

Culinary arts students share prize-winning recipes

See related story on Taste front.

The Michigan Culinary Arts Federation Junior Hot Foods Team, coached by Oakland Community College faculty member Chef Dan Rowland, and Chef David Iselli (an OCC grad), won first place at the 1995 National Convention of the American Culinary Federation in New York on July 19.

The seven-member judging team was headed by Chef Roland Shaffer, U.S.A. Culinary Olympic Apprentice Team coach.

Here are some of the winning recipes.

- APPLE ORANGE CHUTNEY**
3 Granny Smith Apples, peeled and small diced
2 oranges
- 1/4 cup brown sugar
1/4 cup cider vinegar
2 tablespoons brandy
1/4 teaspoon cinnamon
1 tablespoon Dijon mustard

Using a zester remove orange zest in thin strips. Remove orange peel and segment the oranges. In 1/4 cup of water blanch the orange zest for about 5 minutes or until tender. Remove and set aside.

Combine the apples, vinegar, brandy, sugar, cinnamon and mustard and cook until apples are tender. Fold in orange segments and zest.
- PUREE POTATO AND LEEKS**
2 cups leeks, dark green removed, washed well behind leaves
- 1 cup green onions, minced
1/4 cup butter
1/2 cup heavy cream
8 Idaho potatoes, peeled, large dice
1/2 gallon water
1 tablespoon onion salt
1 teaspoon garlic powder
3 tablespoons Kasher salt

Sautee leeks in butter until tender. Add the cream and onions and simmer until thick, 8-10 minutes. Puree leek mixture in a food processor.

Bring the water and seasonings to a boil. Add potatoes and simmer until tender in the center when pierced with a fork. Remove, drain well, and mash with an electric mixer for about 2 minutes or until

smooth. Fold in the pureed leek mixture and season to taste with salt and white pepper. Serves 10.

- GARDEN VEGETABLE SOUP**
- 12 Roma Tomatoes
2 onions, skin and ends removed
2 carrots, peeled
1 zucchini
1 yellow squash
1/2 Fennel bulb, stems removed
4 cloves garlic, minced
1/4 cup olive oil
2 teaspoons Kasher salt
2 quarts chicken stock
1/4 cup margarine
1/4 cup flour
2 tablespoons fresh basil, minced
2 teaspoons fresh chives, minced
2 limes, juiced
Salt and pepper to taste
- Roughly chop all vegetables, place on a large baking tray, toss with garlic and oil, sprinkle with Kasher salt and roast in 375 degree F. oven for 30-45 minutes until vegetables are tender, but not burnt.
- While vegetables are roasting, bring chicken stock to a boil in a thick bottom pot. In a separate sauce pan melt the margarine, add the flour and stirring constantly

with a wire whisk, cook for 2 minutes. Add the flour-margarine mixture to the hot stock whipping until smooth and cook 1 minute until the stock returns to a boil and thickens slightly.

Add roasted vegetables to the stock mixture and simmer for 45 minutes.

Process the soup through a food mill and then through a medium strainer.

Add the basil, chives and lime juice and adjust the final seasonings. Serves 10.

- TOMATO-BASIL FOCACCIA**
- 6 ounces (1/4 cup) warm water about 90-100 degrees F.
1 tablespoon fresh yeast
1 tablespoon sugar
1 teaspoon salt
1/2 cup olive oil
1/2 cups bread flour
1 tablespoon fresh basil, minced
1/2 teaspoon garlic powder
1/2 teaspoon onion salt
- Topping:
1 ounce (2 tablespoons) olive oil
1 teaspoon cornmeal
2 tomatoes cut in half, seeds removed, and cut into a medium dice
1/4 teaspoon salt

1 teaspoon dried basil

In the mixing bowl of a heavy duty electric mixer, combine the yeast and water. Cover the bowl with a kitchen towel and let sit for 10 minutes. Bubbles will form and it will smell of yeast.

