

MONDAY, SEPTEMBER 9, 1996

TASTE BUDS



CHEF LARRY JONES

## Cookbooks help college students tackle 'home' work

**M**y kids aren't old enough to be sent off to college, but I helped my best friend last weekend in the ritual send-off of his first-born son to Western Michigan University in Kalamazoo. It was a lesson for me not only in economics, but also in ergonomics. We attempted to cram a 1,000-watt stereo system and a mini kitchen into an 8- by 12-foot dorm room common area already occupied with necessities from three other guys.

### Homework

Before the send-off I did a little research and found two books to help my friend's son make the culinary transition from home to college. I wanted him to know there are options besides ticketed dorm food, pots of coffee, and ramen noodles, which can be cooked in a clean coffee pot or a microwave in less than 5 minutes.

My first foray was a rather fast fly through of "The Campus Survival Cookbook #2" by Jacqueline Wood and Joelyn Ghilicri, (copyright, 1981 Morrow Quill Paperbacks, \$8.95). Although this book offers some fairly in-depth ideas and suggestions, it's somewhat outdated. I don't know any college dorm student who is willing to cook "Braided Italian Chicken Hugo" or "Survival Bone Soup," which calls for nothing more than water, soup bones and a couple of pigs feet.

The list of items that the authors suggest to put in a "minimum" kitchen is six pages long and lists some things that I don't even own (i.e. a potato ricer). What the book does offer is some outstanding tips on cooking all the basics like rice, pasta, meatballs and lentils.

But if you continue to search for something small that should be considered a "must have" for any college student or person venturing out into their first apartment, it's a copy of "Where's Mom Now That I Need Her?" by Betty Kathryn and Kent Frandsen, (copyright 1983 by Aspen Publishing, \$21.95). The Frandsen kids put together this cumulative effort. It's one of the best books on the market for folks who had a momma like me who ironed towels, used a mangle on my sheets, shopped and did everything a 1950s June Cleaver would do while wearing a mummy instead of a perky dress, and curlers instead of pearls. This book is fun to read. There are chapters on "conquering the grocery store" and "how to" purchase everything from avocados to zucchini, how to read food labels, recipes for things you can't eat (cheap cleaning supplies), and all sorts of mess charts, cooking charts, measuring charts and so forth. All of the recipes serve 2-4 people and each chapter offers a few pages that are lined for inserting "mom's old favorites." Like the Campus Survival book, it also explains how to do everything from poach an egg to remove laundry stains.

If I were moving out of the house, I would feel very confident with a copy of "The Joy of Cooking," and this book, tucked neatly between my pressed underwear and momma's old crock pot (that I still use). Both books were available at all Kitchen Glamour stores.

### Cooking programs

For those going off to school or wherever with nothing more than the clothes on their back and a computer, I recommend two good basic cooking programs.

The first is dubbed "Mangia!" and is available for around \$35 wherever computer programs are sold. The second, called "Master Chef" is a more advanced collection of great recipes and how to food tips that also includes a nutritional value program for every recipe. Expect to pay around \$40 for the Master Chef program. It is available for both Mac and IBM formats.

Now if money is of little concern, one of the hottest holiday gifts to be unwrapped this season will be a color television with a programmable CD Rom player built in called the Kitchen Coach. Initial reviews show this promising video alternative to be an upscale way of incorporating personalized, private cooking lessons right in your own kitchen. The remote control can take you anywhere in a recipe with just the push of a button. Sounds high tech but fun! The only place I've seen it is at Kitchen Glamour stores. Although it retails at \$999.95, the folks at Kitchen Glamour tell me they sell out fast. Call (813) 537-1800 for details.

Chef Larry Jones is a free-lance writer. He welcomes your calls, e-mails, or letters. To leave a message for him, dial (813) 953-3047 on a touch-tone phone, mailbox 1888. See recipes inside.

## LOOKING AHEAD

What to watch for in Taste next month:  
■ Focus on Wine column.

# TASTE Apples

BY PEGGY MARTINELLI-EVERTS • SPECIAL WRITER

## Fall is crunch time in Michigan

**T**o me, fall means apple season. Biting into an apple straight off the tree is a simple pleasure that just about everyone in Michigan has experienced. As a kid, I remember hiding in the woods with some friends. After going quite a distance, we came upon a clearing with a big apple tree. Boy did those apples taste good! Never mind that they had a few holes and blemishes, we just ate around them. Fresh, crisp and tart, they satisfied our hunger and thirst all at once.

