

Hearty, healthy, homemade breads are rich in grains

See Chef Larry Jones' column on Taste front.

FULL GRAIN BREAD

2 cups water
1/2 cup vegetable oil
1/2 cup honey
1/2 cup bulgur wheat
1/2 cup cracked wheat
1/2 cup shredded coconut
1/2 cup wheat germ
1/2 cup warm water
2 cups old fashioned oats
2 tablespoons active dry yeast
1/2 cup warm water
1/2 cup hulled sunflower seeds
2 large eggs, beaten
2 teaspoons salt
4 1/2 to 5 1/2 cups unbleached all purpose flour
1 egg white beaten with 1 tablespoon cold water (for the egg wash)

Bring the two cups of water to a

boil in a medium saucepan. Add the oil, honey, bulgur, cracked wheat, coconut, wheat germ, warm water and rolled oats to the boiling water. Remove from the heat and set aside. Stir.

Cover and allow to sit for 45 minutes or until cooled to about 110 degrees F.

In a large bowl, soften the yeast in the 1/2 cup warm (about 110 degrees F.) water. Add the cooled grain mixture, sunflower seeds, eggs, salt and 2 cups of the flour to the yeast mixture. Beat vigorously with a heavy spoon for 2 minutes.

Gradually stir in some more of the remaining flour, 1/2 cup at a time, until the dough forms a mass and begins to pull away from the sides of the bowl. Turn the dough out onto a floured work surface and knead, adding a little more flour as needed, for 8-10 minutes or until a smooth, elastic dough is formed. Place the bowl in a lightly oiled

bowl. Turn to coat the entire ball of dough. Cover with a kitchen towel and allow to rise for 1 hour or until doubled in size. Turn the dough onto a lightly floured surface and divide it in half.

Shape each half into a loaf shape and place into 3 well greased loaf pans. Cover with a towel and allow to rise for 45 minutes. About 15 minutes before the end of the rising, preheat the oven to 375 degrees F. Just before baking, brush the tops of the loaves with the egg wash. Sprinkle with dry yeast and bulgur wheat, if desired. Bake for 25-30 minutes or until the loaves shrink slightly from the sides of the pan and sound hollow when tapped. Immediately remove the bread from the pans and cool on a rack. Makes 2 loaves.

Recipe from "The Bread Book" by Betty Oppenheimer (Harper Collins Publishers, \$27.50)

JEWISH RYE BREAD

3 cups water (room temperature)
1 1/2 teaspoons active dry yeast
2 tablespoons sugar
3 cups organic white flour with germ
2 cups rye flour
4 cups caraway seeds
1 tablespoon vegetable oil
1 tablespoon salt
1 tablespoon sugar
3 cups organic white flour with germ

Combine the water, yeast and sugar in a large bowl. Let stand 1 minute. Stir with a wooden spoon until yeast and sugar dissolves. Add the 3 cups of white flour and stir until the consistency is thick.

better is reached. Continue stirring for 8 minutes to help form the gluten. Cover with a damp towel and place in a warm spot (draft-free) until the mixture bubbles (about 5 hours).

This mixture can be refrigerated overnight but allow to stand at room temperature for 2 hours before processing.

Take the starter and stir in rye flour, caraway, oil, salt and sugar. Stir with a wooden spoon until well combined. Add enough white flour to make a thick mass that is difficult to stir. Turn out onto a wooden well floured surface and knead, adding more of the white flour until dough is soft and smooth, about 15 minutes. Shape the dough into a ball and place in a lightly greased bowl. Turn the dough to coat completely with oil. Cover with a damp towel and place in a warm, draft-free place until doubled in volume (about 2 hours).

Punch the dough down, reform into a ball and cover with a towel and place in a warm, draft free place until doubled again in volume (about 1 hour). Punch dough down and divide into 2 loaves. Shape each

loaf and place in a lightly greased baking pan or shape into rounds for baking on a stone.

Cover with a damp towel and allow to rise until doubled, about 1 hour. Preheat the oven to 450 degrees F. Place the racks in the center of the oven. Place the bread in the oven and spray the insides of the oven with water to create a steam. Bake for 30 minutes. Sprinkle again with water to create a steam and bake for 12 minutes. Reduce heat to 400 degrees F. and continue baking for 15-20 minutes. Strinkle the loaves with your finger and if they sound hollow, they are done. If it doesn't bake for 5 more minutes. Transfer to a wire rack to cool. Makes 2 loaves.

