

Hazelnut souffle scented with cardamom

See Chef Larry Jones column on Taste front.

HAZELNUT CARDAKOM SOUFFLE

1/2 cup hazelnuts (about 2 ounces)
5 cardamom seeds (not pods)
1/2 cup sugar, plus a little more for dusting the baking dish
3 tablespoons all purpose flour
1 teaspoon unseasoned Dutch processed cocoa
Pinch salt
1 whole egg
2 egg yolks
1 cup milk
1/2 teaspoon Fresh grated orange zest
3 egg whites
Coffee cardamom sauce (recipe follows)

Preheat the oven to 425 degrees F. Spread the hazelnuts on a baking sheet and toast in the middle of the oven until golden brown and fragrant, about 8 minutes. Transfer the hot nuts to a kitchen towel and rub them together vigorously to remove their skins. Finely chop nuts and set aside.

heavy saucepan, heat the milk over moderate heat just until hot. Whisk a little of the hot milk into the egg mixture until blended, then whisk in the remaining milk.

Return the mixture to the saucepan and cook over moderately low heat, whisking constantly until thickened, about 4 minutes. Whisk in the orange zest and the reserved hazelnuts. Scrape the souffle paste into a bowl and place a piece of waxed paper directly on the surface and set aside to cool to room temperature (about 1 hour). Preheat oven to 425 degrees F. Lightly but thoroughly butter 4 individual ramekins or a 1 quart souffle dish with butter; dust with sugar.

In a large stainless steel or copper bowl, combine egg whites and a pinch of salt. Whisk until soft peaks form. Stir the souffle base thoroughly and using a rubber spatula, fold in one third of the egg whites into the whites until blended. Pour the remaining whites in and fold to incorporate. Pour the souffle mixture into the prepared ramekins or souffle dish. Bake the souffles in the middle of the preheated oven for 15-20 minutes. Serve at once with coffee cardamom sauce. Serves 4.

COFFEE CARDAKOM SAUCE
1 cup heavy cream

Syrup fest, ask a dietitian

Here are some upcoming events.

Maple Syrup Festival offers a behind-the-scenes look at maple syrup production 1-4:30 p.m. weekends through March 17, at Cranbrook Institute of Science, 1221 N. Woodward Ave., Bloomfield Hills. Admission price included in regular admission price: \$5 for adults, \$4 for children aged 3-17 and senior citizens aged 65 and older. Call (810) 645-3200.

Give your heart and body a

spring tune-up at "Ask the Nutrition Expert" noon to 4:30 p.m. Sunday, March 10 at the Twelve Mile, Telegraph Road at 12 Mile Road in Southfield.

The event sponsored by the South Central Oakland Division of the American Heart Association and local registered dietitians offers individual consultation with registered dietitians, mock grocery store tour, drawings for cookbooks, children's activities and other freebies.

3 tablespoons espresso
beans, lightly ground
The seeds from one cardamom pod, crushed
3 tablespoons sugar
1/2 teaspoon vanilla extract

In a small saucepan, combine the cream, espresso beans, cardamom seeds and sugar. Bring to a simmer over moderate heat to dissolve the

sugar. Pour into a glass bowl and the cover and refrigerate overnight.

In a small saucepan, warm the sauce over moderate heat. Strain through a fine sieve and return to the saucepan. (Cook the sauce on low heat, whisking often and removing the pan from heat if the sauce boils, until reduced by 1/2, (about 3 minutes.) Stir in the vanilla. Serve warm with souffles. Makes about 1/2 cup.

Cookbook features 'Olympiad' recipes

See related story on Taste front. Recipes from "Afaf & Ray's Olympiad Cookbook."

If you would like to make a donation to help the Michigan Culinary Team for the competition in Berlin this September, make check payable to the Michigan Culinary Team, and send to: Joseph Beato, Team Manager, 11 Centro, 670 Lathrop, Detroit, MI 48202. Call (313) 872-5110 for information.

ARTICHOKE AND SPINACH DIP

1 (10 ounce can) artichoke hearts, drained
2 cups fresh spinach, chopped
1 ounce (about two tablespoons) seasoned bread crumbs
1 cup Mayonnaise
3 ounces (slightly less than a cup) Parmesan cheese, freshly grated
1 tablespoon chopped garlic
Ground black pepper to taste
48 Melba Toast Rounds

Thoroughly drain one can of artichoke hearts and place in the bowl of a food processor fitted with a

steel blade. Clean and chop spinach leaves and add to the artichoke hearts. Combine remaining ingredients and pulse machine to a rough chop; do not puree.

