

Chefs share summer seafood recipes

LOW-FAT MEALS
Prepared Quickly for One or a Family
Personalized Menus
Shopping Available
Interested? We'll Tell You More.
Call 810-478-0611

Do Your Windows Need Cleaning? Improve Your Outlook! Relax while we do your dirty work!
Specializing in Residential Service
Windows • Screens • Gutters
Mirrors • Fixtures
Satisfaction Guaranteed
Courteous Professional Service
FREE ESTIMATES
CALL NOW!
EXCELLENT WINDOW CLEANING
810-774-3439

Cooking Away Cancer
Do you have cancer? And you don't know what to eat? Are you cooking for someone with cancer? And you don't know what to cook?
You can't cook away cancer. But you can learn traditional and nontraditional nutritional approaches that fight cancer and chronic disease. Learn about Macrobiotics, Healing Diets, Omnih, Pristkin, Oriental, Spiritual, Psychological and other healing approaches.
Class 1 - Therapeutic Food - June 22
Learn how to make therapeutic food choices. Learn what foods are good for you, and what foods you should avoid. Learn what you should always have in your pantry, and easy-to-follow guidelines for health. Learn basic cancer-fighting food preparation techniques.
Class 2 - Easy Preparation - June 29
Learn therapeutic food preparation that enhances flavor, and gourmet shortcuts to wonderful meals. Learn about kitchen accessories, nutritional guidebooks, and resource materials. Learn the latest trends in coping with cancer and chronic illness in the kitchen.
Class 3 - Cuisines of the World - July 13
Learn how to make healthy meals more interesting with cooking styles from Europe, Asia and the Orient. Learn about international approaches and techniques that fight cancer.
Class 4 - Your Favorite Recipes - July 20
Learn to adapt the foods you love to your healing diet. Learn healthy modifications that actually improve many originals. Learn to make your favorite comfort foods good for you.
Gabrielle Bernstein, M.A. and Bill Nagler, M.D.
Gabrielle Bernstein, M.A. studied cooking and the healing arts in Asia, the U.S. and Canada, and is the author of "Cooking Away Cancer." Bill Nagler, M.D. is a leading authority on nutrition, and has appeared on Donahue, Joan Rivers and in USA Today.
Registration
Tuition is \$30.00 a class or \$110 for all four classes are held in the "Alcove" of Vico World Class Market, 42475 Grand River in Novi, and begin promptly on Saturdays at 1:00 p.m. Please call (313) 422-9600 to preregister to reserve your space. Classes fill very quickly.

See related *Culinary Classic* story on *Taste front*.
"It's an outstanding event, not just because of the seminars, but because of the Grand Tasting and the ambiance of the campus," said Jeanne Towar, honorary chairwoman of the Culinary Classic, and vice president and publisher of "Detroit Monthly" magazine. Towar, elected to the OCC board of trustees on June 10, has been a member of the college's foundation board for 10 years. "It's a chance to learn more about food," she said, "and you'll meet a lot of people who are happy to answer your questions."
Chef Chuck "Rocky" Rachwitz and Chef Kevin Enright, Oakland Community College, shared these recipes.

BARBECUE SHRIMP
24 large shrimp, peeled and deveined
12 slices bacon, half cooked, cut in half lengthwise
Barbecue sauce:
1 1/2 cups orange juice concentrate
6 tablespoons soy sauce
1 cup ketchup
3/4 cup molasses
4 teaspoons Worcestershire sauce
2 teaspoons Tabasco
1 1/2 cups chili sauce
2 tablespoons Dijon mustard
2 cloves garlic, chopped fine
2 tablespoons fresh lemon juice
1/2 cup chicken broth
2 teaspoons salt
Peel and devein the shrimp, leaving the tail on.
Cook the bacon halfway in a skillet, chill, cut in half lengthwise.
Wrap the shrimp in the bacon holding together with a toothpick.

In a large bowl mix together all of the ingredients for the BBQ sauce.
Place the bacon wrapped shrimp on a sheet tray.
Ladle the BBQ sauce generously over each shrimp, leaving the tails unsauced. Place the shrimp under a low heat broiler, cook for 6 minutes. Turn shrimp and cook for another 6 minutes.
To Serve: Place the shrimp on a large decorative platter, with napkins on the side. Serves 8.
Chicken can be substituted for the shrimp.
Recipe by Chef Chuck "Rocky" Rachwitz from "The Simply Great II Cookbook," by the C.A. Muer Corp. (Momentum Books, Ltd., Troy, 1995).

