

# Flavorful recipes will test your measuring skills

See related Taste Buds column on front.  
Here are some recipes that will test your ability to measure accurately. They come from my recipe box and are family favorites!

## PESTO SWORDFISH KEBABS

- 1 clove garlic
- 1 cup packed fresh basil leaves
- 2 tablespoons reduced calorie

Italian salad dressing  
1 pound (3/4 inch thick) swordfish steaks, skinned and cut into 1-inch cubes  
1/8 teaspoon pepper  
Vegetable cooking spray  
In a food processor, combine garlic and basil and process until chopped. Add salad dressing and process until smooth. Scrape down sides and mix well. Set aside. Sprinkle fish with pepper;

thread onto 4 (12-inch) skewers. Coat a grill rack with vegetable cooking spray; place over medium hot coals. Place swordfish kebabs on a grill rack and cook for 4 minutes on each side, basting frequently with pesto mixture. Serves 4.  
Each skewer is approximately 165 calories, 4.9 grams fat, 23 grams protein, 2.8 grams carbohydrate.

## MEXICAN SPAGHETTI

- 1 pound ground chuck
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1 clove garlic, minced
- 1 (17 ounce can) whole kernel corn, drained or 1 pound cooked fresh corn

(about 2 cups)  
16 ounces tomato sauce (about 2 cups)  
1 1/4 teaspoons dried oregano, crushed  
3/4 teaspoon dried cumin  
1/2 teaspoon sugar  
1/2 teaspoon salt  
1/8 teaspoon ground cloves  
2/3 cups hot cooked spaghetti or other pasta  
Combine ground chuck, onion, peppers and garlic in a large skillet and cook over medium high heat until meat is browned and cooked throughout. Drain in a colander and pat dry with paper towel to remove excess fat. Wipe pan drippings from skillet and return meat mixture to skillet.

Add remaining ingredients except spaghetti and bring to a boil. Reduce heat and simmer for 10 minutes. Serve over spaghetti. Serves 5.  
Each serving equals 330 calories per 1 cup sauce and 1 1/3 cup spaghetti, 22 grams protein, 13 grams fat, 33 grams carbohydrate and 53 mg. cholesterol.

## QUINOA PILAF

- 1/4 cup uncooked quinoa or bulgur wheat
- vegetable cooking spray
- 1/4 cup finely shredded carrot
- 2 tablespoons minced fresh green onion
- 1 small clove garlic, minced
- 1/2 cup water

Pinch salt and fresh ground pepper  
1 tablespoon fresh chopped parsley  
Wash quinoa or bulgur in 3 changes of cold water; drain and set aside. Coat a saucepan with cooking spray. Add carrot, onion and garlic and cook over medium heat for 1 minute or until tender crisp. Add quinoa or bulgur, water, salt and pepper; bring to a boil. Cover, reduce heat and simmer for 15 minutes or until tender and all liquid has been absorbed. Remove from heat; stir in parsley.

Serves 2 at about 98 calories per 1/2 cup serving. Each serving is 4 grams protein, 1.6 grams fat, 17 grams carbohydrate and 0 cholesterol.



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## Burritos from page 1B

convenience. It cooks quickly, and pairs deliciously with as many seasoning options, making it the perfect start for many ethnic favorites.  
Ground beef can top a pizza or fill a taco or a pita pocket. Use it for pasta sauce or fried rice; lasagna, meatloaf or meatballs.  
All forms of ground beef — patties, loaves, crumbles — should be cooked to desired doneness (medium to well-done) without interruption. Do not eat raw ground beef. The U.S. Department of Agriculture recommends cooking it to medium (160 degrees F) doneness, or

until the center is no longer pink and the juices run clear.  
Here are some suggestions for selecting, storing and safely preparing ground beef from the Meat Board Test Kitchens:  
**Selection**  
■ One pound of ground beef provides about four 3-ounce cooked servings.  
■ Make meat selections last when shopping to ensure the beef stays as cold as possible. Choose packages that are cold and tightly wrapped without tears or punctures.  
■ Check the "sell by" date on

