Chef Larry shares some favorite recipes

SWEDISH MEATBALLS

2 cups line bread crumbs 1½ cups heavy cream ½ cup chopped onion 2 tablespoons butter or marga-

rine 1½ pounds fresh ground beef

34 pound ground pork 34 pound ground veal

12 teaspoon allspice 1/2 teaspoon dill week

pepper. Serves 6.

The Observer/MONDAY, SEPTEMBER 11, 1995

OUT OF PRODUCTION . RETIRED WARK Rellied Flgarine Grin and a li "Gyin web a Hutey" PRECIOUS MOMENTS 20% to 50 % OFF MAKE YOUR SELECTIONS NOT? 20 % OFF Thrus Sept. 30 NAMY WINY ITMINISTIME 810-360-4155

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De Cogel mained her स्टार्टटी देशुव्य किमा Winne Same University School of Metaine, and her internal medicine raidency techning at Witting Baramera Hospital in Popul Octo

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e anaval health exams breast concer screening

- gynecological exams, Pap smears perimenopausal counseling, treatment
- family planning
- preventive core
- colorectal cancer screening

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

Drs. Carnoy & Lewis, P.C. 29201 Telegraph Road, Suite 404 Southfield, Michigan 48304

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1. 100

See Chef Larry's Janes' Taste Buds column 20 tomatoes, quartered 1 large onion, chopper fine 2 tablespoons butter or marga-Bude column. This is one of my favorite re-cipes. It's from my best friend, Bill Martin, who is the foods teacher at the Northwest Wayne Transitional Skills Center in Livenia.

MARTIN'S TOMATO SOUP

James C. Carney, M.D.

and Michael G. Kizy, M.D.

Barbara J. Cingel, M.D.

Offering comprehensive adult

medicine services, with a special

Scott G. Lewis, M.D.

Drs. Carney & Lewis, P.C.

are pleased to approunce that

Internal Medicine

has joined their practice

focus on women:

2 teaspoons baking soda 11/2 teaspoons dill weed or basil, crushed. bill, crushed. Place quartered tomators in a large non-reactive pot, Simmer un-til tomators are soft. Sieve or put through a food mill to remove skins and zeeds. Return tomato mixture to pot. Bring to a boll, then reduce best to a simmer and a lammer, uncovered, until reduced by 25 percent. Mean-while, sauta finely chopped calons in butter or margarine until tender and golden. Stir into tomators. Stir baking soda into pot. Be careful as soda will cause tomators to boll over. Do this over the slak or make

rine

sous 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 tomations). Stir in spices and season to taste with salt and some fresh ground

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

"bytes" to note. You woo'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

BY CHEF LARRY JANES SPECIAL WRITER

3 eggs, lightly beaten 3 teaspoons salt 1 teaspoon fresh ground pep per 1 teaspoon nutrieg

2 pints cour cream 2 pints coar croam Soak the bread crumbs in the heavy cream for 15 minutes. Mean-while, sauto the onion in the butter or margarine until tender, shout 5 minutes. Combine all ingredients into a large bowi and mits well. Shape into meatballs and brown

its calories from fat. Olga's Kitch-en are overywhere, especially in the mails.

B I'm heading on down to Little Rock, Ark. to help judge the Na-tional Beef Cookoff. If you have any suggestions for restaurants or specialty shops I should vialt while I'm there, please leave me a

alightly in a little hot fat. Stir in 14 elightly in a tittle bot fat. Stir In W cup water and ainmer meatballs uncovered for W hour, turning occa-sionally. Stir In more water if meat-balls become too dy. Just before serving, fold in 2 pints of sour cream. Makes 25-30 cocktail aized meatballs. Make meatballs wall for a chafing dish or larger to serve over poodles for dinner. Recipe from: "Friends in the Kitchen" by Nancy Lindsay. (Copy-right 1933.)