COHO SALMON PHYLLIO WITH CHEVRE CHEESE
12 ounces (4 filets) Coho - fingerling salmon, boneless, skinless
6 sheets phyllo dough
1 small red onion, julienne, sliced thin
2 ounces Chevre cheese
1 teaspoon garlic
2 medium fresh tomatoes, peeled, seeded and quartered
1/2 teaspoon fresh basil, chopped
Salt and pepper to taste
2 ounces (4 tablespoons) margarine
6 ounces (3/4 cup) bread crumbs
1 tablespoon olive oil
4 ounces (or as needed) butter or margarine, melted
Sauté onion with garlic in olive oil until clear. Add tomatoes, basil, cook 3-4 minutes. Remove from stove, add Chevre cheese. Season to taste. Cool.
For assembly of first portion,

Feast salutes presidents
"A Feast of the Presidents," 7 p.m. Friday, June 21 at America, 4616 N. Woodward, (2 blocks south of 14 Mile Road), Royal Oak, will feature former White House Chef Henry Haller. The cost is \$32.95 per person. Master Sommelier Madeline Trifon will offer a wine package at an additional cost, call (810) 549-2000 for reservations.
Haller held the position of White House Chef for more than two decades beginning with Lyndon B. Johnson and continuing through the Bush administration. The course menu highlights dishes from each president's term. America's Executive Chef Elizabeth Solihah will carefully prepare the five courses from the original White House recipes under Haller's watchful eye.
First plate - President Nixon's Baked Oysters (reminiscent of Oysters Rockefeller).
Soup course - President Reagan's Cold Curry Soup with Sesame Seed Twists.
Second course - President Ford's Boston Lettuce Salad with Red Onions.
Principal plate - President Ford's Venal Chop with Mushroom Sauce, Saffron Rice and Artichokes St. Germain.
Finale - President Carter's Hazelnut Mousse with President Johnson's Chewy Macaroons.
Haller, who will be available to dish on the dishes and the first ladies throughout the meal, is visiting metro Detroit to participate in the Oakland Community College Culinary Classic.

butter 1 sheet of phyllo dough, sprinkle with bread crumbs.
Repeat 2 more times until you have 3 layers. Don't put bread crumbs on the last layer. Coat one side of fish fillet with bread crumbs.
Add 1/2 of cheese mixture on top of fish. Put second fillet on top of mixture (like a sandwich). Sprinkle with bread crumbs.
Place fish on edge of dough, roll fish up in dough buttering the dough as you roll up - tucking the sides.
For assembly of second portion, butter 1 sheet of phyllo dough, sprinkle with bread crumbs. Repeat 2 more times until you have 3 layers. Don't put bread crumbs on the last layer. Coat one

side of fish fillet with bread crumbs.
Add 1/2 of cheese mixture on top of fish. Put second fillet on top of mixture (like a sandwich). Sprinkle with bread crumbs.
Place fish on edge of dough, roll fish up in dough buttering the dough as you roll up - tucking the sides.
Bake in 350 to 375 degree F oven until brown and fish is completely done, 16-20 minutes, 145 degree F internal temperature.
Slice in half, serve warm with green beans. Serves 2.
Recipe from Chef Kevin Enright, Oakland Community College, Orchard Ridge Campus.

Wine from page 1B

from the viura grape variety. The 1994 version has the delightful aroma of fresh pears. It's a great value, clean and crisp with just the right acid zip to pair it well with seafood and lighter summertime dishes.
Three red wines are made: Vina Cumbre Tinto, Vina Monty Gran Reserva, and Montecillo Gran Reserva. Tasting the same wine from several years illustrates vintage differences in the Rioja region. 1991 Vina Cumbre Tinto \$9 made from 100 percent tempranillo grapes was aged 18 months in French oak (coopered at Bodegas

Montecillo which has two full-time barrel makers producing 2,000 new barrels each year). The wine was bottled aged one year before release and is highlighted by generous red fruit components, good complexity and a fine finish.
1988 Bodegas Montecillo Reserva \$12 is the first reserva bearing this name introduced into the market. It, too, is 100 percent tempranillo, aged 18 months in French oak, but it had five years of bottle age before release. Depthful red fruit characters are complemented by some leathery and spicy notes. It finishes rich and amazingly youth-

ful. 1986 Vina Monty Gran Reserva \$19 has impressively youthful color, fresh fruit and violet floral notes. It's rich, complex, balanced and structured with bright fruit flavors.
And then there's the newly released 1970 Montecillo Gran Reserva about \$60. "There will be no wine before its time," is something of a standard joke in the wine industry. Anyone who takes this wine should stop using the phrase jokingly. "Some wines take longer to be ready to drink," Martinez Sierra noted. "This is one of them. It was bottled in 1975 and has only come around recently. We won't

release a wine that's aggressively tannic. Such wines destroy foods and that's why we wait."
The wait has definitely been worth it. Unbelievably youthful color is complemented by a magnificent cigar-box aroma.
This is one of the world's most intensely extracted, generous, lush wines that finishes smooth and velvety. It's awesome and will be available here next month.
Look for Focus on Wine on the first and third Monday of the month in Taste. To leave a voice mail message for the Healds, dial (313) 953-2047 on a touch-tone phone, mailbox 1864.