Organic white flour is available at local health food stores. Organic white flour with germ is hard to find locally. As a substitute, add "wheat germ" one tablespoon per cup to the organic white flour.

Try these easy vegetarian dishes for families on the go

See related story on Taste front.

WALNUT BURGERS

1 tablespoon oil
1 large onion, chopped
1/2 bunch parsley, chopped
1 1/2 cups crushed crackers
5 eggs (to eliminate egg yolks use 8 egg whites or 12 ounces of egg substitute)
6 ounces sharp cheddar cheese (look for little cheese that has no more than 5 grams of fat per serving)
1 cup old fashioned oats
1 cup ground walnuts
2 celery ribs, chopped fine

Pinch cayenne pepper

Saute onion in 1 tablespoon of oil. In a large bowl mix onions, celery, crackers, oats, walnuts and cheese. Add egg and mix until well combined.

Add two teaspoons of oil to a non-stick frying pan. Form mixture into patties the size of a regular hamburger and cook 4-5 minutes on each side over medium heat. Makes 8 large hamburgers.

RAVIOLI WITH BEAN TOMATO SAUCE

1 can kidney beans (15 ounces), rinsed and drained

2 onions
4 cloves garlic
4 stalks of celery
1 (15 ounce) can tomato sauce
1 (15 ounce) can stewed tomatoes
30 ounce bag frozen cheese ravioli
1 cup low-fat shredded cheese (mozzarella)
1 (8 ounce) can mushrooms, drained

Saute onion for 5 minutes. Add celery and garlic. Cook for 5 minutes. Add tomato sauce and stewed tomatoes and simmer covered on low heat for 15 minutes. Boil ravioli according to package directions.

In a 9 by 12-inch baking dish, scoop 1 cup of sauce from saucepan and put in baking dish. Put in 1/2 of ravioli. Cover well with sauce and add remaining ravioli and sauce. Top with cheese. Bake at 350 degrees for 20 minutes to melt cheese.

May have one cup of sauce left over. Save for another meal.

Recipes from "Eating Well, March/April 1995"

RIGATONI COMBINATION

1/2 pound rigatoni or other pastas
1 onion, chopped
1/2 clove garlic, minced
1 green pepper, chopped
1 teaspoon olive or vegetable oil
1 small can tomato sauce
1 small can kidney beans, drained
1 teaspoon soy sauce (optional)
1/4 teaspoon salt (optional)
1/4 teaspoon chili powder
Black pepper to taste

Cook pasta according to package directions. Sauté onions, garlic, and

green pepper in oil 4-5 minutes or until soft. Stir in tomato sauce, kidney beans, soy sauce, salt, chili powder, and black pepper. Simmer several minutes.

Drain pasta when done and stir into sauce. Serve as is, or add 1/2 cup crumbled tofu or low-fat cottage cheese to each serving to make a lasagna-like dish. Add hot sauce if desired.

To decrease the fat content, sauté vegetables in water instead of oil or just brush the pan lightly with an oiled paper towel. Serves 4.

Recipe from "Meatless Meals for Working People - Quick and Easy Vegetarian Recipes," by Debra Wasserman and Charles Stahler (\$8)

SPICY POTATOES, CABBAGE AND PEARL OVER RICE

2 cups rice
4 cups water

5 medium potatoes, peeled and thinly sliced
2 cups water
1/2 green cabbage
10-ounce box frozen peas (or equivalent fresh)

2 teaspoons curry powder
1 teaspoon turmeric
1/2 teaspoon ginger
1/4 teaspoon cayenne pepper
Salt to taste (optional)

Cook rice in 4 cups water in a covered pot over medium-high heat until done.

In a separate pan, add sliced potatoes to 2 cups of water and heat over medium-high heat. Shred cabbage and add to potatoes. Add peas and spices. Cover pan. Continue heating, stirring occasionally, until potatoes are tender. Serve over rice. Serves 6.

Recipe from "Simply Vegan - Quick Vegetarian Meals," by Debra Wasserman.