AUNT PHYLLIS' POTATO SALAD

UNT PHYLLIS' POTATO SALI 5-7 pounds labac potatoes 1 medium yellow onion, choppod (4 ounces medium sharp ched-dar cheese, cubed) 4 eggs, hard-cooked, choppod 4 of a quart ja Mircde Whip 1/s tablespoons prepared yel-bus metident

Appetizing reads Wearning for the culinary ad-venture of a lifetime? Join Kate Ratlifte, owner/chef of the luxury canal barge the Julia Hoyt in the lush, agricultural heart of south-west France. She's searching for a culinary aris student to assist her

TABBOULEH

15 cup water

cubes

Cup water
I cup buigar wheat
V cup olive or salad oil
Cup fresh lemon juce
I/s tesspoons salt (can re-duce or omit)
tesspoon ground allspice
(optional)
tours green onions
Ys to 1 cup fresh spearmint
leaves (choosed)

ieaves (chopped) 1½ cups parsley (chopped) 2 tomatoes cut into small

Boll water and edd to bulgur. When liquid is absorbed, add oll, lemon julco, sait and allspice. Then add other ingredients. Mix well. Cover and chill at least 1 hour. Will keep refrigerated for 2-3 days.

Recipe from Kip Smith

low mustard Salt & peuper (to taste)

voice mail message.

Appetizing reads

% cup granulated sugar (more or less to teste)

or less to taste) Peel potices and place in a large pot. Cover with cold water. Bring potatoes to a boil and then reduce to a simmer. Simmer potatoes until sender. (Aunt Phyllis awy until you can pl-cre then with a huffs and the knifs comes on te saily). While the pota-toes are still want to the touch, mir them with the colon and set aside. Prepare cheese and chop hard boiled eggs and set saide.

boiled eggs and set and e. In another bowl, combine Miracle Whip (Aunt Phylits says use Mira-cle Whip, not mayonnaise, nothing reduced fat and definitely nothing fat free!) with the mutard, granu-lated sugar, salt and pepper. Mix well.

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

Try Olga's 'Just About Fat Free Bread'

on fall tour. If you're interested in the job write Kate at Boz 883, Mendecine, CA 95400 or if you're considering a cullnary tour that will be second to none, contact Kate at 1-(800-852-2625. Shell be at Kitchen Giamor in Novi 'I par. Sunday, Nov. 19 to sign cop-ies of her new book "A Culinary Journey of Gascony."

Herbs offer harvest of flavors

FRESH TOMATO SALAD PRESH TURATO SIGNA Vinaigratte: 2 tablespoons whe vinegar or (1 tablespoon lemon julce) 14 teaspoon sait and fresh ground black pepper 15 teaspoon dry mustard (or server server de mustard)

good prepared mustard) 1/2 cup good elive er salad eli

ye cup good olive or saided oil Place all ingredients in a covered igr and shake well. Sites tomatoes, let juices drain. Scatter asome chopped paraley, basil and acallions or shallots on the bottom of the dish. Arrangs a layer of tomatoes en-top and sprinkle with "junts a pinch" of pepper and augar. Then sprinkle again with paraley, basil & scallions. Repeat layers until tomatoes are used up. Moisten with vinsigretto. Cover and let set at least 30 min-utes.

container with a tight-fitting lld. Store in a cool dark place for fou weeks, Strain before placing in dis-penser bottles.

HERB VINEGARS

Season your vinegar

BY DAWN NEEDHAM Special Writer

SPICIAL WHITE Herbal vincegara are showing up on grocery store shelves. But why buy something you can easily make yourself Herba and fuita can be used alone or mized. White vincegar is especially good as a base, and also the least ex-pensive. Experiment with other vincegars to find your favorite fla-vor.

