

Season corn on the cob, grill to perfection

See related story on Taste front.
Mary's Farm Market, 47453 Ford Road (southwest corner at Beck) in Canton, (313) 981-2866, open 9 a.m. to 7 p.m. daily, offers fresh picked corn and Michigan grown tomatoes, cucumbers, peppers, zucchini, green beans, green onions and lettuce. She'll have u-pick Roma pear tomatoes at her farm in September. We'll keep you updated (see related chart).

In Oakland County, check out Korpak Farms, 840 S. Williams Lake Road, take M-59 west to S. Williams Lake Road, south 2 1/2 miles to farm in White Lake, (between Elizabeth Lake and Cooley Lake Road) (248) 363-6955. Open 9:30 a.m. to 7 p.m. daily, Korpak Farms Famous Ultra Sweet Corn was voted 10 years in a row as "Michigan's Sweetest."

"My father-in-law started the farm as a hobby in 1968 and worked it full time after he retired in 1986," said Kimberly Korpak. After her father-in-law retired from farming, Kimberly, who grew up a mile down the road, took the farm over with his son, Craig. The Korpak Farm is 28 acres, but they rent 240 additional acres, and grow sweet corn, watermelon, muskmelon, green beans, cucumbers, zucchini, yellow squash and peppers.

They pick corn four times a day at Korpak Farms, more on weekends. Call in two weeks for information about u-pick tomatoes.

Back to cooking corn. On this we can all agree, there is no one right method. You'll just have to try a few and decide for yourself. Korpak's favorite way to cook corn is to bring a pot of water to a complete boil and cook no more than 3 minutes. To grill, soak ears with husks on, 2 hours, and grill 10-15 minutes until tender.

GRILLED CORN ON THE COB

4 tablespoons butter, at room temperature
1 teaspoon salt
4 ears of corn, husks and silk removed

Prepare the grill. In a small bowl, blend the butter and salt together. Brush the butter over the corn. Double wrap the corn in foil.

Place the corn in the center of the grill rack and cook, turning occasionally, for 15 to 20 minutes. Serve hot. Serves 4.

Recipe from: "Fan Fare Grilling: Fifty Sure-fire Favorites!" from the Editors of Time-Life Books.

WHOLE CORN ON THE COB WITH SPICY BUTTER

Butter Baste
6 tablespoons butter
1 large garlic clove, finely minced
1 tablespoons white vinegar
Several dashes of Tabasco sauce
1/4 teaspoon cayenne pepper
1 tablespoon fresh chopped thyme leaves, or 1/4 teaspoon dried thyme
1/4 teaspoon salt, or to taste
Corn
4 whole, unhusked ears of white corn

To prepare butter baste. In a small saucepan, melt the butter over low heat. Whisk in the garlic, vinegar, Tabasco, cayenne, thyme and salt.

Leave the corn husks peeled back but attached at the base to use as sort of a handle for turning the corn on the grill and eating when it is done.

Gently pull the corn husks away from the ears, leaving them connected to the base of the ear and taking care not to snap them off. Remove the silk.

Brush the ears liberally with Butter Baste and grill on an open or

closed grill over medium-hot coals until browning and tender when pierced with a skewer, 10 to 12 minutes. Brush again with Butter Baste and serve.

Recipe from: "Vegetables on the Grill," by Kelly McCune, (HarperPerennial).

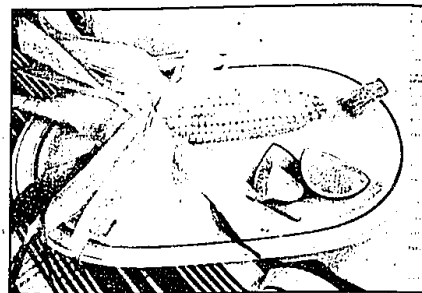
ROASTED CORN WITH CUMIN AND LIME

6 ears fresh corn, in the husk
1 tablespoon fresh lime juice
1 teaspoon ground cumin
1 teaspoon salt
2 teaspoons olive oil
Freshly ground pepper to taste
2 limes, cut lengthwise into wedges

Heat the grill, or preheat the oven to 500 degrees F. Meanwhile, in a small bowl, whisk together the lime juice, cumin, salt and olive oil. Season to taste with pepper.

Clean the corn. Pull off and discard the 2 to 3 dark, tough outer leaves. Carefully pull back the remaining leaves, one at a time, exposing as much of the ear of corn as possible. It is better to uncover only half the ear than to tear the husks. Pull off all the silk.

