

TASTE

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HOME SENSE



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Heavenly cake
food for angels

Food for the angels, yes indeed! Angel food cakes get their height, volume and lightness from egg whites (which have no fat and no cholesterol). There are calories in angel food cakes so you'll still need to plan for those. Enjoy eating some glorious desserts that can be made with angel food cake.

You can make them from scratch, buy commercially prepared mixes or find cakes ready made in the grocery store. Here are a few tips for making an angel food cake from scratch:

- The more air in the batter, the higher and lighter the cake will be. Handle the fragile foam gently so it doesn't deflate.
- Beat egg whites that are at room temperature.
- Keep the bowl and utensils completely free of fat. Any fat inhibits the development of foam.
- Cream of tartar is an acid that helps stabilize the egg foam. This helps to develop a finer texture and make the cake white.
- Superfine sugar can be used for angel food cakes to give it a finer texture.
- Work quickly when making an angel food cake so you don't lose the lightness of it.
- Always cool an angel food cake upside down.

Dress them up

Cherry Angel Food: Fold in 3/4 cup of maraschino cherries cut in half and add 2 to 3 tablespoons of cherry syrup.

For chocolate lovers: Add 2 to 3 tablespoons of unsweetened cocoa, 1 teaspoon chocolate extract, 2 to 3 teaspoons instant coffee and 1 to 2 tablespoons finely grated semi-sweet chocolate.

Cinnamon swirl: Fold in 1 teaspoon cinnamon and 1/4 teaspoon nutmeg.

Candy stripe: Gently fold in 1/2 to 2/3 cup finely crushed peppermint candy (add more or less depending on your preference).

Lemon zest: Add 1 tablespoon grated lemon or orange peel, or 2 tablespoons fresh lemon or orange juice and/or 1 teaspoon lemon or orange extract.

Very berry: Fold in 1 cup fresh raspberries or frozen, drained raspberries or 1/2 cup fresh pureed strawberries.

The Layered Look

If you want to dress up a commercially bought cake or if you simply go for that layered look and taste, try these suggestions for more height and more flavor, make layers of:

- Low-fat or nonfat pudding.
 - Fruit fillings made by spreading 1 cup of any fruit preserve or jam.
 - Low-fat or nonfat frozen yogurt, ice milk or non-dairy whipping cream.
 - Whole berry cranberry sauce or other ready-prepared cranberry combinations, such as crushed orange cranberry sauce or raspberry cranberry sauce.
 - Apple, cherry, blueberry or peach pie filling.
 - Powdered whipped topping mix made with skim milk and flavored by adding 1 to 2 tablespoons cocoa to every cup of whipped topping.
- Crown your angel food creations with any of the following:
- Flavored syrups made by heating 1/3 cup water, 1/4 cup sugar and 3 tablespoons of vanilla or other extract, coffee or your favorite liqueur until the sugar is dissolved. For lemon or orange syrup, heat 2 to 4 tablespoons lemon or orange juice with 3 to 4 tablespoons sugar over low heat until sugar is dissolved. Fork the warm cake with a toothpick or tines of a long fork. Slowly pour or brush the syrup over the cake, letting the syrup soak in.
 - Fruit sauces made from pureeing 1 to 2 cups fresh, frozen or canned fruit, adding sugar to taste (approximately 2 to 6 tablespoons) and 1 tablespoon lemon juice. Extracts and liqueurs can also be added.
 - Fruit glazes made by mixing 3/4 cup confectioners sugar with 2 to 3 tablespoons lemon juice or 2 to 3 tablespoons orange juice concentrate.

Any of these delicious desserts would be a wonderful ending to a meal or as a snack. Be really adventuresome and use slices of angel food cake to make French toast, a great way to start the day.

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LOOKING AHEAD

What to watch for in Taste next week:

■ Celebrate Chinese New Year

■ Main dish miracle

Dinner's
covered
with1
POT
MEALSBY KEELY WYGONIK
STAFF WRITER

Bundled up against the winter cold, people go undercover in Michigan during the winter. This is no time for fancy meals, or fussing. Many of us are still recovering from holiday overindulgences. We're tired, and fighting colds and flu. Simple one pot dinners fit the bill perfectly.

Pot roast tops the list of possibilities. "When you think of American favorites, pot roasts immediately come to mind — they're part of our culture, and everyone has a favorite," said Betty Rosbottom, author of "American Favorites" (Chapters Publishing, 1996).

In creating Pot Roast with Rich Root Vegetable Sauce, Rosbottom said she wanted to preserve the traditional pot roast — gently simmering a beef round tip roast with aromatic vegetables, herbs and seasonings until the beef is fork-tender — but give it a contemporary twist.

Instead of the flour-thickened gravy that mom made, Rosbottom's features a savory sauce — a puree of vegetables and cooking liquid. This richly flavored sauce tastes delicious drizzled over slices of beef and mashed potatoes.

Anna Theresa Callen serves up "One-Pot Italian Classics," in her newly published cookbook (HarperCollins Publishers, 1997). The book offers more than 125 recipes for hearty meals with Mediterranean flavor. From "Soups Like 'Mama Mia' Used to Make," to chicken, beef, veal, seafood, pasta and pizza, Callen's recipes are "tailored to the American kitchen and, for the most part, to ingredients you will find easily in your supermarket."