Whether or not to heat the vi-negaris to find your layont favorite fla-rennce. I like to. The aromas re-leased when warm vinegar is mixed with herbs give a good hint to the finished product. BERRY VINEGARS

1 to 112 pounds ripe berries, washed and dried

4 cups white wise vineger

4 cups while whe whogan If you'rs using blueberries or cramberries they should be ground in a blender with a little vinegar. Crush other types of berries to re-lease their flavor. Put prepared berries in a glass bowl. Mis in bested vinegar. Trans-fer to a glassier (no metal lida) or a food-grade quality plastle storage

For answers to questions about food safley, nutrition and preser-vation, call the Food and Nutri-tion Hot lines, 8:30 and to 5 p.m. Monday through Priday, (810) 688-9004 in Oakland County; (313) 494-3018 in Wayne County;

and following the latest USDA recommendations is assertial. Hare are some more safe canni-ing tips: Do not use old hand-me-down W Do not use old hand-me-down canning recipes. Frocess all canned foods either no a boiling water bath are pressure canner seconding to USDA recom-botting.



frozen), ground in blender with 14 cup of the vineger 1 handful swaet purple bask, leaves and stoms choppe

















½ teaspoon salt 1 teaspoon fresh oregano or marjorem (or use ½ tea-spoon dried) See related story on Taste front. SALSA 28 ounce can seasoned diced tomatoes (or use 2-3 large fresh tomatoes, peeled and 1/2 teaspoon fresh ground pep per 2 tablespoons lemon juice

chopped) 4 cunce can chopped chiles (or

1 teaspoon grated lemon peel

1 99

be readly periodia for set-meriga or & rein stand, ether men, for Safes to Centers

S eB Junu 476-0974 Your Hometown Savings Headquarters **Rolled Boneless** Full Cut Sirloin Tip or Round Steak Rump Roast

(810) 355-0880 oniona Corner of Orchard Lake Rd

Drain tomatoes if using canned variety. Mix all ingredients and chill for a few hours. Serve with homemade tortilla crisps. Makes according to taste) 1/2 cup thinly sliced green 21/2 cups. TORTILLA CRISPD

1 package (8 or 10-inch) flour tortillas Cut each flour tortills into eight

Cut each liour tortilla into eignt wedges. Black in a single layer on a cookie aheet at 350 degrees P for up to 10 minutes or until they're light-by browned. Ons package makes about 06 chips. Recipes from Judith Ille. Hertsal, Burtrers

- I stick butter (softened) or
- mergarine I cup herb leaves (basil, cill, rose or whatever herb will complement the rest of
- the meal.) the meal.) 1 clove gartic, or more to taste (omit for rose butter)

(omt for rose butter) Mix all ingredients. Freeze or use right eway. For less intense flavor use less herbs, add more for stronger flavor. Recipe from Valerie Bo-guslauski.

CHEESE DIP WITH HORSERADISH

1 (8-ounce) package cream choose, softened % to 1% teaspoons garlic

se, soltened 5 teaspoons garic ier or 1-2 crushed gar lic cloves

iic cloves 34 to 11/2 tesspoons Worcest-ershire sauce 11/4 tablespoons prepared hor-scradish, or grate sbout 2 tablespoons fresh hor-sorradish, toss with 1 table-spoons with 1 table-spoon with a deserve and a spoon white vinegar and a pinch of salt, then add to

other ingredients Add milk to desired consisten

CY

cy Combine Ingredients, mir. Serve on crackers or thin dip with ralk to serve with crackers. Recipe from Valeris Bo-gualacaki's mother, Jean Pozzanese

Add lemon juice to canned tomatoes

"Tomato canning cosson is E Add'2 tablespoons of bottled hera", said Bylvia Traisman, home economist for the Oakland County Cooperative Ristandia Service, "Wa've been reminding of clitic acid for the bottled lemon of clitic acid for the bottled lemon of clitic acid for the bottled lemon bottled lemon julce to their home canned tomatos." However, some home craners will have not heard of this recom-remindation given by the UBDA. However, some home craners weak of the source to the source some source to self canning. The are are so many different maintain their rafity.

roowvor, some none conners will have not beard of this recom-mendation given by the USDA. Its purpose is to raise the acidity of home canned tornatoes to maintain their safety. There are so many different variaties of tomatoes nove-days that have such different levels of ecidity, there is no way to know if the acid is high enough. Remember.

Remember