Everyone has heard that "an apple a day keeps the doctor away." But whether that is folklore or not, it is true that apples are juicy, sweet and just the right size for a snack. They have been called "nature's toothbrush" because they cleanse the teeth and exercise the gums.

As far as nutritional content goes, apples contain a little bit of lots of nutrients including vitamins A and C, iron, thiamine, riboflavin, phosphorus, magnesium and potassium. Apples are fat, cholesterol and sodium-free, an excellent source of fiber—five grams per medium (154 gram) apple—and contain only 81 calories.

Everyone likes apples. This could be because apple juice is one of the first tastes experienced by babies, and applesauce is one of their first solid foods. This is because apples are low in acid and easily digestible.

Apples are grown in 39 of the 50 states, and are probably one of the most popular and versatile fruits around. Apples are available year-round, but are at their peak in Michigan in August, September and October.

Waiting a cider mill is a fall ritual for many people. Watching the apples being pressed into cider, along with the combined smell of apples and fresh hot doughnuts delight the senses. Learn to slowly enjoy one doughnut, then have an extra apple and your waist and heart will thank you.

One area of controversy involving apples is pesticide residue. Apple processors have developed methods to remove pesticide residue before processing. They use scrubbers, sprayers, brushes and cleaning solutions. Thorough scrub apples in warm or hot water before biting into them.

Apples are also part of the Jewish New Year celebration, Rosh Hashana, which



MICHIGAN APPLE COMMISSION

**Apple-polisher: Michigan is among the top apple-producing states in the country and is known as the "Variety State" with nearly two dozen types of apples grown commercially throughout its hilly terrain.**

begins this year at sundown on Sept. 13. According to the authors of "From Generation to Generation," a kosher cookbook published in 1993 by the Sisterhood of Congregation Shaaray Zedek in Southfield, Rosh Hashana marks the 10 Days of Awe and is the time when holy springs eternal for the year to come.

"Like all Jewish holidays, food contributes to the celebration. It is customary to partake of apples dipped in honey, honey cake and delicious *lagach* (cookies cooked in honey). Eating these foods symbolizes a wish for a sweet new year."

The custom of eating something sweet, and avoiding sour foods during Rosh Hashana prevailed throughout the ancient world because of the belief that what one

### Celebrate the harvest at these festivals

- Kensington Metropark Fall Festival • Sept. 14-15  
Nature Center & Farm Center, Millford  
(800) 47-PARKS
- Crafts & Cider Festival • Sept. 21-22  
Clarkston  
(810) 625-2490
- Honey & Apples Festival • Sept. 28-29, Oct. 5-6  
Cranbrook Institute of Science, Bloomfield Hills  
(810) 645-3209
- Holly Ciderfest Weekend • Sept. 28-29  
Holly  
(810) 834-8881
- Fall Harvest Days • Oct. 5-13  
Greenfield Village, Dearborn  
(313) 273-1820 or (313) 271-1976
- Apple Cider Days • Ongoing during Oct. and Nov.  
Stoney Creek Nature Center, Romeo  
(810) 781-4821
- Autumn Maple Family Festival • Oct. 13  
Independence Oaks Nature Center, Clarkston  
(810) 625-6473
- Armada Applefest • Oct. 12-13  
Armada  
(810) 784-8520

Michigan Department of Agriculture's "Farm Market & U-Pick Directory," has lots of information about cider mills, u-pick farms and farm markets. It's available at Michigan Department of Transportation Welcome Centers along major highways, by calling (817) 273-1205, or writing the Michigan Department of Agriculture, Marketing and Market Development Division, P.O. Box 30017, Lansing, MI 48909.

### Tips for selecting and storing apples

- Select firm apples that are free of bruises.
- Handle apples gently to prevent bruises.
- Refrigerate apples to keep them crisp longer.
- Store apples in a ventilated plastic bag away from strong odors.
- Coat apple slices and dices with apple or lemon juice to prevent browning.

### An apple a day

- Whip a frozen applesauce "slushy" in your blender for a breakfast beverage.
- Stash dried apples in your glove compartment or desk for a quick pick-up.
- Slice an apple onto your sandwich for a crunchy treat.
- Dice an apple into salad for extra zip.
- Spoon canned apple slices onto low-fat pound cake for a tasty yet elegant dessert.
- Mix apple chunks into hot cereal or put them on pancakes to energize your breakfast.
- Drink apple juice in a instead of coffee during your morning commute.
- Pack an apple into your backpack or briefcase for a snack on the go.
- Dip apple slices in vanilla low- or no-fat yogurt for an easy snack.
- Microwave a cored apple in a little juice or cider for a quick, low-calorie dessert.