Embarrassingly Low, Microscopically SMALL
6.50% APR
Home equity line of credit
1.75% below prime rate / No up-front expenses
No points or closing costs / No annual fee the 1st year
Telephone Loan Center 1-800-DIAL-FIRM (1-800-342-5336)
FIRST FEDERAL OF MICHIGAN
Ask Us. We Can Do It.
FDIC Insured Branch offices throughout metropolitan Detroit, Lansing, Kalamazoo and Okemos.

Dress up rice with colorful vegetables

Rice is an unassuming cereal grain. Although it often sits unadorned at the side of the plate or finds itself buried under the entree, rice can be the showpiece of a healthy meal. While the average American eats about 22 pounds of rice each year, people in some Asian countries eat as much as 300 pounds a year. You can increase this ancient grain in your diet by using it in some modern, traditional and international meals.

Try rice as a salad ingredient. Like pasta, it's the perfect counterpart to other vegetables, meats, fruits, herbs and spices. With meat, fish or legumes, it can be a main dish. Combine cooked rice with chick-peas, a little diced Feta cheese, chopped celery, red onion and black olives dressed with a vinaigrette made from olive oil, lemon juice, mint, oregano and garlic. Or toss cooked rice, corn kernels, diced tomatoes, diced red onion, and chopped fresh basil leaves with an oil and vinegar dressing.

Rice and beans make a hearty main dish the world around. Make a Cuban-style dish by sautéing onions, bell pepper, garlic and bay leaves in a little oil. Then add enough cooking water for the rice you want to prepare, plus salt, and a bit of hot pepper sauce. Bring to a boil,

then add the rice and the drained, rinsed canned black beans; reduce heat, cover and cook until the rice is tender and the liquid is absorbed. Remove bay leaves and stir in a few tablespoons of lemon juice before serving.

When summer's biggest tomatoes arrive, make rice-stuffed tomatoes by combining rice with whatever food favorites you like - fresh vegetables are especially nutritious. For added interest in a rice side dish, add a cup of thawed peas to simmering rice five minutes before cooking time is completed and just before serving, stir in a tablespoon of finely chopped fresh mint.

Risotto is a national treasure of Italy and this recipe is an especially quick way to bring its delightful flavors, colors and textures to your summer dinner table. This recipe is courtesy of the USA Rice Council.

QUICK RISOTTO
2 1/4 cups chicken broth, divided
1 cup uncooked rice
1/2 cup thinly sliced carrots
1/2 cup thinly sliced yellow squash
1/2 cup thinly sliced zucchini
1/4 cup dry white wine



Dressed up rice: Quick Risotto is an easy way to bring more fresh vegetables and grain to your summer dinner table.

1/2 cup Parmesan cheese
1/4 teaspoon ground white pepper
Combine the rice and 1 3/4 cups of the broth in a 3-quart saucepan. Bring to a boil and stir. Reduce heat; cover and simmer 15 minutes or until the rice is tender and the liquid is absorbed.
Coat a large skillet with cooking spray and place over medium-high heat until hot. Sauté the carrots, squash, and zucchini 2 to 3 min-

utes or until tender crisp. Add the wine and cook 2 minutes longer. Set aside and keep warm. Add the remaining 1/2 cup of the broth to the hot rice; stir over medium-high heat until the broth is absorbed. Stir in the cheese, pepper, and reserved vegetables. Serve immediately. Each of the six servings contains 171 calories and 3 grams of fat.

Information in this column supplied by the American Institute for Cancer Research.

Second City - Detroit invites you to 'Slip a Discus'

With the Olympics just around the corner, isn't it time you got into the spirit of things? The Second City - Detroit has "Slipped a Discus" and invites you to suggest a wild and zany contest for the Olympics.
Limit your suggestion to 60

words or less, and send your entry by noon, Friday, June 21 to: Keely Wygonik, Arts & Entertainment Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150. Fax: (313) 691-7279. Include address and daytime

phone number with your entry. You must be 18 or older to enter, and Observer & Eccentric employees and their families are not eligible. The winner, to be picked by the cast of The Second City - Detroit, will receive dinner for two at Risata, a pair of

tickets to a future performance of "Slipped a Discus," and two Second City T-shirts. Three runner-ups will each win a pair of tickets to "Slipped a Discus." Winners will be notified by phone. Look for the winning entries on Thursday, June 27.