She recommends making enough soup for at least two meals because soup freezes well. You'll be prepared when the next blizzard hits.

"The more of the meal that goes into one pot — be it a saucepan, skillet, baking dish or casserole — the less there is left of the meal to prepare, cook or clean up," Callen writes.

Each chapter contains an introduction sprinkled with helpful hints. For those of you who add oil to the pot when making pasta, take note. Callen recommends cooking pasta in plenty of water in a large pot. The water in the pot should be heavily salted, and the salt should be added after the water boils.

"I add 2 tablespoons of coarse kosher salt to every 4 quarts of water," she writes. "Never add oil to the water. It will make the sauce slide off the pasta, and you want the sauce to



Comfort food: Betty Rosbottom's Pot Roast with Rich Root Vegetable Sauce makes a sumptuous supper. Serve fork-tender pot roast with mashed potatoes and a drizzle of the delicious sauce.

adhere. After the salted water comes to a boil, add the pasta and stir with a long fork or pasta spoon. Cover the pot and let the water return to a boil. Then uncover and cook the pasta at a constant boil according to the time given in the recipe or in the instructions on your pasta package.

Peggy Fallon's "Chicken Dinner in One Pot," (HarperCollins Publishers, 1997) contains over 128 recipes for cooking chicken in a single pot. Chicken in a Skillet Suppers, Chicken in a Wok, Chicken in a Stew Pot, and Chicken in a Soup Pot are some of the delicious possibilities.

Like Callen's book, this one contains helpful tips and hints, and recipes made with readily available ingredients. "In this book, you will find a chicken recipe to cook in every pot of your 'batterie de cuisine,'" she writes. "In fact, you will probably be inspired to reactivate a few pots that had been relegated to the back of the cupboard."

"Cooking Under Cover: One-Pot Wonders — A Treasury of Soups, Stews, Braises and

Casseroles," by Linda and Fred Griffith (Chapters Publishing, 1996) is another book winter weary cooks should check out.

This collection of 176 globally-inspired recipes is a good reference for cooks looking for cover. All of the recipes are prepared by poaching, simmering, braising, roasting, stewing, smothering or steaming. The wine recommendations, which follow each recipe, are something you don't find in many cookbooks.

Linda and Fred Griffith's introduction explains different one pot cooking methods, and includes memories of their favorite comfort foods.

"Virtually every immigrant group brought its own version of covered dishes to this country, using cuts of meat that improved in the pot," they write. "In Europe, covered cookery was for centuries the primary method of food preparation. Dishes were cooked for long hours so working families could come home to a hot, hearty meal."

See recipes inside.

Single malts gain popularity
among many wine drinkers

Now available: Glenmorangie's triumvirate port, sherry and madeira wood-finished single malt scotches. Sherry and madeira woods are new to our market.

Single malt scotches have attracted today's wine drinkers with unparalleled enthusiasm. Understanding the essentials of single malts enhances their enjoyment. The traditional method of producing any whisky involves steps known as mashing, mashing, fermentation, distillation and maturation. But several other factors affect a single malt whisky's character:

■ **Water:** the most important element determining the taste of a single malt whisky. If water is clear, spring water that runs over granite on route to the distillery, the malt will have a fine, elegant flavor. If water percolates through a peat bog, it carries amber color and smoky character to the whisky.

■ **Malting:** Barley, the grain used for single malt whisky, is steeped in water for two days encouraging germination and production of an enzyme (maltase) that converts barley's starch to fermentable sugar. Malted barley is dried over a fire. If

that's peat, a Scottish household fuel, it contributes a distinctive smoky character.

■ **Climate/Air:** Oak casks used to age whisky are porous and "breathe" air as alcohol evaporates. A warm, dry climate encourages early maturation, while a non-side atmosphere produces a salty or seaweed taste.

■ **Age:** There is no perfect age for single malts, but there is usually an optimum age. Like people, single malts reach maturity at different ages. Choosing the right single malt to match a mood is also an ingredient of enjoyment.

The following are some favorites listed from light to heavy.

■ **Glenkinchie 10 year** — classic Lowland single malt, the heart of Haig & Haig Pinch blend, has medium-to-light body, pale amber color, soft aromatic nose, palate smoothness and a slightly dry finish. A pure spring water source, soft and slightly chalky, explains Glenkinchie's char-

acteristic dryness suiting it to an aperitif pour.

■ **Glenfiddich Special Reserve 8 year** — a Speyside whisky whose water source is Robbie Dhu spring. So important is the water that Glenfiddich owners purchased 1,200 acres of the surrounding hillside to protect it. Aged in Spanish sherry butts and American bourbon barrels, it has pale golden color with elegant aroma of vanilla-oak and just a touch of smoke. A smooth dram, best with a touch of cool water, is an excellent aperitif malt.

■ **Dalwhinnie 15 year** — from the Northern Highlands is full-bodied with a light, fruity aroma, sweet taste and soft, heathery honey-like finish. The distillery has the highest elevation (over 1,600 feet) of any distillery in Scotland, where water is pure snowmelt running over granite.

■ **Oban 14 year** — rich body, pale amber color and assertive aroma, especially its



See SCOTCH, B3