

COMMUNITY LIFE

THURSDAY, OCTOBER 10, 1996

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ERIC BORREGARD

Americans are too complacent with mediocre education

Despite the mounting evidence of an educational crisis, most people in Farmington do not think there is anything seriously wrong with their own children's schools or the education they are getting. Like most Americans today, Farmington parents tend to believe the problems are in someone else's schools. Certainly the dumping down of America does not include their own children.

Even though the U.S. Department of Education in 1993 found that 90 million Americans, about 47 percent of the adult population, had a low level of literacy. The vast majority of Americans describe themselves as being able to read and write English well or very well. This gap between reality and perception "paints a picture of a society in which the vast majority of Americans do not know that they do not have the skills they need to earn a living in increasingly technological society and international marketplace," according to Secretary of Education Richard Riley.

In his international comparisons studies, Dr. Harold Stevenson of the University of Michigan was struck by the degree of complacency among Americans. While 91 percent of Americans said their children's schools were doing a good or excellent job, only around 40 percent of Asian parents rated their children's schools favorably. Given the level of media coverage of the nation's

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Gourmet cuisine can be healthy, too

The Weight Watchers healthy cooking series continues tonight at 6:30 p.m. in the organization's headquarters in Farmington Hills.



BY MARY RODRIGUE
STAFF WRITER

Gourmet cuisine doesn't have to be fattening to taste delicious.

Certified master chef Ed Janos proved that last Thursday evening during the fifth annual healthy cooking series sponsored by Weight Watchers in its Farmington Hills test kitchen.

About 50 women, each bringing a bag of non perishable food to benefit Gleaners Community Food Bank as the price of admission, watched Janos prepare several dishes. Gleaners provides food to local pantries which help feed thousands of metro Detroit residents.

"I'm not completely familiar with the Weight Watchers program," Janos admitted. "But my sister lost 50 or 60 pounds on it. So I know it works."

A tangy reduced calorie vinaigrette was his first offering, served over a salad of mixed greens.

"I use it at the Ritz Carlton," said Janos, who oversees The Grill at the swank Dearborn hotel.

Janos has worked in some of the area's finest kitchens, including the London Chop House and The Money Tree in downtown Detroit and Chez Raphael in Novi.

A graduate of the Culinary Institute of America in Hyde Park, New York, he became one of only 67 master chefs in the United States in 1993. Janos was named one of the best chefs in the Midwest by the *Conférence de la Rotisserie*.

The dishes he prepared for the

cooking demonstration have all be on his restaurant menus at various times, he said. Besides the low calorie salad dressing, Janos made herb-crusted chicken with a creamy mustard gravy, Florida red snapper in tomato, fennel and saffron sauce, and country corn bread.

Some of Janos' kitchen tips: use kosher salt, it's one third less salty than regular salt; herbs keep longer in a cool dark place (Janos keeps him in the freezer); low-fat buttermilk makes a good chicken marinade, and crumbs adhere to it without an egg coating.

Janos says he always has four reduced fat entrees on the menu at the Ritz Carlton Grill. Fresh herbs are a good flavor enhancer when less fat is used in a recipe, he noted.

Weight Watchers offered several tips for beautiful food presentations. They include using brightly colored serving platters and bowls, presenting a dip or spread in a green, yellow or sweet red pepper, and creating an autumn centerpiece for the table by using gourds, Indian corn, winter squash and pumpkins.

Other ideas: a carved out pumpkin can serve as a tureen for an autumn soup. To keep the soup hot, fill the pumpkin with boiling water for a few minutes, drain, then pour in the soup. For a cold soup, chill the pumpkin before adding the soup.

Rice and some vegetables can be packed into a decorative mold, then turned upside down and placed onto a serving plate for an elegant presentation. A tomato rose can add a splash of color to a serving plate. To make one, use a sharp paring knife to remove the skin from a plum tomato, remove the skin in one long continuous strip. With the flesh side up, roll the strip to form the shape of a rose.

Part two of the Weight Watchers healthy cooking series takes place

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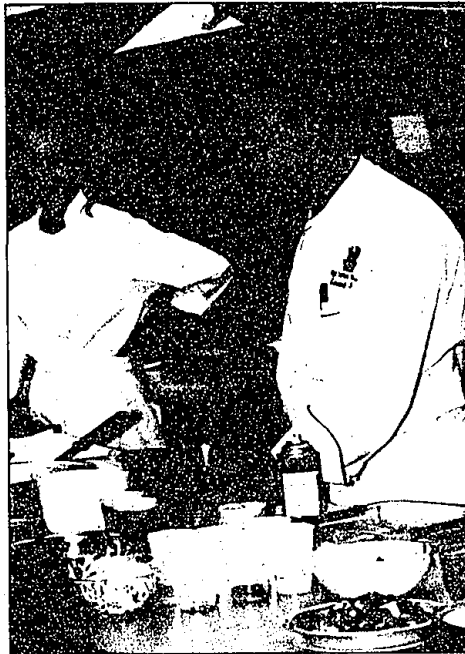


PHOTO BY RON FORT

Cooking Class: Kristin Stroud assists chef Ed Janos as he prepares healthy gourmet fare during a cooking series at the Weight Watchers test kitchen in Farmington Hills recently.

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