Add the remaining ingredients and with the dough hook mix on medium speed for exactly 8 minutes. Again cover with the towel, set the bowl in a warm (not hot) area of the kitchen and let the dough rise until double about 45 minutes.

Punch down the dough, form into a round ball and let the dough relax about 10 minutes.

Place 1 tablespoon of olive oil in the bottom of a 9-inch cake pan. Sprinkle the pan bottom with cornmeal. Press or roll the dough into a 9-inch circle. Place into the pan, brush the dough with olive oil and top evenly with tomatoes, 1/4 teaspoon salt and dry basil.

Let the dough bench proof for about 10-15 minutes. Place in a pre-heated 425 degree F. oven for about 15 minutes. The dough will be golden on top and bottom. Check the bottom for an even golden by lifting up the edge of the focaccia. Return to the oven if not completely cooked.

Let the dough cool in the pan for about 15 minutes, remove and cut into 10 even pie shaped wedges.

Sara Lee

OUTLET STORES

Come In And See Our Falling Prices

NEW! Sara Lee 2 FOR \$5.00
THIN CRUST PIZZA
EVERYDAY LOW PRICE!!!

Sterling Heights 4115 Fifteen Mile Rd. (At Ryan Rd.) 979-2340	Westland 32550 Warren Rd. (Corner of Vanoy) 422-7789	Beverly Hills 31255 Southfield Rd. (At Thirteen Mile Rd.) 647-8280	Farmington Hills 33054 Grand Drive Rd. (Direct to Target) 478-9797
---	--	--	--

Sara Lee

Layer Cakes

1/2 Price

*Take 1/2 off any one layer cake when a second layer cake of equal or greater value is purchased.

Limit One Coupon Expires 10-18-95

Sara Lee

Pies

1/2 Price

*Take 1/2 off any one pie when a second pie of equal or greater value is purchased.

Limit One Coupon Expires 10-18-95

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313)591-7279.

Support group

FOOD ALLERGIES
Food Allergy Michigan Network meets 7:30 p.m. Friday, Oct. 20 at St. Joseph Mercy Health Building, 800 Ann Arbor Trail, Plymouth. Guest speaker is Dr. Jeffrey Lehen, a board-certified allergist. Call for information.
(313) 420-2805

Cooking demonstrations

SUPERIOR FISH
Executive Chef Don Bauman of Scallop Restaurant, 10 a.m. to noon, Saturday, Oct. 14, Superior Fish, 309 E. 11 Mile Road, Royal Oak. No charge.
(810) 541-4632

BEANS IN THE POT
See and taste the vegetarian best. Simple foods that have sustained civilizations for centuries. 7-9 p.m. Thursday, Oct. 12, Botshard Hospital's Health Development Network.
(810) 477-6100

KITCHEN GLAMOR
Master Chef Miles Cheika hosts a fall cooking series at Kitchen Glamor stores. Cuisinart Chef Fabrizio Bottero will teach methods using Cuisinart products 1 & 6:30 p.m. Wednesday, Oct. 11 (Redford); 6:30 p.m. Thursday, Oct. 12 (W. Bloomfield); and 6:30 p.m. Friday, Oct. 13 (Rochester). Cookbook author Hugh Carpenter will teach three classes at the West Bloomfield store, Oct. 15-18. Call for details.
(313) 527-1300

FEEDING YOUR WHOLE SELF
Dean Cuisine, 6:30-9:30 p.m., learn how to prepare different varieties at workshop in Ann Arbor. Call for information.
(313) 294-5549

WHOLE FOODS MARKET
Melora Lowry prepares and provides samples of a distinctive dinner menu. 5-6 p.m. Saturday, Oct. 21. The market is at 2308 E. Stadium Blvd., Ann Arbor.
(313) 971-3366

