

Chef Larry shares some favorite recipes

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See Chef Larry's Janes' Taste Buds column.
This is one of my favorite recipes. It's from my best friend, Bill Martin, who is the foods teacher at the Northwest Wayne Transitional Skills Center in Livonia.
MARTIN'S TOMATO SOUP

20 tomatoes, quartered
1 large onion, chopped fine
2 tablespoons butter or margarine
2 teaspoons baking soda
1½ teaspoons salt
Place quartered tomatoes in a large non-reactive pot. Simmer until tomatoes are soft. Sieve or put through a food mill to remove skins and seeds.
Return tomato mixture to pot. Bring to a boil, then reduce heat to a simmer and simmer, uncovered, until reduced by 25 percent. Meanwhile, sauté finely chopped onions in butter or margarine until tender and golden. Stir into tomatoes. Stir baking soda into pot. Be careful as soda will cause tomatoes to boil over. Do this over the sink or make sure you have a large enough pot. (The soda neutralizes the acidity of the tomatoes).
Stir in spices and season to taste with salt and some fresh ground

pepper. Serves 6.

SWEDISH MEATBALLS

2 cups fine bread crumbs
1½ cups heavy cream
½ cup chopped onion
2 tablespoons butter or margarine
1½ pounds fresh ground beef
¾ pound ground pork
¼ pound ground veal
½ teaspoon allspice
½ teaspoon dill weed
3 eggs, lightly beaten
3 teaspoons salt
1 teaspoon fresh ground pepper
1 teaspoon nutmeg
2 pints sour cream

Soak the bread crumbs in the heavy cream for 15 minutes. Meanwhile, sauté the onion in the butter or margarine until tender, about 5 minutes. Combine all ingredients into a large bowl and mix well. Shape into meatballs and brown slightly in a little hot fat. Stir in ¼ cup water and simmer meatballs uncovered for ½ hour, turning occasionally. Stir in more water if meatballs become too dry.
Just before serving, fold in 2 pints of sour cream. Makes 25-30 cocktail sized meatballs. Make meatballs small for a chafing dish or larger to serve over noodles for dinner.
Recipe from "Friends in the Kitchen" by Nancy Lindsay. (Copyright 1993.)

AUNT PHYLLIS' POTATO SALAD

5-7 pounds Idaho potatoes
1 medium yellow onion, chopped
(4 ounces medium sharp cheddar cheese, cubed)
4 eggs, hard-cooked, chopped
¾ of a quart jar Miracle Whip
1½ tablespoons prepared yellow mustard
Salt & pepper (to taste)

¾ cup granulated sugar (more or less to taste)
Peel potatoes and place in a large pot. Cover with cold water. Bring potatoes to a boil and then reduce heat to a simmer.
Simmer potatoes until tender. (Aunt Phyllis says until you can pierce them with a knife and the knife comes out easily). While the potatoes are still warm to the touch, mix them with the onion and set aside. Prepare cheese and chop hard boiled eggs and set aside.

In another bowl, combine Miracle Whip (Aunt Phyllis says use Miracle Whip, not mayonnaise, nothing reduced fat and definitely nothing fat free) with the mustard, granulated sugar, salt and pepper. Mix well.

Combine potato mixture, cheese mixture and Miracle Whip mixture, and toss to coat. Correct seasonings, if desired. Keep stored in the refrigerator. Serves 10-12.



James C. Carney, M.D.
Scott G. Lewis, M.D.
and **Michael G. Kizy, M.D.**
Drs. Carney & Lewis, P.C.

are pleased to announce that

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Drs. Carney, Lewis, Kizy and Cingel are on staff at William Beaumont Hospital, Royal Oak, and invite you to call today for an appointment.

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(810) 355-0880

Try Olga's 'Just About Fat Free Bread'

BY CHEF LARRY JAMES
SPECIAL WRITER

Here are some more food news "bytes" to note.

■ You won't believe the great taste of Olga's Kitchens' "Just About Fat Free" bread. This healthy version of the popular Olga bread contains only 1.5 grams of fat with only 4 percent of

its calories from fat. Olga's Kitchens are everywhere, especially in the malls.

■ I'm heading on down to Little Rock, Ark. to help judge a National Beef Cookoff. If you have any suggestions for restaurants or specialty shops I should visit while I'm there, please leave me a

voice mail message.

Appetizing reads

■ Yearning for the culinary adventure of a lifetime? Join Kate Ratliff, owner/chef of the luxury canal barge the Julia Hoyt in the lush, agricultural heart of southwest France. She's searching for a culinary arts student to assist her

on fall tour. If you're interested in the job write Kate at Box 888, Mendocino, CA 95460 or if you're considering a culinary tour that will be second to none, contact Kate at 1-(800)-852-2626. She'll be at Kitchen Glamor in Nov 1 p.m. Sunday, Nov. 19 to sign copies of her new book "A Culinary Journey of Gascony."

Herbs offer harvest of flavors

See related story on Taste front.

SALSA

28 ounce can seasoned diced tomatoes (or use 2-3 large fresh tomatoes, peeled and chopped)

4 ounce can chopped chiles (or according to taste)

½ cup thinly sliced green onions

1 teaspoon grated lemon peel

¼ teaspoon salt

1 teaspoon fresh oregano or marjoram (or use ½ teaspoon dried)

½ teaspoon fresh ground pepper

2 tablespoons lemon juice

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TABBOULEH

½ cup water

1 cup bulgur wheat

½ cup olive or salad oil

¼ cup fresh lemon juice

1½ teaspoons salt (can reduce or omit)

1 teaspoon ground allspice (optional)

1 bunch green onions

½ to 1 cup fresh spearmint leaves (chopped)

1½ cups parsley (chopped)

2 tomatoes cut into small cubes

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FRESH TOMATO SALAD

Vinaigrette:

2 tablespoons wine vinegar or (1 tablespoon vinegar and 1

tablespoon lemon juice)

½ teaspoon salt and fresh

ground black pepper

½ teaspoon dry mustard (or

good prepared mustard)

½ cup good olive or salad oil

Place all ingredients in a covered

jar and shake well.

Slice tomatoes, let juices drain.

Scatter some chopped parsley,

basil and scallions or shallots on

the bottom of the dish.

Arrange a layer of tomatoes on

top and sprinkle with "just a

pinch" of pepper and sugar. Then

sprinkle again with parsley, basil &

scallions.

Repeat layers until tomatoes are

used up. Molsten with vinaigrette.

Cover and let set at least 30 min-

utes.

Recipe from Kip Smith.

Season your vinegar

BY DAWN NEEDHAM
SPECIAL WRITER

Herbal vinegars are showing up