Cookbook from Front

deal of power in the kitchens of many prominent homes in the south, they lived and cooked also throughout the north, east, and west, and also in the south as Creole and Cajun cooks and chefa, "epilains Psige.

By meeting cooks throughout history, readers get a flavor for what is called African-American cookery, Pajer introduces "The

what is called African-American cookery, Paige introduces "The Big House Cook," "The Field-hand Cook," and a variety of dishes prepared on plantations such as Fresh Corn Spoon Bread from Eleanore Ott's "Plantation Cookery of Old Louislana," and "Hoe Cake," or Johnny cake, which was prepared by slaves in the field on plantations where they were not allowed to leave the field where they worked.

Paige also introduces the African-American train cook, trail cooks, chefs, hotel owners, restaurateurs, inventors, cookbook authors like Robert Roberts a free

African-American who wrote "The House Servant's Directory," in 1827, and Thomas S. Bivins who wrote "The Southern Cookbook" in 1912.

book" in 1912.

A chapter of recipes is dedicated to special people including George Thomas Downing who cowned the Sea Grit Hotel 1819.

1903, George Washington Carver, "well noted for his outstanding reacarch with peanuts from which he developed 300 products — many of which were used as food," and Lloyd Augustus Hall "an outstanding scientist and ploner in the food chemistry industry."

dustry."

Aa you thumb through the pag-ea and meet the cooks Paige intro-ducea, you'll learn that African-American Cookery is a lot of things. It's Sally Washington's Sweet Potsto Pie, Baking Powder Biacults, Banana Cake, Fried Chicken, Orange Prailine Toast, See recipes inside.

Fried Fruit Pies, Chuck Wagon Bean Seup, Apple Sauce Cake, Shrimp Creole Gumbo, Jam-baleya, and "The Tallahassee Hush Puppy."

Hush Puppy."

You can meet Palge this month at Henry Ford Museum in Dearborn. He is participating in the museum abservance of February as Black History Month. Special weekend activities are planned at the museum through Feb. 25. Paige will be discussing the traditions of African-American cooking and preparing such classics as peanut aoup, aimond racing and preparing under the dayle pies, and chicken Crecle gumbo. His books will be available for purchase at the museum. "African American Family

"African American Family Cookery" will also be available for purchase at a cooking demonstra-tion at Southfield Public Library on Feb. 20.

Wine from Front

Northville Gourmet and on the wine list at Sebastian's in Troy, Cherry fruit abounds in a wine with the scents of rose petals and a finesseful, elegant finish. Tim Shippey, the winery's director of marketing and sales promised that the 1974 bottling will be available in wider distribution this spring. Watch for it. The barrel sample we tasted showed great promise. It will be priced at \$12, but it's still a steal.

Sallo-Sonoma Single Vineyard Series has some impressive, justiclessed wines. "We've showcased Sonoma County as an excellent

place to grow our grapes, but we firmly believe in the distinct differences among our Sonoma prop-erties," Gallo's Carmen Castorina said. Can you taste the differ-ence?

Try: Gallo-Sonoma 1994
Stefani Vineyard Chardonnay,
Dry Creek Valley, \$16 along site
1994 Laguna Ranch Vineyard
Chardonnay, Russian River Valley, \$16 and you'll understand
Castorina's remark.

Also available in the series are 1993 Merlot (a three vineyard blend), \$14, 1993 Frei Ranch Zin-

fandel, \$13 and 1992 Frei Ranch Cabernet Sauvignon, \$17. These are serious wines, that are flavor-ful and rich.

ful and rich.

Taste 10 top Bordeaux, including two first growths, from the renowned 1982 vintage at Collector's Connection, 730 p.m. Monday, Feb. 19 at Birmingham's Townsend Hotel, \$60 per person. Seminar conducted by Eleanor & Ray Heald. For reservations/information, call (810) 644-3443.

To leave a message on the Heald's voice mail — dial (313) 953-2047, mailbox 1864.

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food saftey, nutrition and preservation, call the Food and Nutrition Hot Line, 8:30 a.m. to 5 p.m. Monday through Friday, (810) 858-0904 in Oakland County,

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DOUBLE

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Historian, author shares African-American recipes

See related story on Tasts front. Recipes from "African American Family Cookery" by Howard Paige (Aspects Publishing, Co.).

SHRIMP CREOLE GUMBO

2 cups sliced fresh okra or 1 (10 ounce) package frozen

(10 cunce) package frozen okra
15 cup com oil
15 cup com oil
15 cup green onion, chopped
15 coves garlic, chopped
15 teaspoon black pepper
2 cups hot water
1 cup canned tomatoes
2 whole bay leaves
6 drops Tablesco
15 cups cooked rice
15 sups cooked rice
15 sups cooked rice
15 cups cooked rice
16 cups cooked r

Saute okra in oil for about 10 minutes or until okra appears dry, attring constantly. Add onion, garlic, sait, papper, and shrimp. Cook about 5 minutes.

about 5 minutes.
Add water, tomatoes, and bay leaves. Cover and simmer for 20

minutes.

