

Chefs share recipes for Le Gala

See related story on Taste front.

GRILLED SHRIMP
24-26 shrimp, peeled and deveined
6-8 wooden skewers, 4-inch
Marinade:
1 teaspoon ginger, freshly grated
1 tablespoon garlic
3 green onions, thinly sliced
1 jalapeno pepper, seeded and minced
1 cup vegetable oil
1/2 cup tomato juice

1 tablespoon cumin
Prairie Salsa:
1/2 cup black beans, dried
1 tablespoon olive oil
1 teaspoon garlic, minced
1 small onion, diced
1 celery stalk, diced (including leaves)
1 serrano chili, seeded and minced
3 cups chicken broth
1 medium tomato, peeled, seeded and diced
1/2 teaspoon cumin powder
1 cup corn, fresh and cut off

of the cob
1 teaspoon basil, fresh
2 teaspoons cilantro, chopped
1/2 red pepper, sweet, diced
1 teaspoon salt
1 teaspoon lime juice
Put shrimp on wooden skewers. Mix all ingredients for marinade. Cover shrimp with marinade for 2 hours. Grill on medium heat until done.
Rinse and pick stones and dirt from black beans. Cover with cold water. Bring to a boil. Cover pot and steep for 10 minutes. Bring back to a simmer, cook gently until tender (about 1 hour).

Cook onions, celery and chilies in olive oil on medium heat in a large skillet until clear. Add corn and garlic, cook for 5 minutes. Add broth. Reduce by half.

Add cooked black beans to the corn mixture. Add basil, cumin, and cilantro. Season with salt.

Purée 1/2 of the mixture in food processor. Return to the pan. Add red peppers, lime juice and tomatoes. Keep warm; serve under grilled shrimp. Serves 6-8.

Recipe from: Chef Kevin Enright, president of the Michigan Chefs de Cuisine Association, and a culinary arts instructor at Oakland Community College, Farmington Hills.

ORZO PASTA WITH WILD MUSHROOMS, ROASTED SWEET ONIONS AND FRESH HERBS
2 cups orzo pasta, cooked and drained
4 tablespoons olive oil
2 cups wild mushrooms, coarsely chopped
4 garlic cloves, minced
1 sweet onion, sliced
2 tablespoons olive oil
2 tablespoons Balsamic vinegar
1/4 cup parsley, coarsely chopped
1 tablespoon fresh thyme, chopped
4 tablespoons Parmesan cheese, grated
Salt and pepper to taste

Place 4 tablespoons oil in a large skillet. Sauté mushrooms on high heat until softened. Add garlic and cook until juices dry up and mushrooms begin to brown.

Preheat oven to 400 degrees F. Thinly slice onion with 2 tablespoons oil and Balsamic vinegar and place on cookie sheet and roast in oven until onions begin to caramelize but retain crispness.

Combine orzo, mushroom mixture, onions and remaining ingredients. Add salt and pepper to taste.

Place on a platter and garnish with lemon wedges and fresh thyme sprigs. Serves 4.

Recipe from Chef Timothy Toot, Peter's Palate Pleaser, Bloomfield Hills

Festive chicken dish

See related story on Taste front. Recipe from San Antonio's Pace Picante Sauce Test Kitchen.

ARROZ CON POLLO PRONTO (QUICK CHICKEN AND RICE)
2 tablespoons vegetable oil
4 skinless, boneless chicken breast halves (about 1 pound)
1 cup uncooked regular long-grain rice
1 can (14 1/2 ounces) chicken broth
1 cup picante sauce
1 teaspoon ground cumin
1 can (about 16 ounces) black beans, rinsed and drained
1 cup frozen whole kernel corn

1/2 cup shredded Cheddar cheese
In medium skillet over medium-high heat, heat half the oil. Add chicken and cook 10 minutes or until browned. Set chicken aside.

Reduce heat to medium. Add remaining oil. Add rice and cook until browned, stirring constantly. Stir in broth, picante sauce and cumin. Heat to a boil. Reduce heat to low. Cover and cook 16 minutes.

Add beans and corn. Return chicken to pan. Top chicken with cheese. Cover and cook 5 minutes more or until chicken and rice are done and most of liquid is absorbed. Serves 4.

Prep time: 5 minutes Cook time: 35 minutes

CAT CHAT
with Dr. Terry Ryan
Veterinarian

KEEP YOUR CAT AWAY FROM HOUSEPLANTS
When cats are outside, part of their normal behavior is to take an occasional nibble of grass and other greens. We think they do this to help eliminate hairballs. Spring is shedding season for our cats to lose that thick winter undercoat. It should come as no surprise, therefore, that at least from your cat's point of view, it seems perfectly natural to take a bite now and then from your indoor houseplants. In addition to taking a toll on your plants, such behavior can be harmful to your cat. Those include the azalea, philodendron, cherry laurel, oleander, ivy, mistletoe and poinsettia. Spraying plant foliage with a nasty-tasting mixture of hot pepper and water can discourage plant snacking, as can spritzing your cat with plain water if you catch him in the act. The best way to keep your cats healthy is with preventative care. There are grass kits available to grow indoors that are safe for cats. Also, now is the time to comb your cats to help prevent hairballs. The Cat Practice, 875 South Worth in Birmingham, has combs, brushes, and nail trimmers all designed just for cats. We also offer bathing and grooming for cats at Amelia's Place. Call now 810-540-3390 for a Spring cleaning!

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AMERICAN HOUSE

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Flavorful soup is full of beans

See Chef Larry Jones' Taste Buds column on front. Chef Larry Jones is a free-lance writer for the Observer & Eccentric Newspapers, Inc. You can leave him a voice mail message by calling (313) 953-2047 on a touch-tone phone, mailbox 1866.

SIX BEAN SOUP
1/4 cup each dry baby limas, whites, blackeyes, garbanzos, pinks and kidney beans
1 teaspoon salt
1 cup chopped onion
1 cup chopped celery
1 cup chopped carrot
1/2 cup chopped green pepper
1/2 cup minced parsley
1 clove garlic, minced
2 tablespoons butter or margarine

2 envelopes (2 ounces each) chicken noodle soup mix
1 bay leaf
1 cup fresh or canned tomatoes, chopped
Grated Parmesan cheese for topping

Soak beans by preferred method. (To maintain color of beans, soak beans separately.) Drain. Cook onion, celery, carrot, pepper, parsley and garlic in butter or margarine until tender, about 6-7 minutes.

Combine cooked vegetables with soup mix, 2 quarts water, bay leaf and soaked beans. Simmer, barely covered, about 1 1/2 hours. Stir in diced tomato. Serve generously sprinkled with Parmesan cheese. Serves about 1 gallon, about 16-18 cup servings.

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