Brush the kernels with the lime juice-oil mixture, using just



AMERICAN INSTITUTE FOR CANCER RESEARCH

Corn roast: Roasted corn with cumin and lime is so good you won't miss the butter.

enough to coat the corn lightly, about 1/2 teaspoon. One by one, smooth the folded leaves back into place, until the ear is enveloped in its husk. Clean and season each remaining ear of corn.

Arrange the corn on the grill, or place it in the oven. Roast the corn for 15 minutes. If using the grill, turn the ears 2-3 times; this is not necessary if roasting corn in the

oven. Serve the roasted corn immediately, accompanied by the wedges of lime. Squeeze the lime over the corn as you eat it.

Nutrition information: Each of the six ears contain 73 calories and 3 grams of fat.

Recipe from: The American Institute for Cancer Research.

Focus on Wine from page B1

attractive finish; and Vosne Romanée \$36, gorgeous, sexy fruit, big flavors, and very ageable. From Maison Joseph Drouhin founded in 1880 and located in Beaune, we were able to taste 1996 white wines along with 1995 reds. As a comparative experience, from among the 1996 whites, you might want to try the Saint-Aubin \$25, Meursault \$36 and Puligny-Montrachet Les Folatieres \$53 because we've suggested those appellations from other producers above. Among the 1995 reds, the Drouhin wines come across more tannic. Patrick Seré, Executive

Vice-President of Dreyfus Ashby & Co., importers of the Drouhin wines, agreed that tannins were evident in the barrel samples. However, he suggested this portended longevity. We're not as confident of this. Therefore, among the 1995 red wines that showed both good structure and balance, we recommend Charey-les-Beaune \$17.50 for its early drinkability; Beaune Clos des Mouches \$41 for its bright red fruit, balance and length; and Charnes-Chambertin \$79 for layered complexity, generous framework, round tannins and eminent ageability.

Vineyard Brands imports wines from several select estate Burgundy producers. Top wines come from the domains of: Jean-Marc Boillot, Bruno Clair, Vincent Girardin, Henri Gouges, Joseph Matrot, Mongeard-Mugneret, Prince de Merode, Rossignol-Trappet, Etienne Sauzet and René et Vincent Dauvissat. In the main, these wines are tended by the owners and hand-crafted in the Burgundy cellars, sometimes that's the lower level of their home! Look for Focus on Wine on the first and third Sunday of the month in Taste.

Corn from page B1

toughens the skins of the kernels, so don't salt the water you boil for corn," said Fussell. "Think of cooking corn the way you cook pasta. Don't put ears in cold water and bring them slowly to the boil. Put on a big kettle of boiling water so there'll be plenty of room for your corn ears. Then dip them in and take them out. I don't dip an ear for more than 30 seconds."

Earlier varieties may require more cooking time than later, sweeter ones. Hawk drops ears into a pot of boiling water and cooks for 5 to 7 minutes. "People used to always overcook vegetables," she said. "Less is better."

To steam corn, Fussell

removes the outer layer of husks, and just throw them on the fire. "Leave for no more than 30 seconds. Drain the ears well and put on a platter. With the husks on you are in fact steaming the kernels inside, but if you prefer to use a conventional steamer to avoid immersing the ears in water, don't steam too long. Length of time depends on how many ears in what size steamer, but it may take as much as 5 to 10 minutes for the ears to heat through."

Grilling corn always opens a round of "friendly" discussions around the barbecue or campfire. Should you soak the ears, husks

and oil, in water before grilling, or just throw them on the fire? Fussell says she doesn't like to soak "because that steams the corn on the grill. I prefer to either grill the corn in the husks without soaking, or to husk it and grill the nude ears directly over the heat. Husks-on corn takes about twice as long as husks off. On a hot grill the corn takes about 6 to 8 minutes with the husks on and about 3 minutes with the husks off."

Hawk soaks her ears for at least 20 minutes, but longer is OK too, and wraps the ears in foil before placing on the grill for "10 to 15 minutes at the most."

Fuel up at camp with flavorful vegetarian fare

See related story on Taste front.

Join Nanette Cameron, registered dietitian, of Living Better Sensibly on her Supermarket Tour 7:30 p.m. Tuesday, Aug. 12. Tours are held the second Tuesday of every month at Holiday Market in Royal Oak. The cost is \$15 per person. Preregistration required, call (248) 539-9424. Space is limited.

