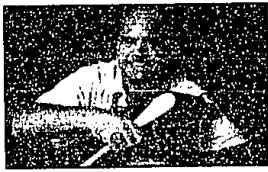


MONDAY, OCTOBER 30, 1995

TASTE

B

TASTE BUDS



CHEF LARRY JONES

Fall brings requests for heartier recipes

Fall is upon us. Gone are the days of chilled soups, cold salads, grilled chicken and pickles. They are being replaced with heartier recipe requests. Your wish is my command.

Brian Gariepy, a fifth grader at Gill Elementary School in Farmington Hills called because he needed to interview a chef for a writing assignment. After our interview, Brian asked for my favorite lasagna recipe.

Well Brian, with four boys at home younger than you, I think your mother will appreciate this recipe even more than you and I combined!

SPEEDY LASAGNA

- 2 medium onions, peeled
- 1/4 cup olive oil
- 1/4 teaspoon dried red pepper flakes
- 2 teaspoons dried Italian seasoning
- 1 (28 ounce) can crushed or diced tomatoes
- 1 pound egg noodles such as papardelle or fettuccine
- 10 ounces ricotta cheese, drained
- 3 tablespoons fresh parsley, chopped

Slit onions into very thin slices. In a skillet large enough to hold the pasta, combine the onions, oil, red pepper, a pinch of salt and the dried Italian seasoning, stirring to coat with the oil.

Cook, uncovered, over very low heat, stirring from time to time, until the onions are tender and glazed, about 10 minutes. Add the canned tomatoes, simmer uncovered, until sauce begins to thicken.

Meanwhile, cook dried pasta in a pot of boiling water following package directions. Drain thoroughly. Add the drained pasta to the sauce. Add the ricotta, in small spoonfuls, toss again and cover. Allow to rest off the heat for 5 minutes. Serve garnished with parsley. Serves 4-6.

Chef's secret: I would brown some ground beef or turkey with some garlic and stir into the sauce for a meatier version, then it would easily serve 6!

Shirley Clark of Plymouth wanted a fall recipe that could carry itself right into Thanksgiving. The thought had never crossed my mind to combine apples with cranberries, but the result was absolutely delicious.

CRANBERRY APPLE PIE

- One pastry for two crust pie
- 4 cups sliced and peeled tart apples (i.e. Granny Smith)
- 2 cups fresh or frozen cranberries
- 1 cup sugar
- 2 tablespoons cornstarch
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon fresh grated lemon zest
- 2 tablespoons butter or margarine

Preheat oven to 425 degrees F. In a large bowl, combine apples and cranberries. In a small bowl, combine remaining ingredients except butter. Sprinkle the sugar mixture over the apple mixture and toss to coat. Spoon into a pastry lined pie pan. Dot with butter or margarine and top with remaining pastry. Seal top crust and cut slits in top. Bake at 425 degrees F. for 35-45 minutes or until pie is golden. Serves 8.

Pam Human of West Bloomfield called with a passionate plea for a recipe to help quell the homesickness of an exchange student staying with her family. The student loves chocolate chip peanut butter cookies, and after I faxed her a standard recipe, I found this one. It's so easy, even a kid could make them! I can't imagine anything better with a glass of cold milk.

EASY CHOCOLATE PEANUT BUTTER COOKIES

- 1 package chocolate cake mix (preferably without the pudding)
- 3/4 cup crunchy peanut butter
- 2 eggs
- 2 tablespoons milk
- 1 cup peanut butter chips
- 1/2 cup chopped nuts, optional

Preheat the oven to 350 degrees F. Grease baking sheets or line them with parchment paper. Combine cake mix, peanut butter, eggs and milk in a large bowl. Mix at low speed with a mixer until blended. Do not overmix. Stir in peanut butter pieces and nuts. Drop by spoonfuls onto prepared baking sheet. Bake at 350 degrees F. for 7-9 minutes. Makes 3 1/2 dozen cookies.

LOOKING AHEAD

What to watch for in Taste next week:

- Shopping and cooking for one.
- Hot wok and hot chicken.



BILL HANSEN

Cookbook author Barbara Norman takes the chore out of making bread by using a bread machine. In a matter of minutes, she puts together a dough that will produce a wholesome, tasty and fragrant loaf.

Local author plugs

BREAD machines

BY ANNIE LEIDMAN
SPECIAL WRITER

With the chill of autumn comes a yearning for hearty soups and stews and what better accompaniment than a freshly baked loaf of bread.

Bread machines have found a place in the American kitchen, and nowadays it is not uncommon for a family to waken to the smell of freshly baking bread. Even those who hate to cook, can in a matter of a few minutes, put together a dough that will produce a wholesome, tasty and fragrant loaf.

Barbara Norman knows this well having recently written, "What Can I Do With My Bread Machine?" This short informational volume covers a lot of territory with advice on how to buy and best maintain a bread machine, how to create original breads; suggestions about using perishable ingredients such as eggs and milk; alternate uses for breadmakers as well as recipe basics.

This 49-year-old West Bloomfield resident has worked as a lawyer, teacher and guidance counselor. She is an avid antique collector as well as an art glass expert and lecturer. In her spare time she experiments with kitchen gadgets and foods and enjoys creating recipes that

are delicious as well as easy to prepare.

