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Southfield, MI
746-0844



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Ship out to sea with Sailor's Scampi

See Larry Jones' Taste Buds column on Taste front.

■ Marcy and Dave Darwin of West Bloomfield are searching for recipes that can be easily pecked with "just the basics" for cooking on their sailboat.

Keep the shrimp frozen, and it will act like an ice block in the cooler. For a thicker sauce — dredge the defrosted shrimp with a little flour before sauteing!

SAILOR'S SCAMPI

3 tablespoons butter or margarine
2 tablespoons olive oil
4 cloves garlic, chopped
Salt and fresh ground pepper to taste

1 pound large shrimp, shelled and cleaned
Juice of 1 fresh lemon or 4 tablespoons juice
¼ cup fresh parsley (optional)

Melt butter and oil in a skillet until hot. Add garlic and shrimp and cook until shrimp are opaque and nicely firm and pink, about 3-5 minutes. Add lemon juice and parsley, toss to coat. Season with salt and pepper. Serves 2-3. Great chilled as an appetizer too!

■ If you've got basil growing in your yard, here's a recipe to use it up before it bolts and gets bitter.

BASE PESTO

1½ cups fresh basil leaves
2 cloves garlic
¼ cup pine nuts
¼ cup fresh grated Parmesan cheese
¼ cup olive oil

Place basil, garlic and pine nuts in a blender or food processor and process until smooth. Add Parmesan cheese, and with machine running, slowly drizzle in olive oil until the consistency of soft butter is reached.

Four over fresh pasta, baked potatoes or stirred into garofalo for a great taste. Makes about 2¼ cups pesto.

■ Low fat pesto lovers? Why should we suffer? Try this!

NON-FAT PESTO

¼ cup fresh basil leaves
2 tablespoons non-fat cream cheese
2 tablespoons non-fat sour cream
1 medium clove garlic, crushed
Salt and fresh ground black pepper to taste

Combine all ingredients in a blender or food processor and process until smooth. Makes about ¼ cup.

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■ Monica Golden of Southfield wants to take a delectable Up-North that travels well, freeze and continue to taste great. Check out this recipe from "Bake and Freeze Desserts" by Eleanor Klivans (1994) Morrow Publishers \$20.

MAPLE APPLE WALNUT CRUNCH PIE

½ cup (packed) light brown sugar
¼ pound (1 stick) unsalted butter, melted
¼ cup oatmeal, (not quick cooking)
½ cup pure maple syrup
2 large eggs, lightly beaten
1 teaspoon vanilla extract
4 cups peeled and grated apples (about 7)
¼ cup whipping cream
1 unbaked 10-12 inch pie crust
1½ cups walnuts, coarsely chopped

Position an oven rack in the middle of the oven. Preheat oven to 425 degrees F. Place the brown sugar, melted butter, oatmeal, syrup, eggs, vanilla, ground apples and cream in a large bowl. Stir until well combined. Pour the filling into a frozen unbaked pie shell. Sprinkle walnuts

over the top. Bake for 10 minutes. Reduce the heat to 350 degrees F. and continue baking 30-35 minutes more or until the pie looks puffy. Cool thoroughly to room temperature. Serves 8. To freeze: place plastic wrap tightly over the cooled pie, and then wrap gently with foil. Can be frozen for up to one month. Defrost the pie at room temperature. Unwrap and heat in a preheated oven set at 250 degrees F. for about 15 minutes. Pie is best if served warm. Serves 8.

■ On the other end of town, lovers of Mexican town will surely enjoy the Mercado beginning this Sunday and lasting every Sunday through Labor Day. Mexican food, crafts, dance and much more. Taco lovers alert: try the new "tacoateria" right next door to the Kachimilco gift shop on Bagley. They serve authentic tacos the way they're supposed to be served, not deep fat fried. For more information on the Mercado, and for the name of this new tacoateria, call (313) 842-0986.

■ Jan Watkins of Farmington called to find out how much applesauce you can successfully substitute in a recipe for oil. Well Jan, research has shown that when using real 100 percent applesauce, any cook can substitute half the oil in a recipe with applesauce.

Jerk chicken Fortin's family favorite

See related story on Taste front.

LYNN FORTIN'S JERK CHICKEN

10 boneless chicken breast halves (5 whole)
2 tablespoons finely chopped red peppers (any kind)
1 tablespoon ground allspice
½ teaspoon freshly grated nutmeg
½ teaspoon cinnamon
1 teaspoon garlic salt
½-1 teaspoon coarsely ground pepper
1 tablespoon minced garlic
¼ cup chopped scallions (green onions)
2 sprigs thyme
½ cup oil
¼ cup crushed, dry pimento leaves (optional)
1 cup water

Mix all ingredients except chicken in large plastic bowl with cover. Add chicken breasts, cover and invert several times to coat chicken well.

Refrigerate 6 to 10 hours. Remove breasts and arrange in large lasagna-type pan. Cover with marinade and bake approximately 1 to 1½ hours at 400 degrees, turning once. Serves 10.

Pimento leaves may be difficult to find. Try specialty shops, health food stores or Indian markets.

BEANS AND RICE

¼ cup uncooked regular rice
½ cup water
1 can (14½ ounces) Mexican-style stewed tomatoes
1 can (8 ounces) tomato sauce

Combine all ingredients except beans in a medium saucepan. Bring to a boil, stirring frequently. Reduce heat, cover and simmer 20 to 25 minutes or until rice is tender and liquid is absorbed.

Turn off heat and add beans. Mix carefully and cover to allow beans to absorb heat. Makes 4 (1 cup) servings. Lynn usually doubles or triples this recipe.

