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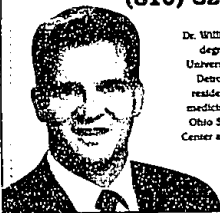
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Dr. Williams earned his medical degree from Wayne State University School of Medicine, Detroit, and completed his residency training in internal medicine and pediatrics at The Ohio State University Medical Center and Children's Hospital in Columbus, Ohio.



Stuffing, too

Roast goose makes special dinner

See related Taste Buds column on front.

ROAST GOOSE WITH PRUNE & APPLE STUFFING AND RED WINE GIBLET GRAVY

Roast Goose:

1 roasting goose, 8-12 pounds
gross weight — (Neck, giblets, wing tips and excess fat removed, unsed, patted dry with skin pricked all over)

Salt and fresh ground black pepper to taste

Brown goose stock:

3 tablespoons reserved goose fat, patted dry and chopped
Reserved goose neck and wing tips, cut into 1-1/2 inch pieces; heart and gizzard left whole, all parts patted dry

1 medium onion, peeled and chopped

1 medium carrot, peeled and chopped

1 medium stalk celery, chopped

2 teaspoons sugar

2 cups dry red wine

1/2 cup chicken broth

6 large parsley stems

1 large bay leaf

1 teaspoon black peppercorns

1/2 teaspoon dried thyme

Prune & Apple Stuffing:

(6 ounces (1 cup) pitted prunes, chopped

1/2 cup cream sherry

8 ounces white bread, cut into cubes (about 4 cups)

1/2 cup reserved goose fat, patted dry and chopped

3 medium onions, peeled and chopped

3 medium stalks celery, chopped

3 medium (1 1/2 pounds) Granny Smith apples, cored and chopped

6 ounces ham, minced (about 1 cup)

2 tablespoons fresh sage, chopped (about 1 1/2 teaspoons dried)

Salt and fresh ground black pepper

1/4 teaspoon ground cloves

1/4 teaspoon grated nutmeg

Red wine gravy:

1 recipe brown goose stock

1/2 cup cream sherry

1/2 cup chicken broth

2 1/2 tablespoons melted goose fat from the roasting pan

2 1/2 tablespoons flour

Salt and fresh ground black pepper

For the goose: Fill a large stock pot 1/2 full with water and bring to a boil. Submerge goose in boiling water. Drain goose and dry thoroughly, inside and out. Set goose on a rack and refrigerate, uncovered for 24-36 hours.

For the stock: Heat the fat over medium heat in a large saucepan until it melts, leaving small browned bits. Increase heat to me-

dium high; heat fat until it begins to smoke. Add goose pieces and giblets to fat, saute, stirring frequently until meat turns a deep mahogany color, about 10 minutes. Add onions, carrots, and celery; saute, stirring frequently until vegetables are browned, about 10 minutes. Stir in sugar, continue to cook, stirring frequently until it caramelizes and begins to smoke.

Pour in wine, scraping pan bottom with a wooden spoon to dissolve brown bits. Add chicken stock, parsley, bay leaf, peppercorns and thyme. Bring to a boil and then lower to barely a simmer and cook, partially covered until stock is dark and rich, about 2 hours.

For the stuffing: Soak the prunes in sherry in a small bowl for at least 2 hours, preferably overnight. Preheat the oven to 400 degrees F. Spread bread cubes over a large baking sheet; bake, stirring occasionally until cubes are lightly toasted but still soft inside, about 10 minutes.

Heat fat in a large skillet over medium heat until it melts, leaving small browned bits. Leaving 2 tablespoons of fat in the skillet, remove and set aside remaining fat. Increase heat to medium high. Add onions and celery and saute until vegetables are softened, about 5 minutes. Sauté vegetables into a large mixing bowl. Return skillet to burner and add 2 tablespoons reserved fat.

Add apples, saute until golden and soft but not mushy, about 5 minutes. Add apples to onions and celery. Stir in ham, sage and 1/4 teaspoon each of salt and pepper, cloves and nutmeg, along with prunes, unabsorbed sherry and bread cubes. This can be done a day ahead, covered and refrigerated.

Warm lightly in an oven before stuffing the goose. Adjust the oven rack to a low-center position and preheat to 325 degrees F. Stuff and truss the goose.

Season goose skin liberally with salt and pepper. Place goose breast side down on a wire rack set over a deep roasting pan; roast for 1 1/2 hours. Remove goose from oven and

ball out most of fat from the roasting pan, being careful not to disturb browned bits on the bottom of the pan.

