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Simmering soup chases chills

See related story on Taste front.

CHICKEN SOUP

5-6 pounds Kosher stewing chicken, quartered
1 large leek, washed well
1 parsnip
4-5 carrots, peeled and cut into serving-size pieces
3 stalks celery
4-5 peppercorns
Fresh dill, optional

Cover chicken, vegetables, and seasonings with water in an 8-quart soup pot bringing water level 3-4 inches above the chicken. Cook 3-4 hours until chicken falls apart.

Strain into a large bowl using a linen dish towel as a strainer. Return carrots to soup and serve.

Recipe from Wendy Wagenheim, "Still Fiddling in the Kitchen," published in 1992 by the National Council of Jewish Women, Greater Detroit Section.

MATZO BALLS

3 eggs
5 tablespoons club soda
3 tablespoons oil or parve margarine
3/4 cup matzo meal
3/4 teaspoon dehydrated parsley
1/4 teaspoon white pepper
3/4 teaspoon salt

Beat eggs. Add club soda, oil, matzo meal, salt, parsley and pepper. Stir until well blended.

Let mixture stand in refrigerator several hours or overnight.

In a large pot, bring water to a boil and add a little chicken bouillon.

With wet hands, form matzo ball mixture into balls (about the size of golf balls).

Drop into boiling water and boil uncovered for 30 minutes. Can be added to warm chicken soup or can be frozen. Serves 8.

Recipe from "Generation to Generation," kosher cookbook published by the Sisterhood of Congregation Shaarey Zedek, Southfield.

TOMATO BASIL SOUP

3 tablespoons oil or parve margarine
1 large onion, thinly sliced
1 small carrot, shredded
2 stalks celery, sliced
5 large ripe tomatoes, peeled, seeded and coarsely chopped
1/2 cup fresh basil leaves, lightly packed
3/4 teaspoon sugar
3/4 teaspoon white pepper
Dash cayenne pepper
1/2 cup chicken broth
Dash salt
Fresh basil leaves for garnish

Heat oil or melt margarine, in a 3 quart pot. Add onions, celery and cook, stirring frequently, until they are soft.

Stir in tomatoes, basil, sugar and pepper. Bring to a boil, stirring often.

Cover the pot, reduce heat and simmer until very soft (10-15) minutes. Puree mixture in blender or food processor until smooth.

Return to pan, add broth and salt. Heat until steaming. Serve garnished with fresh basil leaves. Serves 8.

Recipe from "Generation to Generation," kosher cookbook published by the Sisterhood of Congregation Shaarey Zedek, Southfield.

CABBAGE SOUP

3 tablespoons vegetable oil

2 medium onions, halved and sliced crosswise
1/2 cup golden raisins
1/2 cup lemon juice, freshly squeezed
2 tablespoons brown sugar
1 tablespoon honey
1 medium cabbage, cored, quartered and sliced into 1/4-inch strips (about 8 cups)
1 1/2 teaspoons minced garlic
1 teaspoon kosher salt
1 teaspoon paprika
1 (2 pound 3 ounce) can tomatoes with juice
3-4 short ribs or brisket
3 1/2 cups water
1/4 cup ginger snaps, crumbled
Fresh ground pepper to taste
Fresh lemon juice to taste
Chopped parsley to garnish

Heat oil in heavy saucepan and cook onions 10-15 minutes until tender. Stir together raisins, lemon juice, brown sugar, and honey and reserve.

Add cabbage to pan and toss to coat with oil. Steam cabbage covered over medium heat until wilted, about 6 minutes. Add garlic, salt, paprika and tomatoes. Tuck in meat, add water to just cover ingredients. Heat to boiling and skim off foam.

Reduce heat and simmer, partially covered for 1 to 1 1/2 hours. Remove meat and bones. Shred meat and return to pot. Stir in ginger snaps and simmer 5-10 minutes. Add pepper and extra lemon juice to taste. Garnish with chopped parsley, if desired. Serves 4-6.

Recipe from Arlene Redfield, "Still Fiddling in the Kitchen," published in 1992 by the National Council of Jewish Women, Greater Detroit Section.

Bread from page 1B

the oil with yogurt I have eliminated 1,864 calories and 218 grams of fat! I also reduced the 2/3 cup of water to 1/3 cup to account for the liquid in the yogurt.

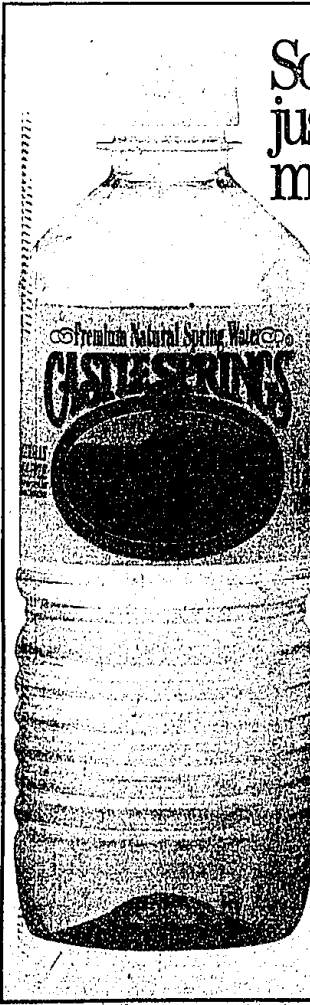
Eggs contain 75 calories and 5 grams of fat. Two egg whites equal one whole egg. Therefore, I replaced the original four eggs with the egg whites of eight eggs. This substitution completely eliminates the fat from the eggs and reduces the calories from them from 300 to 136.

Amazingly, only 1.3 percent of the calories in the low fat version come from fat! The recipe makes two loaves of bread with 10 servings per loaf. The American Heart Association and The American Cancer Society suggest only eating foods that have under 30 percent of their calories coming from fat. The Pumpkin Bread recipe definitely fits that

criteria!

For more low-fat and fat-free recipes from "Laura's Fat-free Kitchen," and her 8-page monthly newsletter, send a \$24 check or money order for 12 issues to PS Publications, PO Box 7687, Bloomfield Hills, MI 48302-7687. For a complimentary issue send a SASE to the above address.

Look for Laura's Fat-free Kitchen on the second Monday of the month in Taste.



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March of Dimes Jail and Bail

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October 14-18
9:00 a.m. to 5:00 p.m.

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Flint, on line the Observer & Eccentric with Oline access information
about the March of Dimes, its programs and events in South Michigan
<http://www.marchofdimes.com> or <http://www.marchofdimes.com> can also be accessed in your "nearest" web browser via
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