Arthritis Today
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MUSCLE PAIN IN ARTHRITIS

If you have arthritis, you may have experienced times when your joints did not hurt as much as your muscles did. You would tell your doctor that your shoulder joint didn't hurt but your arm ached daily. Or that your knee didn't give you much trouble, but behind the knee you noticed a continuous dull throbbing.

Your doctor would reply that your shoulder pain was coming from your deltoid muscle, or that the pain you felt in the back of your knee was a hamstring pull. Then he would proceed to prescribe for your arthritis.

There are certain anatomic conditions such as psoriasis arthritis, where the muscles and tendons are involved. However, in rheumatoid and osteoarthritis, muscle pain comes from strain, not inflammation. Thus your doctor is correct to hear your complaint and then concern himself with the joint(s) nearest the pain, and to encourage you to use the muscle rather than irritate heat and red to the area that are sore.

The same is true for steroid injection therapy. Your shoulder or knee muscles ache but an injection into the arm or leg has scant value. Proceeding to take fluid out of the shoulder, knee joint and injecting anti-inflammatory medication represents a better approach. Other measures will merely continue the discomfort.

Physical Therapy & Sports Medicine
Spotlight on:
Physical Therapy & Sports Medicine
P. A. C. M. S.

HITTING YOUR TARGET

Anyone who is serious about exercise is concerned with his or her "target heart rate" (THR). To calculate your THR, figure your "maximum heart rate" (MHR) by subtracting your age from 220 beats per minute. Exceeding the MHR during exercise is considered unsafe. To get your target heart rate, calculate 50% to 75% of your maximum heart rate. Exercising below this range results in depriving your heart and lungs of their maximum conditioning. Exercising above the target heart rate may prove to be dangerous unless you are in top shape.

To determine if a workout is providing the heart and lungs with an efficient workout, place two fingers on your wrist or side of your neck immediately after stopping exercise. Count the beats for ten seconds and multiply by six. The resultant number should be within the target zone.

The important thing to remember if you are beginning an exercise program for the first time or are returning to an exercise program after a hiatus is to start out slowly. Exercise in moderation three or four times a week and gradually add high weights. Do not increase the intensity of your exercise routine. For more information on a schedule of appointments, call GOLDER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. at (810) 478-7350, or see us by appointment at 35556 Eight Mile Road, Suite A, Farmington Hills.

P.S. When starting an exercise program, work at the low end of your target zone, then gradually work up to the 75% mark.

1995 SPRING ARTS & CRAFTS SHOW
March 25th & 26th
Saturday 10:00 a.m. - 5:00 p.m.
Sunday 12:00 p.m. - 5:00 p.m.

The City of Plymouth Parks & Recreation Department
at the Plymouth Cultural Center, 825 Farmer St., (in Plymouth's Old Village)

Barbecue masters to share secrets at Builders show
Nationally known outdoor cooking specialist Mad Dog and Merrill will display their humorous cooking magic at the 77th Annual International Builders Home, Flower and Furniture Show at Detroit's Cobo Conference-Exhibition Center.

Show times are 12:30 p.m., 2 p.m. and 4:30 p.m. Sunday, March 19 and 26; 3 p.m., 4:30 p.m., 6:30 p.m. and 8 p.m. Monday-Friday; 12:30 p.m., 2 p.m., 4:30 p.m., 6:30 p.m. and 8 p.m. Saturday, March 25.

The show will be open March 18-22. Admission is \$6 adults; \$4 senior citizens and children 6-12; and free for children under 6. Family tickets for two adults and accompanying children are available at Farmer Jack for \$9. Free admission coupons for Monday, March 20, are available at all Frank's stores. For information, call (810) 737-4478.

As the team from New London, Wis., travels to home shows throughout the country, they share their mad-cap stunts and their wealth of outdoor grilling knowledge. The zany duo conveys their grilling techniques and valuable tips through demonstrations peppered with a blend of satire and wit.

Since 1983, these two outdoor cooking gurus have promoted the art of barbecue by enthusiastically delivering delicious recipes for a variety of foods - from the standard vegetables and meats, to pizza and even grilled ice cream.

