

# Recipes from pros help you learn 'How to Bake'

See related Taste buds story on Taste front.

I've included a favorite "beginners" recipe from each of the pros with hopes that you will find the time to bake something from scratch and share it with family and friends.

## CHOCOLATE GENOISE

1/3 cup cake flour  
1/3 cup cornstarch  
1/4 cup unsweetened cocoa powder  
Pinch baking soda  
3 large eggs plus 3 large egg yolks  
3/4 cup sugar  
Pinch salt

Set the rack in the middle of the oven and preheat the oven to 350 degrees F. Combine the cake flour with the cornstarch, cocoa powder and baking soda. Sift once and set aside. Whisk the eggs and the yolks in a bowl and whisk in the sugar in a stream. Mix in the salt.

Place the bowl over a pan of simmering water and gently whisk until the egg mixture is lukewarm.

Whip by machine on high speed until the egg mixture is cold and increased in volume. Remove the bowl from the mixer and sift the cake flour mixture over the egg mixture.

In 3 or 4 additions, fold in the dry ingredients using a rubber spatula. Pour the batter in a 9-inch round cake pan that was lightly buttered and lined with parchment paper. Smooth the top evenly with a spatula. Bake the layer for 25 minutes or until firm to the touch. Loosen the layer from the sides of the pan and invert to a rack; immediately re-invert so that the cake layer cools on the paper. Makes one 9-inch layer.

Recipe from: "How To Bake by Nick Malgieri," (Copyright, 1995, Harper Collins Books, \$25).

## ALL OCCASION DOWNY YELLOW BUTTER CAKE

6 large egg yolks  
1 cup milk  
2 1/4 teaspoons vanilla  
3 cups sifted cake flour  
1 1/2 cup sugar

1 tablespoon plus 1 teaspoon baking powder  
3/4 teaspoon salt  
12 tablespoons unsalted butter (softened)

Preheat oven to 350 degrees F.

In a medium bowl lightly combine the egg yolks, 1/4 cup of milk, and the vanilla. Set aside. In a large mixing bowl, combine the dry ingredients and mix on the low speed of a mixer for 30 seconds to blend.

Add the butter and remaining 3/4 cup milk. Mix on low speed and beat for 1 and 1/2 minutes to aerate and develop the cakes structure. Scrape down the sides. Gradually add the egg mixture in 3 batches, beating for 20 seconds after each addition to strengthen the structure. Scrape down the sides.

Scrape the batter into 2 prepared 9 inch cake pans (lightly greased, lined with parchment paper and then lightly greased and floured again). Smooth the surface with a spatula. The pans will be

about 1/2 full. Bake for 25 to 35 minutes or until a toothpick inserted near the center comes out clean and the cake springs back when lightly pressed in the center. The cakes should start to shrink from the sides of the pan only after removal from the oven. Let the cakes cool in the pans on racks for 10 minutes. Loosen the sides with a spatula and invert onto a lightly greased wire rack.

To prevent splitting, reinvert so that the tops are up and cool completely before wrapping airtight.

Serves 12. Makes 2 9-inch layers.

Recipe from: "The Cake Bible" by Rose Levy Beranbaum, (copyright 1988, Morrow Books).

## COCOA BUNDT CAKE

Butter flavored non-stick cooking spray  
1 1/3 cups unsifted cake flour  
2 tablespoons cornstarch  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1/8 teaspoon cinnamon  
1/2 cup plus 2 tablespoons

unsweetened cocoa, divided  
1/2 cup dark or light corn syrup  
1/2 cup plus 2 tablespoons warm water  
2 teaspoons vanilla extract  
4 large egg whites  
Pinch cream of tartar

Position a rack in the center of the oven and preheat oven to 350 degrees F. Coat a 9-inch bundt cake pan with cooking spray. Dust the pan with sifted cocoa and tap out the excess. Set aside.

Sift the flour, cornstarch, baking powder, baking soda, salt, cinnamon and cocoa into a large bowl. Make a well in the center and add 1 cup sugar, the corn syrup, water and vanilla but do NOT blend together. Set aside. In another large bowl, with an electric mixer, whip the egg whites with cream of tartar until foamy. Add the remaining 2 tablespoons of sugar and whip the whites until stiff but not dry.

Remove the bowl of whites from

the stand, shake off the beaters and return them without washing, to the mixer. With the mixer on low speed, beat the cocoa and corn syrup mixture until well blended. Stir about 1 cup of the beat whites into the cocoa batter to lighten. Gently fold in remaining whites. Turn the batter into the prepared pan.

