

Chef Larry Janes answers more requests

See related Taste Buds column on front.

• Dave Simplotowski of Westland called with a question about powdered sugar. He wants to know what's the difference between XXXX, 10X, bar sugar and the like.

Well, Dave, according to the folks at "Cook's" magazine, there's little difference between XXXX and 10X powdered sugar. The higher the number, the more the sugar has been ground. A finer grind makes for a smoother frosting. Bar sugar, also called superfine sugar, is finely ground granulated sugar that dissolves easier, especially in cold cocktails, and can be purchased at most upscale grocery stores in the sugar or liquor department.

• Joan Marganath of Avon Township is looking for a guilt-

less appetizer that she can make for an upcoming shower. Joan, you'll love this recipe from "The 99¢ Fat Free Book of Appetizers and Desserts" by Barry Bluestein and Kevin Morrissey. (Copyright 1996, Doubleday, \$27).

CURRIED CHICKEN IN ENDIVE BOATS

8 ounces skinless, boneless chicken breast, trimmed
2/3 cup plain non fat yogurt
1 1/2 cups peeled and diced Granny Smith apples
3/4 cup chopped fresh pineapple
1/2 cup finely diced celery
2 teaspoons curry powder
1/2 teaspoon salt
1/4 teaspoon fresh ground black pepper
12 leaves Belgian endive

Steam the chicken over boiling water for about 20 minutes, until fork tender. Allow to cool for a few minutes, cut into chunks and set aside. Place the yogurt into a mixing bowl. Add the apple, pineapple, celery, curry, salt and pepper. Stir in the chicken and mix well. Cover and chill. Top each endive leaf with 1/4 cup of the chilled chicken salad and serve immediately. makes 12 servings. Each serving has 0.43 grams of fat and about 42 calories each.

• Marsha Willon of Redford has made up her mind to lose 20 pounds before the Fourth of July. She called for a great, tasty fish dish because she knows the importance of eating fish. Well, Marsha, I sampled this recipe as a guest of the Catfish Institute and couldn't believe how great it tastes. Talk about a

wonderful lunch salad or an evening antipasti! — this can't be beat!

CATFISH ANTIPASTI

2 cups water
8 ounces farm raised catfish fillets
1 (9 ounce) package frozen artichoke hearts, thawed and halved
1 small zucchini, sliced
2/3 cup wine vinegar
1/3 cup olive or canola oil
3 green onions, finely chopped
3 cloves garlic, minced
1 teaspoon sugar
1/2 teaspoon dried basil, crushed
1/4 teaspoon fresh ground pepper

In a large skillet, bring the water to a boil. Add catfish. Return to a boil. Reduce heat to a simmer. Cover and simmer for 6 minutes. Remove fish from water. Cool slightly. Cut into bite-size pieces. In a medium bowl, combine catfish, artichoke hearts and zucchini. Set aside. In a small bowl, whisk together vinegar, oil, green onions, garlic, sugar, basil and pepper. Pour over fish and vegetable mixture and toss to coat. Cover and refrigerate 6 hours or overnight, tossing to redistribute coating occasionally. Drain mixture and arrange on lettuce lined serving plates. Makes 4 servings. Each serving about 175 calories.

• Joe DeVanslur of Plymouth called with a question about

flour. He wanted to make bread, but only had a box of cake flour. Can it be used? Well Joe, the folks at White-Lily Flour Mills say that you can substitute cake flour anytime.

When a recipe calls for 1 cup of all purpose flour, use 1 cup plus 2 tablespoons cake flour. Likewise, when a recipe calls for cake flour, use 1 cup less 2 tablespoons all purpose flour. Of course, always use the "dip and sweep" method for measuring flour.

Chef Larry is a free-lance writer for The Observer & Eccentric Newspapers. You can leave him a voice mail message by dialing (313) 963-2047 on a Touch Tone phone, mail box 1886.

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MAY BREAD OF THE MONTH: CAMEL APPLE

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Bistro Beef Steak quick, easy

See related story on Taste front.

BISTRO BEEF STEAK

1 pound boneless beef top sirloin steak, cut 3/4-inch thick
2 tablespoons chopped fresh Italian parsley
2 cloves garlic, crushed
1/2 teaspoon pepper
1 large red onion
1 tablespoon olive oil
1/4 cup dry red wine
1 1/2 pounds new potatoes, steamed
2 cups steamed vegetable medley (green beans and sliced yellow bell pepper)

Trim fat from beef steak. Cut steak lengthwise in half and then crosswise into 1/2-inch thick strips. In medium bowl, combine beef, parsley, garlic and pepper; toss to coat. Set aside.

Cut onion into 1/4-inch thick slices; separate into rings. In large nonstick skillet, heat oil over medium-high heat until hot. Add onion; cook and stir 3 to 5 minutes or until crisp-tender. Remove to serving platter; keep warm.

In same skillet, add beef and stir-fry 2 minutes or until outside surface is no longer pink. Place beef on top of onion.

Add wine to skillet; cook and stir until brown bits attached to skillet are dissolved and liquid thickens slightly. Pour sauce over beef and onion. Serve with potatoes and vegetables. Makes 4 servings.

Nutrition Information per 1/4 recipe and 1/2 cup vegetable medley: 419 calories; 32 g protein; 49 g carbohydrate; 10 g fat; 2.9 g saturated fatty acid; 5.2 mg iron; 74 mg sodium; 76 mg cholesterol.

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