the package label. Purchase before or on the date printed.  
**Storage**  
■ To store in the refrigerator, place in meat keeper or in coldest part of the refrigerator (38 degrees F to 40 degrees F). Use within two days.  
■ Ground beef can be frozen in its original transparent packaging for up to two weeks. For longer storage, wrap ground beef tightly in heavy-duty aluminum foil, freezer paper or plastic freezer bags. Ground beef may be stored in the freezer for up to four months at 0 degrees F or

lower. Label and date all packages and be sure to include the weight and/or number of servings.  
**Safety**  
■ Defrost ground beef in the refrigerator to prevent bacterial growth. Allow about 24 hours to defrost a 1- to 1 1/2-inch thick package. Do not thaw ground beef at room temperature.  
■ Cook ground beef as soon as possible after thawing. Cook without interruption; partial cooking may encourage bacterial growth before cooking is complete.

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## Movie inspires classic Italian dishes

See related story on Taste front. Recipes by Tucci/Tropiano.

### CAPONATA (EGGPLANT ANTIPASTO)

- 1 large eggplant, diced
- 1 large onion, sliced
- 1 cup celery, chopped
- 1 can plum tomatoes (28 ounces) crushed
- 1 tablespoon capers, rinsed and drained
- 1 tablespoon pine nuts
- 1 1/2 tablespoons sugar
- 3 tablespoons wine vinegar
- 1/2 cup olive oil
- Salt & freshly ground pepper to taste

Wash and dry eggplant. Dice into 1 inch cubes. In a large skillet heat oil, brown eggplant about 8-10 minutes until soft and slightly browned. Do not let eggplant get too soft. Remove and place in a large saucepan.  
Fry onion in same skillet adding more oil if necessary, until wilted, add celery, tomatoes, crushing

slightly. Simmer about 15 minutes until celery is tender.

Add capers and pine nuts. Combine mixture and add to eggplant in saucepan. Dissolve sugar in vinegar, salt and pepper to taste, heat slightly.

Add to eggplant, cover, simmer low until tomato is cooked and vegetables are tender, not mushy. Stir often during cooking. Allow to cool before refrigerating. Can be prepared several days ahead. Can be frozen. Serves 6.

Note: Use as part of a buffet, prepare several days ahead. Serve at room temperature.

### PASTA CON TOPOLINI (VEAL ROLLS)

- 3 cloves garlic, finely diced
- 3 tablespoons provolone cheese (optional), finely diced
- 4 tablespoons pecorino Romano cheese, grated
- Salt and freshly ground pepper to taste
- 4 tablespoons Italian parsley, chopped

1/2 cup celery leaves (set aside for later)

- 1 cup dry white wine
- 2 (8 ounce) cans clear chicken broth
- 1 1/2 pounds veal scallopini, pounded thin
- 1/2 cup olive oil
- 1 1/2 pounds linguine or fettuccine

Take each piece of veal and in center place a little garlic, provolone cheese, pecorino romano cheese, salt and pepper, and parsley. (Use a little less than a demitasse spoon of each.)

Roll up the veal and tie with white kitchen string or close veal roll with a toothpick.

Place 1/2 cup of olive oil in bottom of large sauté pan. When oil is hot, brown meat evenly on all sides.

Remove veal rolls from sauté pan and set aside. Add 1 cup of white dry wine. Scrape pan to release brown bits that attach to the pan. Add chopped celery leaves. At this point, add chicken

broth. Add veal rolls, simmer covered, approximately 30-35 minutes. Best if prepared ahead and warmed slowly before serving.

Cook pasta according to directions on package. Return pasta to pot or large serving dish. Add small amount of sauce to prevent sticking.

Place small amount of pasta in individual pasta dishes and add sauce.

Top pasta and sauce with pecorino Romano cheese.

