range Transportation Plan (LRTP) as a result of the Intermodal Surface Transportation Efficiency Act. The LRTP looks ahead 20 years at the transportation needs of Wayne, Oakland, Macomb, St. Clair, Monroe, Livingston and Washtenaw Counties.

This plan is being revised with input from federal, state and local government levels and must be completed by October 1, 1993. Local elected officials will make decisions about how to prioritize spending of transportation dollars for road reconstruction, road improvements and the building of new roads. Policy decisions must also be made about other forms of transportation - buses, airports, bicycles and trains for example. In addition, the 1990 Clean Air Act identifies Southeast Michigan as a moderate non-attainment area. The LRTP must support efforts to reduce regional hydrocarbon

emissions by 15% by 1996 as required by the Clean Air Act. Public participation is a vital ingredient in the revision of the LRTP. Elected officials must have some sense of the public will if a comprehensive plan is to be developed that addresses regional transportation needs.

A public information meeting will be held to provide an opportunity to comment on roadway deficiencies. The meeting will be held:

Thursday, July 1, 1993, 1:30 p.m., at the Southeast Michigan Council of Governments office, 660 Plaza Drive, Suite 1900, Detroit. For additional information contact John Rempala, at 313-961-4266.

Written comments are also welcome. SEMCOG, 660 Plaza Drive, Suite 1900 Detroit, MI 48226.