Turn goose breast up and return to roast until skin has puffed and browned, about 1 1/2 hours longer. Increase the oven temperature to 400 degrees F; transfer goose, still on its rack to a large jelly roll pan. Return to the oven to further brown and fully crisp skin, about 15 minutes longer.

Let stand, uncovered, about 1/2 hour before carving.

For the gravy: Bring reserved goose stock to a simmer. Spoon most of fat out of the roasting pan, leaving behind all browned roasting particles. Set pan over two burners on low heat. Add sherry and scrape with a wooden spoon until all of the browned glaze is dissolved. Pour this mixture into the goose stock and simmer to blend the flavors, about 5 minutes.

Strain mixture into a 4 cup glass measure; allow to stand until fat rises to the top. Skim fat, and if necessary, add enough chicken broth to make 2 cups. Rinse out goose stock pot and return strained stock to it. Take gizzard and heart from strainer, chop fine and add to goose stock. Bring stock to a boil. Heat goose fat and flour over medium low heat in a heavy bottomed saucepan; stirring constantly with a wooden spoon until roux begins to color, about 5 minutes. Remove from heat. Beating constantly with a whisk, pour in boiling stock. Return saucepan to low heat, simmer for 3 minutes. Add chopped liver, simmer 1 minute longer. Taste and adjust seasoning, adding a pinch of salt and lots of fresh ground pepper. Remove straining and spoon stuffing into a serving bowl.

Carve goose and serve with stuffing and gravy.

Serves 8-10.

Information regarding this story taken from "Cook's Illustrated" magazine, November/December 1994. Original recipe by Stephen Schmitt, author of "Master Recipes" (Ballantine Books, copyright 1987.)

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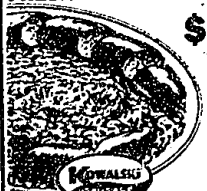


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See related story on Taste front.

THE TRISH BATTERBY POTATO

1 medium-size potato
1/2 cup no-fat refried beans
Sliced up fresh vegetables
such as tomatoes, green
and red pepper, cauliflower,
broccoli, onions
1/2 cup salsa

2 tablespoons no-fat sour cream

Cook potato in microwave until soft. Remove. Heat refried beans in microwave until hot. Place potato on plate, slice open and fill with beans and vegetables. Pour salsa over vegetables and top with sour cream. Serves one.

Recipe by Trish Batterby

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LOW-FAT CHICKEN PASTA STIR-FRY

3 cups chicken broth
3 tablespoons minced onion
4 skinless chicken breasts, cut in one-inch pieces
2 cups zucchini, cut in pieces
2 cups yellow squash, cut in pieces
6 cups cooked spaghetti noodles

In a wok (or large saucepan) bring broth and onions to a boil. Add chicken pieces. Cover and boil for approximately 10 minutes. Add vegetables, cover and cook for 5 minutes or until tender. Stir spaghetti into chicken and vegetables and heat until warm. Serves 4-6.
Recipe by Sandra Dalke-Prybyl

PRYBYL PIZZA

2 large pizza breads
1 cup pizza sauce
1/2 cup chopped green bell pepper
1 cup no-fat mozzarella cheese
3 ounces chopped ham
Other vegetables (red peppers, mushrooms, cauliflower, broccoli) may be added

Carefully cut open pizza bread to create two sides. Lay four pizza slices, hard side down, on cookie sheet. Spread 1/4 cup pizza sauce on each slice. Divide other ingredients into fourths and spread on top of slices.

Put cookie sheet under broiler and broil until cheese is melted. Serves 2.

Recipe by Sandra Dalke-Prybyl

MOM'S SPECIAL DESSERT

1 cup fat-free vanilla yogurt
1 package sugar-free pistachio pudding

10 ounces can of natural (sugar free) crushed pineapple with juice

Mix all the ingredients together. Refrigerate until cold and firm. Serves 4.

Recipe submitted by Ann Marie Dalke

COOKING CALENDAR

Demonstrations
KOWALSKI RESTAURANT
Cook-free Holiday entertaining, 8:30 p.m. - 10:30 p.m.
Monday, Nov. 20 (entertaining), 8:30 p.m. - 10:30 p.m.
Tuesday, Nov. 21 (dinner), 1 p.m. - 3 p.m.
Wednesday, Nov. 22 (dinner), 1 p.m. - 3 p.m.
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