

INVITING IDEAS

Fill meat and veggies with savory stuffings



RUTH MOSSOK JOHNSTON

Dressings commonly called stuffings, are usually thought of as accompaniments for a variety of fowl and pork chops. At this time of year — a turkey stuffed with dressing is a natural, and at Christmas, a chestnut stuffed plump goose is certainly a festive centerpiece.

But don't think of dressings just as something you stuff into your main course. Delicious and unusual stuffings can fill many foods as accompaniments, vegetarian entrees or appetizers. Try filling mushrooms caps, small zucchinis, clam shells, pumpkins, baby eggplants, cherry tomatoes, peppers (skinny hot ones, not just the typical bell), and onions with savory stuffings.

While bread of some sort is the usual base for dressings/stuffings — crackers, lentils, couscous, rice(s), a combination of meat and nuts, orzo, dried fruits and nut combinations, make delicious and potentially unusual staples for "fillings."

Shop Middle Eastern, Italian, Mexican, and Indian markets for interesting ingredients to add to your stuffing mixture — pine nuts, green chilies, roasted corn nuts, orzo, or mango pickle.

I use this bread recipe for many of my stuffing bases and meat loaf-type recipes. This bread is lightly peanuty, moist and delicious.

PEANUT BUTTER BREAD

- 1 1/4 cups water
 - 3 cups white bread flour
 - 1/4 cup brown sugar
 - 1/2 teaspoon salt
 - 1/2 cup peanut butter (creamy or crunchy)
 - 2 teaspoons fast-rise yeast
- Place the water, flour, brown sugar, salt, and peanut butter in the bread pan of your bread machine. Close the lid of the machine and add the yeast. Turn on and let it do its thing. This bread can be cooked on regular, rapid or delayed time bake cycles.

Remove the bread once completed and be sure to set some aside for your bread crumb. Yield 1 loaf.

This recipe comes from the "Electric

Bread Book" published by Innovative Cooking Enterprises Inc. and has been specifically developed for bread machines.

PEANUT BAKED STUFFED MUSHROOMS

- 18 large mushrooms, washed thoroughly, stems removed and minced
 - 1 small onion, peeled and minced
 - 5 garlic cloves, peeled and minced
 - 4-6 tablespoons light olive oil
 - 4-6 tablespoons butter or margarine
 - 1/2 cup chopped peanuts
 - 3 teaspoons dried parsley
 - 3 teaspoons Worcestershire sauce
 - 1 teaspoon dried basil
 - 1/4 to 1/2 teaspoon cayenne pepper
 - 10 tablespoons dry sherry
 - 12 tablespoons bread crumbs (preferably peanut butter — plain can be used, do not use Italian flavored)
 - Freshly grated Parmesan cheese
 - Butter or margarine
- Set washed mushroom caps aside.
- Heat half of the olive oil and butter or margarine in a small saucepan. Add the minced mushrooms stems, minced onions and minced garlic and saute over medium-high heat 5 to 6 minutes, adding more butter and oil if needed.
- Add the peanuts, parsley, Worcestershire sauce, basil, cayenne pepper and sherry — turn down heat and bring to simmer. Remove the saucepan from the heat and gently add in the peanut butter bread — bread crumbs, toss with rubber spatula.
- Preheat oven to 400 degrees F. Heat the remaining oil and butter in saucepan, saute the mushroom caps gently for 1-2 minutes over high heat. Remove the caps and place rounded side down in an oven-proof dish. Place the bread crumb mixture in the caps — divide as evenly as possible. Sprinkle with freshly grated Parmesan cheese and dot with butter or margarine. (I Can't Believe It's Not Butter Spray works great!). Bake for approximately 20 minutes or to desired doneness. Serve warm. Serves 18.

Ruth Mossok Johnston is an author and food columnist who lives in Franklin. To leave a Voice Mail message for Ruth, dial (313) 953-2041, mailbox 1902.

Oakland from page 4D

for up to eight months. It will stop these weeds from growing when put down before the seeds germinate and can be applied along with a post-emergence herbicide to eliminate existing weeds. Gallery is activated by 1/2-inch of water and disrupts root and stem development of the weed seeds, causing seedlings to die before they ever appear.

Read the label before applying at the

specified rates; you can avoid skips and misses by applying it a half-rate in two different directions.

If your supplier is out, ask them to order it for early spring application.

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