SUMMER GREENS WITH RASPBERRY VINAIGRETTE

Assorted greens — Boston, bib, leaf, Little Gem
1 small can Mandarin orange sections, drained
5 seed almonds
3 tablespoons raspberry vinegar
9 tablespoons light olive oil
½ teaspoon salt
½ teaspoon fresh ground black pepper
½ teaspoon sugar
¼ teaspoon dried parsley (1 teaspoon fresh)
¼ teaspoon dried chives (1 teaspoon fresh)
1 pint raspberries, pressed through a colander with a wooden spoon

In small bowl, mix together all vinaigrette ingredients. Set aside. Wash and dry greens. Toss with orange sections and almonds. Just before serving, toss with raspberry vinaigrette.

Using V. Victoria's syrup gourmet delight

See related story on Taste front.

From the kitchen of V. Victoria herself, here's Sommer's favorite way to use her Apple Raspberry Gourmet Syrup.

RASPBERRY GLAZED CHICKEN BREASTS

6 chicken breasts
½ cup apple juice
½ cup V. Victoria's apple raspberry syrup
2 tablespoons butter or margarine
¼ cup almonds, sliced

Marinade chicken in apple juice for 2 hours. Spray a glass oven-proof casserole dish with non-stick cooking spray.

Drain chicken from marinade and place in prepared dish. Bake at 250 degrees, uncovered for 40 minutes.

Cook chicken an additional 10 minutes, basting with V. Victoria's Apple Raspberry syrup. While chicken is cooking, heat butter or margarine in a heavy skillet and add almonds. Cook over medium heat, stirring constantly until almonds are golden, about 5 minutes. Sprinkle chicken with toasted almonds.

monde. Heat additional raspberry syrup and pass with chicken. Serves 4-6.

Recipe compliments of V. Victoria's Gourmet Syrups (Virginia Sommer, President)

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PERSONAL SCENE

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eclectic Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 591-7270.

College offerings

SCHOOLCRAFT COLLEGE
Outdoor Dining & Entertainment, three week course, 6-9:30 p.m., beginning Tuesday, July 11. The college is at 18000 Haggerty Road, Livonia. Call for registration (313) 462-4448.

Classes

NEW MEMBER SCHOOLS, FLYBOYSTE
Lunch bunch, July 10-14, ages 4-7, students will create handmade cookbooks and present a sampler for parents on the last day. Class offerings: July 11-21 include Sticky Fingers, ages 3-6 — messy cooking and craft activities, Fun Foods and Candy Crafts, ages 2-6 — homemade craft, peanut butter play dough are among the activities. The class fee is \$44. (713) 423-3331

PURSE YOUR BEANS! SERP
Bouquet Garden, 6-9 p.m., Thursday, July 13, emphasizes dishes that use a variety of bean vegetables, \$40, at the Daily Cafe, 2200 W. 12th St., Ann Arbor. (313) 968-0781

FOOD PRESERVATION
Leaf hands-on cooking, freezing, and drying food preservation class, 8 a.m. to noon, Saturday, July 29, Michigan State University Extension, Oakland County, 1200 N. Telegraph, North Office Instructional Room, Cost \$10 covers all hands-on. Preceptor by July 28. No registration at the door. Send \$10 check to MSU Extension, Food Preservation, 1250 N. Telegraph, Dept. 416, Pontiac, 48341.

0415. Seven week home study course available for \$15. (810) 858-0904

LEONARD'S NATURAL COOKING
Cooking school, natural cuisine, step-by-step instruction, recipe hand-outs, 22899 Inverness Road, Farmington Hills. (810) 478-4455

Cooking demonstrations

CONSUMERS WITHOUT FIRE
Cooking demo with samples 7 p.m., Tuesday, July 25, Consumers' Health Development Network, 800 West 83, presentation required. Women's Health Series — Grocery Shopping Made Easy, 7-9 p.m., Thursday, July 27. One of a series of special sessions offered through August. Cost \$5. Call to register. (810) 477-6100

Dieting

REDUCING YOUR WEIGHT
Get your diet in gear. Focus on vegetables, low-fat, low-cholesterol, or diabetic menus. Cost \$25 for individual counseling. Offered by Jackson Hospital. (810) 477-6100

Support Groups

FEEL ALLEGGED
Living for people with Anaphylaxis, a life-threatening allergic reaction, which can be caused by foods, insect stings, medications and even scents. Learn about the signs and symptoms, and what to do when a medical emergency occurs, 7:30 p.m., fourth Monday of the month, Aron Health Building, 900 W. Ann Arbor Trail, Plymouth. For information, call (810) 477-6100

SENIORS HEARTS
Volunteer support group for people who have heart disease and their families. Meets 7 p.m. on the third Tuesday of each month at Bloomington Hospital Administration Building, Classroom 2, 12 Mile Road, Royal Oak. (810) 527-3627

Here's how to grill lamb

Here are some tips for grilling lamb from the American Lamb Council.

■ Use indirect heat or a drip pan for larger cuts such as a butterflied leg. You can also place your charcoal briquettes on either side of the area where the lamb will cook. This helps eliminate flare-ups and excessive browning.

■ Use low to moderate heat to keep lamb tender and juicy. Your charcoal coals should be gray with ashes. The suggested distance from the heat source is 4 to 8 inches.

■ Lamb chops and steaks should be at least 1-2 inches in thickness to grill. They are best served with a pink center.

■ Always marinate lamb in the refrigerator and discard the marinade after marinating the lamb.