Information supplied by the International Apple Institute

ate determined what the year would hold. Peggy Martinelli-Everts of Clarkston is a registered dietician and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospitality management company. Look for her column on the second Monday of the month in Taste.

• See recipes inside

## Substitutions cut fat to the core in apple coffee cake

BY LAURA STEED

Special Writer

Apples are at their best this time of year, and September is a wonderful month to take advantage of the bargains that can be found at local farmer markets, fall fairs, and festivals.

While apples make fabulous snacks, desserts containing apples tend to be very high in fat. Let's look at an apple coffee cake recipe to see how we can reduce the fat and calories.

The original recipe requires one whole egg. If we substitute egg whites from two large eggs, we can easily reduce the fat by 5 grams, eliminate 213 mg of unnecessary cholesterol and 58 calories.

Milk is the next ingredient. Because this recipe contains a very small amount of milk the benefits are not as noticeable. Yet, if we compare one cup of whole milk to one cup of skim milk you'll see the difference is significant. One cup of whole milk has 8 grams of fat and 190 calories. Skim milk contains only 0.6 grams of fat per cup, and 84 calories. Skim milk can almost always be substituted for whole milk in a recipe without causing any problems.

The original recipe calls for one cup of shortening. Here is where the fat really gets up. One-half cup of vegetable shortening contains 102.5 grams of fat and 322.5 calories. If we replace the shortening with one-half cup of fruit flavored non-fat yogurt the change is dramatic. We now are able to cut the fat by 50.5 grams and 161.25 calories. And this change will bring down the fat and calories in the cake by 50.5 grams and 161.25 calories. And this change will bring down the fat and calories in the cake by 50.5 grams and 161.25 calories.

### APPLE COFFEE CAKE

#### Original recipe

- 1 1/4 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup sugar
- 1 large egg
- 2 tablespoons milk
- 1/2 cup shortening
- 1 large apple peeled and diced
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 6 tablespoons butter

Serves 10  
Per serving:  
273.2 calories,  
15.6 grams fat,  
31 mg cholesterol,  
31.9 grams carbohydrate,  
2.4 grams protein,  
217 mg sodium. Percent of calories from fat 50.6 percent.

Preheat oven to 350° F. Mix first seven ingredients in a medium mixing bowl. Fold in apples. Pour batter in a greased 8x8 inch loaf pan. Blend 2 tablespoons sugar, cinnamon and butter with a fork. Sprinkle over top of batter. Bake for 45 minutes. Let cool. Drizzle with 1/2 cup of butter.

over the top of the batter. Next, swirl the topping into the very top layer of the batter. The cake will have all the flavor from the topping without the unnecessary fat. The cake is baked from the batter in the center of the pan.

For more low-fat, fat-free recipes and kitchen hints from Laura's Fat Free Kitchen, an

### APPLE COFFEE CAKE

#### Low-fat version

- 1 1/4 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 cup sugar
- 2 large egg whites
- 2 tablespoons skim milk
- 1/2 cup fruit-flavored yogurt, (such as strawberry or raspberry), non-fat
- 1 large apple, peeled and diced
- 2 tablespoons sugar
- 1/4 teaspoon cinnamon

Serves 10  
Per serving:  
148.2 calories,  
0.2 grams fat,  
0 mg cholesterol,  
34.1 grams carbohydrate,  
2.4 grams protein,  
163 mg sodium. Percent of calories from fat 1.4 percent.

Preheat oven to 350° F. Mix first seven ingredients in a medium mixing bowl. Fold in apples. Place batter in a non-stick loaf pan. Combine 2 tablespoons sugar and 1/4 teaspoon cinnamon in a small bowl. Sprinkle over batter and gently swirl into top layer of the batter. Bake for 40 minutes or until toothpick inserted in center comes out clean.

eight-page monthly newsletter, send a \$24 check or money order for 12 issues to PS Publications, P.O. Box 7687, Bloomfield Hills, MI 48302-7687. For a complimentary issue, send a self-addressed stamped envelope to the above address. Look for Laura's Fat Free Kitchen on the second Monday of the month in Taste.