

Heavenly marbled angel cake low in fat

Most people think of cake as being packed with sugar and fat and as having no redeeming health benefits. Yet many today would agree that life just wouldn't be the same without the joy of cake, so it's fortunate that creative, health-conscious chefs have developed ways to produce delicious cakes that are not only low in fat and calories, but also provide good nutrition in the form of vitamins, minerals and dietary fiber.

Butter and eggs make cakes moist and palatable, but are a major source of fat and calories. The problem of dryness in lowfat cake can be solved with various nutritious and lowfat moistening agents — from applesauce and fruit purees to zucchini — to substitute for half of all of a recipe's butter or margarine.

Flour contributes a major portion of cake calories, so consider using a more nutritious flour, such as whole wheat flour — which provides protein, iron B-

vitamins and fiber — particularly for bread-like cakes that would benefit from its robust flavor and heavier texture.

Frosting adds hundreds of calories and lots of fat. Instead, consider fruit for festive colors and a wide range of luscious flavors, along with few calories and many nutrients. Or try a simple non-fat frosting made with a cup of powdered sugar, 1 teaspoon grated orange peel and four teaspoons orange juice.

Try a low-fat cheesecake with a graham cracker crust, a part-skim ricotta cheese and plain lowfat yogurt filling sweetened with honey, orange juice, and topped with strawberries. Or try this chocolate variation of classic angel cake.

MARBLED ANGEL CAKE WITH PEACH TOPPING

1 box (16 ounces) angel food cake mix

- 5 tablespoons unsweetened cocoa powder
- 2 cups vanilla lowfat yogurt
- 2/3 cup skim milk
- 6 cups canned sliced peaches, in juice or extra light syrup

Preheat oven to 375 degrees F. Prepare cake batter according to package directions in non-plastic bowl. Measure 3-4 cups batter into separate bowl. Add cocoa powder to batter remaining in first bowl, gently folding in until well blended.

Four the cocoa batter into an ungreased 10-inch tube pan. Gently spoon vanilla batter on top; run a knife or a metal spatula through batter to "marble" it. Bake 35-40 minutes or until the top crust is firm and looks dry. Do not underbake. Cool, hanging upside down on a bottle or funnel for about 1 1/2 hours. Carefully loosen the cake from the sides of the pan with a knife.



Stir the yogurt and milk together until smooth. Drain the peaches. Cut the cake into 12 slices, about 2 inches each. Spoon 3-4

tablespoons of yogurt sauce over each slice of cake, top with 1/2 cup of drained peaches. Each of the 12 servings contains

1 gram of fat and 250 calories. Recipe and information from the American Institute for Cancer Research.

Cookbook features easy to cook fish

See Chef Larry Janes' Taste Bites column on front.

Cookbook author James Peterson calls this an everyday five-minute dish that can masquerade as something you've labored over for hours. You can use any fish including walleye, red snapper, haddock, cod or any skinless fillet. The following recipes are from his newly published cookbook, "Fish and

Shellfish" (William Morrow Publishers, \$40).

SAUTE-STEAMED STRIPED BASS

- Four (6-8 ounce) striped bass fillets, skin and small bones removed
- Salt and pepper to taste
- 1/4 cup dry white wine
- 1 tablespoon freshly chopped parsley, chervil or tarragon

- 2 teaspoons fresh lemon juice
- 2 tablespoons butter (optional)

Season the fish fillets with salt and pepper. Measure the white wine into a saute pan, preferably non stick, with a tight fitting lid just large enough to hold the fillets. Place the saute pan over high heat until the wine begins to steam and quickly arrange the fillets, most attractive side up, in the hot wine. Rapidly move the pan back and forth for a few seconds to prevent the fillets from sticking.

Cover the pan and lower the heat to medium, and cook for a little less than 8 minutes per inch of thickness to prevent overcooking. With a long spatula, gently trans-

fer the cooked fillets to hot plates. You should have 1-4 tablespoons of liquid left in the pan. Add enough water to make about 5 tablespoons, bring the liquid to a simmer and quickly whisk in the parsley and lemon juice. If desired, add butter. When sauce is simmering, immediately remove it from the heat and spoon over the fillets. Serves 4.

SAUTEED CRAB CAKES

- 1 pound lump crab meat
- 4 slices white bread, crusts removed or 6 tablespoons fresh bread crumbs
- 2 eggs
- 1/4 cup milk
- Pepper to taste
- 1/4 teaspoon cayenne pepper

- 3 tablespoons fresh chopped parsley
- 1/2 cup all purpose flour
- 1/4 cup unsalted butter
- Lemon wedges

Pick over the crab meat to eliminate any stray pieces of shell or cartilage. Place the bread in a food processor or blender for 30 seconds to break it into crumbs. Beat the eggs with the milk, salt, about 5 grinds of pepper from a mill and the cayenne in a mixing bowl.

Stir in the crab, bread crumbs and parsley. Form the crab mixture into 8 patties and gently roll them in the flour. Put off most

of the flour so that only a thin layer adheres to the cakes. Gently heat the butter in a non stick saute pan large enough to hold the crab cakes in a single layer. Gently saute the crab cakes for 4 minutes on each side.

Pat off the excess butter with a paper towel and serve immediately with lemon wedges and/or a sauce. Makes 8 crab cakes.

Chef's secret: I made these up and quickly whisk in the parsley and lemon juice. If desired, add butter. When sauce is simmering, immediately remove it from the heat and spoon over the fillets.

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygnik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 591-7279.

COLLEGE OFFERINGS

SCHOOLCRAFT COMMUNITY COLLEGE
Eighth Annual Chef's Seminar continues 9 a.m. to 3 p.m. Saturday, April 27 with Chef Steven Allen of the Golden Mushroom in the kitchens at the Livonia campus, 18800 Hingerty Road, cost \$90 includes cooking demonstrations, taste-testing, recipe-sharing and professional tips. (313) 462-4448.

COOKING DEMONSTRATIONS

BOTSFOUR HEALTH DEVELOPMENT NETWORK
"Enhancing Food Flavor with Herbs & Spices" 7-9 p.m. Thursday, April 18, 99750 Grand River Ave., Novi. Chef Larry Janes will offer healthy alternatives to heighten the flavor of food. Cost \$5, call to register. (810) 477-8100.

BORDERS BOOK SHOP

(SOUTHFIELD AT 53 MILE ROAD) Nick Stellino author of "Cucina Amore" shares treats and tips from his latest book "Nick Stellino's Glorious Italian Cooking: Romantic Meals, Menus, and Music from Cucina Amore." (Putnam, \$24.95), 7 p.m. Tuesday, April 16. Cookbook author Julie Russo visits 1 p.m. Saturday, April 20 for a discussion and signing of her latest cookbook, "Fresh Start." (810) 644-1616.

KITCHEN GLAMOR

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day, April 28 for the Michigan Chef's Series, Menu with Wine at the West Bloomfield store. Cost \$40 per person, 25 student limit. Call to register. (313) 637-1300

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