Bake for about 45 minutes or until the top is springy to the touch and a cake tester inserted in the center comes out clean. Cool the cake in the pan on a rack for 5 minutes. Top with another rack and invert. Cool.

Cake can be dusted with confectioner's sugar before serving.

Yields one 9 inch bundt cake, about 14 servings. Each serving is only 150 calories with 1 gram of fat (less than 5 percent of its total calories from fat). This cake is also cholesterol and LACTOSE free.

Recipe from: "Have Your Cake and Eat It Too" by Susan Purdy, (copyright, 1993, Morrow Books \$25).

# Start jammin' to savor farm-fresh Michigan strawberries

See related story on Taste front.

Creating freezer jam is quick and easy because boiling water processing is not required. After the jam sets for approximately 24 hours, it is stored in the freezer until it's thawed and enjoyed.

## FREEZER STRAWBERRY JAM

2 cups crushed, stemmed, firm-ripe strawberries (approximately 1 quart, whole)  
3 cups sugar  
3/4 cup water  
1 3/4-ounce packet fruit pectin

In a large bowl, combine crushed

strawberries and sugar. Mix well. Let stand for 10 minutes. In a small saucepan, combine water and pectin. Mix well. Heat to a full rolling boil, stirring constantly. Boil for 1 minute. Pour hot pectin mixture into strawberry mixture and stir vigorously for 3 minutes. (There will be a few remaining sugar crystals).

Immediately fill hot, sterilized half-pint jars, leaving 1/2-inch headspace. Wipe jar tops and threads clean. Place lid on jar and apply screw bands. Let stand at room temperature for 24 hours or until set. Store jam in refrigerator up to 3 weeks or in freezer up to 3 months. Yield 6 half pints.

Recipe from: Kerr Brand, Consumer Products.

## TWICE BERRIED JAM

1 quart strawberries, washed and stemmed  
1 1/2 pints raspberries  
2 tablespoons lemon juice  
1 tablespoon grated lemon peel  
1 package no sugar needed pectin

Prepare home canning jars and lids according to manufacturer's instructions.

Crush strawberries and measure 2 cups; set aside. Measure 1 cup whole raspberries; set aside.

Crush remaining raspberries and measure 1 cup. Combine berries, lemon juice and lemon peel in a large saucepan. Gradually add pectin to fruit mixture, stirring constantly to dissolve pectin. Let stand 5 to 10 minutes.

Bring mixture to a full boil over high heat, stirring constantly to prevent scorching. Boil hard 1 minute, stirring constantly.

Remove from heat. Skim foam, if necessary. Carefully ladle hot jam into hot jars, leaving 1/4-inch headspace. Wipe jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly. Do not use excessive force.

Process 10 minutes in a boiling-water canner. Yield about 4 half-pints.

Note: Follow pectin package directions for adding sugar or non-sugar sweeteners to this or other soft spreads.

## Where u-can-pick berries

There's no finer way to spend a summer morning than picking your own fruits and vegetables. Always call ahead to check availability of produce and hours of operation. Wear "grubbies" and sturdy shoes.

Here are some places to pick strawberries locally. If we left out the name of your farm, please send information to: Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150. To fax: call (313) 591-7279.

**Livingston County**  
• DeGroot's Strawberries - (517) 223-3508  
4232 Bull Run Road, Gregory (8 miles south of Fowlerville)  
• Spicer Orchards Farm Market and Cider Mill - (810) 632-7692

Take U.S.-23 3 miles north of M-59, Clyde Road, exit east.  
**Oakland County**  
• Long Family Orchard and Farm - (810) 360-3774  
On Commerce Road, 1/3 mile west of Bogie Lake Road.  
• Middleton Berry Farm - (810) 693-6018  
2120 Stony Creek Road, Lake Orion, 6 miles north on Rochester Road to Stony Creek Road, 2 1/2 miles west.  
**Washtenaw County**  
• Glenn Rowe Produce Farm & Market - (313) 482-8538  
10570 Martz Road, east of Ypsilanti, I-94 to exit 187 (Rawsonville Road), south 2 1/2 miles to Martz Road.  
• Wlad's Orchards - (313) 482-7744  
1-94 to Huron St. (exit 183) at Ypsilanti then south 4 miles. Follow signs.

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