Classes

GARDEN CITY COMMUNITY EDUCATION
Pasta, not the same old meal. 7-9 p.m. Wednesday, Oct. 11 & 18; Vegetarian Cooking. 6-9 p.m. Tuesdays, Oct. 3 for six weeks. Puff Pastry, not just a dessert. 7 p.m. Tuesday, Oct. 24 & Nov. 7; One dish meals. 7-9 p.m. Wednesdays, Nov. 1 & 8; Hors d'oeuvres to impress. 7-9 p.m. Wednesday, Oct. 25.
(313) 422-7198

ART OF FOOD PRESERVATION
Seven week home study course offered by the Michigan State University Extension, Oakland County. Cost \$15 to cover materials and mailing. Class extends canning, freezing, drying, jams, jellies and pickles.
(810) 658-0904

LEMON'S NATURAL CUISINE
Beginning cooking 6-9 p.m. Monday, Oct. 9 and Wednesday, Oct. 11. Divine soups, Oct. 16, beginning cooking, Oct. 18.

SUPERIOR FISH

The House of Quality

October is NATIONAL SEAFOOD month. Celebrate with Quality, Variety & Service

COUPON
Please Present Coupon Before Ordering

50% OFF Fresh Fillets **SALMON**

PER POUND
Reg. Price \$15.00

Expires 10/31/95. Not valid with any other coupon and/or discount.

COUPON
Please Present Coupon Before Ordering

\$1 OFF Alaskan **KING CRAB**

PER POUND
Reg. Price \$9.99

Expires 10/31/95. Not valid with any other coupon and/or discount.

COUPON
Please Present Coupon Before Ordering

50% OFF Fresh Sea **SCALLOPS**

PER POUND
Reg. Price \$8.00

Expires 10/31/95. Not valid with any other coupon and/or discount.

COUPON
Please Present Coupon Before Ordering

\$1 OFF **FROG LEGS**

PER POUND
Reg. Price \$6.99

Expires 10/31/95. Not valid with any other coupon and/or discount.

COUPON
Please Present Coupon Before Ordering

50% OFF Fresh Fillets **LAKE WHITEFISH**

PER POUND
Reg. Price \$2.00

Expires 10/31/95. Not valid with any other coupon and/or discount.

COUPON
Please Present Coupon Before Ordering

\$1 OFF Shell-on 15/20 ct. **SHRIMP**

PER POUND
Reg. Price \$10.99

Expires 10/31/95. Not valid with any other coupon and/or discount.

SEAFOOD COOKING Demonstration

Join us here on **SATURDAY Oct. 14th** featuring Executive Chef Don Bauman of Scallop Restaurant Between 10 a.m. - 12 noon Open to the Public. FREE Recipes + FREE Samples

COUPON
Please Present Coupon Before Ordering

50% OFF New Zealand **ORANGE ROUGHY**

PER POUND
Reg. Price \$5.99

Expires 10/31/95. Not valid with any other coupon and/or discount.

QUALITY • VARIETY • SERVICE

FREE RECIPES

Hours: Mon. - Fri. 8-6; Sat. 8-1

KIDS CAN RIDE OUR DOLPHIN FOR ONLY 1!

309 E. Eleven Mile Rd. • Royal Oak • 341-4633

IGA

Corner of Orchard Lake Rd. and Ten Mile in Farmington

476-0974

Your Hometown Savings Headquarters

IT'S BEEF

ROAST

ROUND-UP

AT IGA

Boneless Beef Chuck ROAST \$1.48 lb.

Ground Beef From CHUCK \$1.38 lb.

Idaho POTATOES \$1.58 lb.

From Our Deli COOKED HAM \$1.79 lb.

Old Orchard ORANGE JUICE 79¢ 12 Oz. Can

Non-fat YOGURT 10/\$4.00 3 oz. Pkg.

WE ACCEPT

DOUBLE

Manufacturers COUPONS

UP TO 50% OFF

Prices & Plans good through Oct. 15, 1995. Check Sale Items in Store Paper.