Recipes compliments of Beverly Price, Living Better Sensibly. Recipes serve 4, and may be doubled, tripled or quadrupled.

GRANOLA

1 cup raw oats
1 cup raisins
1/2 cup cashews
1/2 cup sunflower seeds

Mix all of the ingredients together in a plastic bag. Makes enough to keep the kids quiet on the way up to your campsite.

VEGGIE SANDWICHES

1 zucchini
1 eggplant
1 red pepper
1 green pepper
1 small onion
1 yellow squash
1 (8 ounce) package mushrooms
Olive oil
4 medium, whole wheat pita breads

Wash and slice all vegetables. With a pastry brush, brush vegetables with a small amount of olive oil and grill until tender. Stuff in

whole wheat pita. Top with honey mustard or balsamic vinegar and serve.

To make Veggie Kabobs: Use vegetables listed for Veggie Sandwiches, but instead of slicing vegetables, cut them into chunks. Place vegetables onto skewers and brush with olive oil and balsamic vinegar. Grill until tender. Serve over brown rice or whole wheat pasta, which may be cooked according to package directions on your grill.

BAKED STUFFED ONIONS

2 white onions
1 (8 ounce package) brown rice

Prepare rice according to package directions. Cut off the top third of each onion. Scoop out middle of the onion and stuff with brown rice. Wrap in foil and grill until soft.

CATHY'S SPECIAL POTATOES

1 dozen redskin potatoes
Olive oil
Fresh rosemary
Onion powder
Drizzle olive oil over potatoes and sprinkle with rosemary and onion powder. Wrap in foil and grill until soft.

DOGS IN A BLANKET

Purchase your favorite brand of soy hot dogs and Arrowhead Multigrain Pancake and Biscuit Mix. Prepare biscuit mix according

to package directions. Wrap mix around hot dogs and grill until brown.

PEANUT BUTTER BANANAS

4 ripe bananas
1 (16 ounce) jar natural peanut butter
1 (16 ounce) bottle pure maple syrup
4 skewers

Place bananas on skewers and roll in peanut butter followed by pure maple syrup. Enjoy.

BAKED APPLES

4 baking apples such as McIntosh
1 (16 ounce) bottle pure maple syrup
1/2 cup chopped walnuts
1/2 cup raisins

Core center of apple and peel 1/3 way down. Fill with maple syrup, nuts and raisins. Wrap in foil and bake at 350 degrees F. or grill for 40 to 60 minutes until soft.

BITS

1 bottle bacon bits (do not get the one with real bacon, but with soy protein)
1 head, romaine lettuce, torn into bite size pieces
1 (24 ounce) bottle mayonnaise
2 tomatoes, sliced thinly
1 loaf whole wheat bread
Combine bacon bits, lettuce, tomatoes and mayonnaise as desired in between two slices of bread. Serve.

U-PICK UPDATE

BY KELLY WYGNOK
STAFF WRITER

These cooler nights we've been enjoying are great for sleeping, but not delicate raspberries, which don't like the cold. We're nearing the end of u-pick summer raspberry season. Fall raspberries should start around Sept. 1, depending on the weather. Blake's Big Apple Orchard in Armada, (810) 784-9710 is telling people to call back the second week of August for a peach update.

Rob Long at Long Family Orchards in Commerce Township just finished tart cherries,

call (810) 360-3774 for information about apples later this month. Always call ahead to check availability of produce and picking times before heading out to the farm.

LIVINGSTON COUNTY

■ Driver's Berry Farm, west of South Lyon, (248) 437-1606 or (248) 437-8481 - U-pick raspberries, blueberries, limited supply black raspberries.

■ Hazen's Farm, 1144 Peavy Road, off Mason Road, west of Howell, (517) 548-1841 - U-pick blueberries.

MACOMB COUNTY

■ Blako's Orchard and Cider

Mill, (810) 784-5343, Armada - U-pick raspberries, tart cherries, blueberries, beans, broccoli and cabbage.

OAKLAND COUNTY

■ Middleton Berry Farm, (810) 693-6018 or (810) 693-6124, Lake Orion - U-pick raspberries are just about done; plenty of green beans. U-pick corn starts in a couple of weeks.

WASHINGTON COUNTY

■ Glenn Rowe Produce, (313) 482-8538, Ypsilanti - U-pick beans, sweet and hot banana peppers, raspberries.

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