Her first book, "What Can I Do With My Juicer?" was written after combing stores to find a book on juicing that wasn't written purely from a nutritional perspective. "There was so much I thought you could do with a juicer and ways of using the pulp in interesting ways. For me it was more than just a way to get vitamins. It was a way of making new and interesting foods, and making old favorites taste even better," she said. After the success of her first book Dell, her publisher, asked if she was interested in producing a volume on bread machines. She accepted the project, went out and bought four breadmakers, rolled up her sleeves and got to work.

"I'm an intense worker," she said. "For three months my machines were going around the clock." Her co-workers at Mot High School in Waterford where she works as a guidance counselor, sampled her creations and gave her honest and valuable feedback.

"They were my recipe testers," she said. Norman did several practice runs with each of her

Bread machines have found a place in the American kitchen, and nowadays it is not uncommon for a family to waken to the smell of freshly baking bread.

recipes and adapted many of them to suit diets. Unlike many cookbook authors who prefer to create recipes from scratch, Norman encourages her readers to use prepackaged mixes that, with a little ingenuity, can be creative as well as tasty. A couple of additions "personalizes" a prepackaged mix according to Norman. "The goal," Norman says, "is to make good bread without it having to be an ordeal."

Her personal favorites are Lemon Poppy Seed Bread, Spinach Feta Cheese Bread as well as focaccia and bagels.

Would she ever consider marketing the breads she has developed and written about? "Never," she says. "I enjoyed writing the book and love bringing breads to family and friends, but it ends there."

The ever ambitious Norman is considering writing a play or TV series. At the same time she is thinking about writing another appliance based cookbook. "It will be my trilogy," she said.

Look for Norman's book at Borders and other local bookstores.

• See recipes inside.

Have a happy, healthy Halloween

BY KELLY BRADY
SPECIAL WRITER

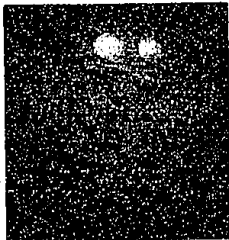
Trick or treating at Halloween can be downright scary. But with some advance planning, the Halloween season can be a little less spooky for parents, according to Dr. Joe Cara, a pediatric endocrinologist at Henry Ford Health System.

Getting control of Halloween treats is a good place to start. If you allow your children to go trick or treating, look over the candy for safety and dietary concerns before allowing them to eat it.

High-sugar candies like candy bars and candy corn can be substituted by parents with low-sugar treats like raisins, fruit roll-ups, dried fruits, pretzels and low-fat granola bars," said Dr. Cara. Halloween treats can be worked into the child's meal plan or saved and given out for special occasions.

Michigan children need to develop better eating habits. Statistics show that Michigan has more overweight children with higher cholesterol levels than the national average. Both problems are the result of diets too high in fat and calories and too little exercise.

Sweets are high in fat and/or sugar and therefore calories. For example, one ounce of plain milk chocolate contains 150 calories, 2 teaspoons of fat and 8 teaspoons of



HEALTHY FOOD HEALTH SYSTEM

Ghostly dessert: Halloween Ghost Cake, made with Light Devil's Food Cake Mix, and Lite Whipped topping, is a Heart Smart treat.

sugar. Sugar-type candies such as gum drops do not contain fat. However, one ounce does contain nearly 6 teaspoons of sugar.

"Getting control of Halloween treats is a good place to start," said Faye Fitzgerald, a dietitian with the Henry Ford Heart and Vascular Institute.

For parents of a child with diabetes, trick or treating is very scary. In general, it is better for diabetic children to have treats included as

part of one of the main meals rather than as free-standing snack, said Dr. Cara.

Both Cara and Fitzgerald suggest that parents start a "spooktacular" tradition for Halloween that reinforces good eating habits by handing out nutritious snacks such as packaged nuts, raisins, pretzels, dried fruit, popcorn or sugarless gum. You can even hand out non-food items such as fun colored pencils, stickers or erasers. Getting neighborhood friends to join in this new tradition also may help children cut down on excess sweets.

Here's a good idea for parents to follow similar Halloween guidelines for non-diabetic siblings and other family members," said Dr. Cara. "This can reduce potential conflicts between siblings or relatives."

Fun treats that meet diabetic guidelines include cupcakes made with low-fat cake mix and sugar-free frosting, low-fat, sugar-free frozen yogurt, angel food cake and popcorn balls. Individual pizzas or a healthy vegetable sandwich make a great treat that kids of all ages will enjoy. Fresh cut-up veggies, and fruit juice are also good choices.

Henry Ford Health System is affiliated with Henry Ford Health System.

Safety tips

- Always accompany small children. Stop only at well-lit houses in your own neighborhood or go only to homes of people you know.
- Advise older children to travel in groups, never alone. Set a time for returning home and tell them never to accept an invitation to enter a home or apartment.
- Always buy flame-resistant costumes and make sure they're short enough so the kids don't trip on them.
- Apply reflector tape in costumes and treat bags.
- Affix your name, address and phone number to the inside of small children's costumes in case they get lost or separated.
- Avoid buying masks as they can impede a child's vision and breathing. Use makeup instead.
- Fails are the number one cause of Halloween flashlights so they can see and be seen.
- Make sure kids stay on the sidewalk and don't cut across yards. Stress the importance of looking both ways before they dart across the street.
- Warn kids to only accept wrapped or packaged treats and not to eat any treats until they get home and an adult inspects them.

— Henry Ford Health System