Place into an oven-proof gratin dish and bake at 350 degrees F. until piping hot throughout (about 15 minutes). Top dish with freshly grated Parmesan cheese and place casserole in the center of a large plate with toasted Melba Rounds scattered around the outside of the plate for dipping.

FLORIDA KEY LIME PIE

1 (9-inch Graham Cracker Pie Shell)
4 large eggs
1 can condensed milk
1/2 cup Key Lime juice
2 egg whites
1 tablespoon lime zest

Whip the egg whites in a clean, chilled stainless steel bowl with a clean wire whisk until stiff but not dry.

Mix whole eggs, condensed milk, Key Lime juice, and fresh zest together and gently fold into the egg whites.

Bake in a preheated 350 degree F. oven for 15 minutes, or until set in the center. Do not allow pie to brown.

Look for Key Lime juice at Shopping Center Markets and other specialty food stores.

Chefs create ultimate wine and food matches

See related Focus on Wine column on front.

Readers wishing to try their hand at re-creating the winning dishes should know that for Brian Polcyn's recipe the salmon was house-smoked at the restaurant and in Derin Moore's dish, the lamb sausage was made at the restaurant, not purchased. Both chefs said using a high quality purchased replacement should work well for the home cook.

SEARED SEA SCALLOPS WITH SMOKED SALMON, CARROT & LEEK SALAD

2 pounds large sea scallops, muscle removed
8 ounces smoked salmon, julienned
2 large carrots, julienned
1 leek, julienned
1/2 cup extra virgin olive oil
Salt and white pepper to taste

Finely julienne the carrots and leek into matchstick size. Blanch in boiling water until tender, about 2 minutes. Shock in cold water, drain well and set aside.

Choose a high-quality smoked salmon, julienne. Toss with the carrots and leeks, moisten with olive oil, season with salt and pepper and arrange on a plate.

Heat a saute pan until almost smoking. Add some of the remaining olive oil, season the scallops and sear in the very hot pan. Cook the scallops in 2 batches so you don't cool the pan too much.

The scallops should be brown on the outside and opaque in the center. Serve with a drizzle of chive infused oil. Serves 6.

CHIVE OIL

1 cup safflower oil
4 ounces chives

Combine chives and oil in a blender, puree until smooth. airtight container for up to a month.

Wine suggestion: 1989 Champagne Pommery Brut

SPICY LAMB SAUSAGE WITH MEDITERRANEAN COUSCIOUS SALAD AND CURRIED SUNDRIED TOMATO VINAIGRETTE

For sundried tomato vinaigrette:

1 1/2 cups olive oil
1/2 cup cider vinegar
1/2 cup sundried tomatoes, reconstituted with hot chicken broth

1 1/2 tablespoons garlic
2 tablespoons shallots
2 tablespoons honey
1 1/2 tablespoons each of Worcestershire Sauce, Dijon-style mustard, curry powder, ground coriander and ground cumin

Pinch of cayenne pepper
1/4 cup chopped fresh basil
Salt and pepper to taste

Combine all ingredients in a blender and process until smooth. Strain and reserve at room temperature.

For sausage: Poach 3 pounds of quality, spicy Italian sausage for 5 minutes to set meat and keep casing from breaking, then grill to brown.

MEDITERRANEAN COUSCIOUS SALAD

2 cups couscous
2 cups chicken stock
1/2 tomato, peeled, seeded and diced
1/2 cup chopped artichoke hearts
1/2 cup chopped, peel and seeded cucumbers
2 tablespoons fresh minced basil
1/2 teaspoon turmeric powder
1/4 cup minced red onion
1/4 cup chopped black olives
1/2 lemon, juice only
2 tablespoons olive oil
Salt and pepper to taste

Reconstitute couscous with boiling chicken stock. Remove from heat. Add remaining ingredients and adjust seasonings.

Slice sausage in 1/2-inch pieces. Put a serving of couscous on a plate, top with some sausage slices and drizzle with vinaigrette. Serves 8.

Wine suggestion: 1993 Atlas Peak Sangiovese

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