Veal rolls (Topolini) may be served separate as a second dish with vegetable and salad. Serves 6.

Note: This can also be done with chicken cutlets if they are pounded thinly enough. When rolled up these veal or chicken topolini should measure about 2 1/2 to 3 inches in length, and about 1 inch to 1 1/2 inches in diameter.

Suggested wine: Either red or white wine (dry)

Serving ideas: Romaine and fennel salad

## COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Economist Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 591-7279.  
**CHILI COOKOFF**  
Plymouth will stage its first Chili Cookoff 11 a.m. to 6 p.m. Sunday, Oct. 13, downtown in Kellogg park and the Gathering. The Michigan District Competition, sanctioned by the International Chili Society, will feature a chili and salsa competition, live country entertainment, chili pepper eating contest, line dancing, western barbecue and classic Harley Davidson show. Net event proceeds will be donated to

Make-A-Wish Foundation of Michigan.  
Contestants are being sought. Call Annette Horn, (313) 455-8838 to participate in the event, or for more information.

**HONEY AND APPLES FESTIVAL**  
Sponsored by Cranbrook Institute of Science, 1221 N. Woodward, Bloomfield Hills, Saturday & Sunday, Sept. 28-29 and Oct. 5-6.  
See honey uncapped from the combs, observe bees at work in two indoor hives, take a walk along wooded nature trails and assist with cider-making on an antique cider press. Call (810) 645-3299 for details.

**KOSHER FOOD FAIR**  
Jewish Community Center, Jimmy Prentiss Morris Building, 16110 W. 10 Mile Road, Oak Park, 1-4 p.m. Sunday, Oct. 20. Free samples of kosher foods, Soup Cook-off, cooking demonstrations. Registration deadline for Kosher Soup Cook-off is Oct. 7. For more information, call (810) 967-1112.

**FOOD PRESERVATION**  
Correspondence Food Preservation Course offered by Michigan State University Extension, Oakland County. Seven lesson course offers information on canning, pickling, jams and jellies, freezing and drying foods. Cost is

\$15 to cover postage and all handouts. Enrollment accepted through October. Call (810) 858-0904.

**WEIGHT WATCHERS**  
Healthy Cooking Series, 6:30-8:30 p.m. Thursdays, Oct. 3 and 10, at Weight Watchers Test Kitchen, 28555 Orchard Lake Road, Farmington Hills. Admission one bag of nonperishable food items, minimum \$15 value to benefit Gleaners Community Food Bank. Call 1-(800)-487-4777, Ext. 305 to register.  
Oct. 3 session features Chef Ed Janos of The Ritz-Carlton, Dearborn; Oct. 10 Chef Lorraine Platan of Sweet Lorraine's Cafe.

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## Southern oven-fried chicken flavored with bit of honey

AP — Put away the frying pan! In the following recipe for Southern Oven-Fried Chicken, the chicken is baked, not fried.

**SOUTHERN OVEN-FRIED CHICKEN**

2 eggs  
1/2 teaspoon onion powder  
1 tablespoon paprika  
1/2 teaspoon ground cayenne pepper (optional)  
1 tablespoon wine vinegar  
1 tablespoon honey  
2 teaspoons salt  
2 1/2 pounds chicken pieces  
1/4 cup all-purpose flour  
1 cup seasoned bread crumbs  
4 to 5 tablespoons extra-virgin olive oil

Preheat oven to 350 degrees F. Beat eggs; add onion powder, paprika, cayenne powder, if using, vinegar, honey and salt. Dip the chicken, one piece at a time, first in the flour, then in the egg mixture, then in the bread crumbs, then in the olive oil.

Try to coat each piece evenly with all ingredients. Place coated chicken pieces in a baking dish. Bake in a 350-degree F oven for 45 minutes, turning halfway through baking. Makes 4 to 6 servings.

Recipe from "Cooking with Olive Oil American-Style," published by Colavita USA (\$5.95).