For More Info Call the City of Plymouth Parks & Recreation Department at 455-6623

- Free Admission
- Free Parking

Learn new ways to prepare vegetables

Learn more about vegetarian cooking at a food demonstration sponsored by Health Development Network at Botaford Hospital - 7.9 p.m. Tues., March 28, 39760 Grand River, Novi. The cost is \$5. Call (810) 477-6100 for registration information.

Here are some recipes to try.

BLACK BEAN BURRITO CASEROLE

5 cups enchilada sauce (recipe follows)
12 whole wheat tortillas
5 cups mashed or pureed black beans (use pre-cooked or canned beans)
Salt to taste
Cumin powder to taste
Onion powder to taste
Garlic powder to taste
1 cup chopped green onions
1/2 cup chopped black olives

To make enchiladas, add a small

amount of enchilada sauce, salt, cumin, garlic and onion powder to pureed or mashed beans until they are very flavorful. Spread one cup of enchilada sauce in the bottom of a covered casserole dish. Take one tortilla at a time and spread some beans, green onions and olives down the center. Roll up and place seam side down in the casserole dish. Four remaining enchilada sauce over the rolled up tortillas. Cover and bake at 350 degrees for 30 minutes. Serves 6.

ENCHILADA SAUCE

2 cups tomato sauce
3 cups water
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
3 tablespoons chili powder
4 tablespoons cornstarch or arrowroot

To make enchilada sauce, com-

bine all ingredients in a saucepan. Cook, stirring constantly, until mixture boils and thickens, about 7 minutes.

Recipes adapted from a newsletter published by Dr. John McDougall and Mary McDougall, authors of "The McDougall Plan."

Texturized vegetable protein is the perfect replacement for ground beef in sloppy joes and other recipes. It's fat free and cooks up in seconds. Look for it in natural food stores.

QUICK AND HEALTHY SLOPPY JOES

1 1/2 cups texturized vegetable protein
1 1/2 cups boiling water
2 teaspoons vegetable oil
1/2 cup coarsely chopped onion
1/2 cup thinly sliced celery
1/2 cup coarsely chopped green

pepper
2 1/2 cups canned tomato sauce

1 tablespoon chili powder
1 tablespoon prepared mustard
2 tablespoons sugar
Salt or tamari to taste

Place the texturized vegetable protein in a large bowl and pour the boiling water over it. Set aside. Heat the oil in a large saucepan. Add the onions, celery, and green pepper and sauté for five minutes until vegetables are tender. Add the remaining ingredients, including the TVP. Simmer for 10 minutes. Add salt or tamari and more chili powder to taste.

Serve the sloppy joe sauce over hamburger rolls. Serves 4.

Recipe from the Spring 1994 issue of "Good Medicine," published by Physicians Committee for Responsible Medicine.

Schoolcraft College offers vegetarian cooking class

Schoolcraft College is offering a three-week Vegetarian Cuisine course 6:30-9:10 p.m. on Mondays beginning March 20. The fee is \$88. Call (313) 462-4448 to register.

The course will explore the latest cooking techniques for preparing vegetarian meals including pasta, legumes, grains, polenta, and soup stocks.

Schoolcraft College is at 18600 Haggerty Road, Livonia.

Certified Master Chef Jeff Gabrieli, director of the culinary arts program at Schoolcraft College,

will be teaching a Spring Vegetarian Pasta cooking class 6-8 p.m. Monday, March 20, at Les Salaisons, 4230 N. Woodward Ave., Royal Oak.

Executive Chef Jim Barnett of the Union Restaurant Corp. will be teaching a class titled "Eclectic Pasta & Grains" 6-8 p.m. Wed., March 22 at Les Salaisons.

Class fee is \$25 per person or three classes for \$65. Recipes, generous samplings and wine are included. Call (810) 649-7711 for reservations, information.

Vic's opens new store

Vic's Quality Fruit Market, 13 Mile at Southfield Road, has opened a second location Nov.

Vic's World Class Market, 42875 Grand River, Novi, (810) 305-7333, is designed to resemble a small European town square. The entrance area was designed

to resemble Detroit's Eastern Market.

Vic's Market offers a wine cellar, fresh picked daily produce, coffee bar, greenhouse & floral area, and 176-seat cafe, which serves lunch and dinner entrees.