Remove bay leaves. Add Tabasco.
Place '4 cup rice in the bottom of
six bowls. Fill with gumbo. Serves

SAULESBURGER STEAK WITH ONION RINGS

2 pounds lean hamburger 2 eggs, or 1 egg plus 2 egg whites

Writes
1/2 teaspoon solt
1/2 teaspoon black pepper
1/3 teaspoon garlic powder
1/4 teaspoon bread crumbs

1 cup flour
2 tablespoons olive oil
3 medium onions, diced
3 to 4 cups low calone brown
gravy (optional)

Mix meat, eggs, salt, pepper, gar-lic powder and bread crumbs to-gether until bread crumbs are com-pletely absorbed into the meat. Make oblong steaks to your desired

Dip steaks in flour and fry in olive oil on both sides until only half done.

Remove steaks from frying pan and place in casserole or baking pan. Place layer of onions over each layer of steaks. A low calorie brown gravy may be poured over the last layer. Bake in preheated 350 degree F. oven for 30-40 minutes. Serves 6-

1/2 cup sugar 1/2 cup butter or low-fat merga-

rine
1 large egg or 2 egg whites
2 cups wheat flour
3 toaspoons baking powder
½ or ¼ teaspoon salt
¼ teaspoon cinnsmon
½ cup 1 percent milk
1 to 2 cups blueberries

cup blueberries ¼ cup honey Grated find of 1 orange Grated find of 1 lemon

Cream sugar and margarine, add egg and beat.

Sift dry ingredients — flour, bak-ing powder, selt and cinnamen to-gether. Add to creamed mixture. Alternately add milk and blue-berries to batter.

berries to batter.

Pat out to V-inch thickness on a floured bread board. Cut with a biscuit cutter and arrange in a greased pie pan. Spread with honey and aprinkls with orange rind and lemon rind and back for 15-20 minutes in hot oven (400 degrees P.) for 15-20 minutes. Serve hot or cold.

Serves 6-8.

Vegetable side dishes low in fat

See Chef Larry Janes' Taste
Buds column on front.

Here are some foods that I used to eat growing up that have been "made over" to a little lighter style. Don't feel guilty about leav-ing any on your plate!

SOUTH OF THE BORDER CORN

2 teaspoons margarine, mett-

1 teaspoon minced fresh clian-

1 teaspoon minced fresh clan tro or parsiey 1/2 teaspoon ground cumin 1/2 teaspoon sweet Hungarian papitka Dash salt 1/4 teaspoon gartic powder 3 cups of frozen com kernels

Combine all ingredients in a non stick saucepan. Cover with a lid and heat over medium heat, attring

DON'T PAINT YOUR

RADIATORS

once for 5 minutes, Serves 6. Each 14 cup serving is 75 calors (2 gr. protein, 2 gr. fat, & 15.5 gr. carbohydrates, 0 cholesterol.

SWEET PEA SALAD

Lys cups cooked rice (cooked without salt or fat) % cup frozen green peas, thawed

¼ cup chopped celery ¼ cup (1 ounce) shredded

cheddar cheese ¼ cup reduced calorle mayon-

2 tablespoons finely chopped

onion

Combine all ingredients in a medium bowl and stir well to mix.

Serves 6.

About 115 calories each serving.
3.3 gr. protein, 4.3 gr. fat, 15 gr. carbohydrates, 8 mg. cholesterol.

Ten f

SNOW CAPPED BROCCOLL

SNOW CAPPED ERROCCOU

[10 Ounce) package frozen
broccoli

1 egg white

14 teaspoon garlic powder
Pinch sait

2 tablespoons reduced calorie
mayonnalse

1 teaspoon grated Parmesan
or Romano cheese

Cook frozen broccoli according to package directions, omitting sait. Divide broccoli evenly among 4 individual baking dishes or custard cupe. Beat egg white, garlle powder and pinch of sait at high speed with an electric miser until stiff peaks form; fold in mayonnaise. Spoon egg white mixture evenly over the broccoli, spread all over the tops of the broccoli. Sprinkie evenly with cheese.

coil, appead all over the tops of the hoccoil. Sprinks evenly with theses.

Bake at 400 degrees P. for B minutes or until lightly browned.

Each serving is about 45 colories per serving. 3 gr. protest. 2.5 gr. fol. 4 gr. carbohydraies, 4 mg. cholestern.

Chef's secret: try this with a good gourmet mustard and omit the may-onnaise for a fat-free treat!

COOKING **CALENDAR**

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