

Marvelous meatloaf great for dinner

See related story on Taste front.

CLASSIC MEATLOAF

- 1 1/2 pounds lean ground beef or turkey
- 3/4 cup oats (quick or old-fashioned)
- 3/4 cup finely chopped onion
- 1/2 cup ketchup
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce or soy sauce
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Heat oven to 350°F. Combine all ingredients in large bowl; mix lightly but thoroughly. Shape meatloaf mixture into 10 by 6-inch loaf on rack of broiler pan.

Bake 50 to 55 minutes or until meatloaf is to medium doneness (160°F for beef, 170°F for turkey). Let stand 5 minutes before slicing. Cover and refrigerate leftovers promptly and use within 2 days, or wrap airtight and freeze up to 3 months. Yield 6 to 8 servings.

Recipe from Quaker Oats
EASY ITALIAN MEATLOAF
SUPPER

Ingredients for Classic Meat-

loaf (recipe above)

- 1 1/2 cups (6 ounces) shredded, reduced-fat Italian cheese blend, divided
- 2 teaspoons dried Italian seasoning, divided
- 1/2 package (8 ounces) rotini pasta
- 1 package (16 ounces) frozen Italian vegetable blend
- 2 to 3 teaspoons olive oil or margarine
- Salt and pepper, to taste
- 1 can (14 1/2 ounces) Italian seasoned diced tomatoes

Heat oven to 350°F. To Classic Meatloaf ingredients, add 1 cup cheese and 1 teaspoon Italian seasoning; mix lightly but thoroughly. Press approximately 1/3 cup meatloaf mixture into each of 12 medium muffin cups.

Bake 15 to 20 minutes or until centers are no longer pink.

While meat loaves bake, prepare pasta according to package directions, adding vegetables during last 6 minutes of cooking. Drain well; toss with olive oil, remaining 1 teaspoon Italian seasoning, salt and pepper.

Spoon tomatoes into microwave-safe bowl; microwave covered on-

HIGH until heated through.

Remove meat loaves from muffin pans; top with tomatoes and remaining 1/2 cup cheese. Serve with pasta. Yield 6 servings.
Recipe from Quaker Oats.

KID'S FAVORITE MEATLOAF

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 celery rib, chopped
- 1 1/2 pounds "meatloaf mix" of ground chuck, pork and veal (Cookbook author Melanie Barnard suggests 3/4 pound lean beef chuck, and about 6 ounces each of lean ground pork and veal)
- 2 cups lightly crushed plain cornflakes cereal
- 1 3/4 cups (10-ounce package) thawed frozen peas and carrots
- 1/4 cup chopped parsley
- 2 tablespoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 2 eggs
- 1/4 cup ketchup

Preheat the oven to 350 degrees. In a large skillet, heat the oil and cook the onion and celery over

medium-low heat, stirring often, until softened, about 5 minutes.

In a large mixing bowl, use your hands to gently but thoroughly combine the meat, cornflakes, peas and carrots, parsley, Worcestershire sauce, mustard and eggs.

In a 13 by 9-inch baking pan, shape the meat into a 9 by 5-inch loaf, or pat it into a 9 by 5-inch loaf pan, smoothing the top. Spread the top with ketchup. Bake until the meatloaf is firm with a richly browned top, and a meat thermometer inserted into the center of the loaf registers 165 degrees, about 1 hour.

Let the meatloaf stand in the pan for 10 minutes before slicing. Serves 6.

Recipe from: "Everybody Loves Meatloaf: More than 100 Recipes for Loaves and Fixins" by Melanie Barnard, (HarperPerennial, Oct. 1997; \$14.95).

WHITE BEAN AND SPAGHETTI SQUARES

- Crust**
- 3 1/2 to 4 cups cooked spaghetti (about 1/2 pound uncooked)
- 1/2 cup milk
- 1 egg

- 1/4 cup grated Romano cheese

- Filling**
- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 small red bell pepper, chopped
- 1 small yellow bell pepper, chopped
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh oregano or 2 teaspoons dried
- 1/4 cup chopped fresh basil
- 1/2 cup milk
- 3 eggs
- 1 can (1 pound) white beans, rinsed and drained
- 1 can (14 1/2 ounces) Italian-style stewed tomatoes with juice
- 2 cups (8 ounces) grated mozzarella cheese

To make the crust: Coat a shallow 3-quart baking pan with nonstick olive oil spray. If the pasta is cold, reheat it in a microwave oven, then place it in the prepared pan. Add the milk, egg, and Romano cheese, mixing well. Spread the mixture to cover the bottom and about 1 inch up the sides of the prepared pan. Set aside. Preheat the oven to 375

degrees.

To make the filling: In a large skillet, heat the oil and cook the onion and red and yellow peppers over medium heat, stirring occasionally, until the vegetables are just softened, about 4 minutes. Add the garlic, oregano, and basil, and cook 1 minute more. In a small bowl, whisk the milk with the eggs to blend. Stir the egg mixture and beans into the cooked vegetables in the skillet. Spoon the filling into the prepared spaghetti "crust." Spread the tomatoes over the top, then sprinkle with the cheese.

Cover with aluminum foil and bake for 15 minutes. Uncover and bake until the filling is set and the cheese is melted and bubbly, 20 to 25 minutes more. (The recipe can be assembled up to 8 hours ahead and refrigerated. Increase the covered baking time by 10 minutes, then uncover and continue to bake as directed.)

Let stand for 10 minutes before cutting into squares to serve. Serves 6-8.

Recipe from: "Everybody Loves Meatloaf: More than 100 Recipes for Loaves and Fixins" by Melanie Barnard.

Wines from page B1

Dolomites. With attractive pear aromas, it comes across bright, fresh, crisp and elegantly balanced.

The 1995 Boscaini Bardolino Le Canne, Classico Superiore \$11 strikingly drives home the microzone benefit with its bounty of red fruits, soft, appealing mouthfeel and luxurious finish. It is interesting to note that on the wine label, the microzone Le Canne is printed above the producer's name. That's how important Boscaini considers the microzone concept. Pair it with pastas, light meats, chicken, swordfish, tuna or salmon.

A new-age Valpolicella is represented by 1995 San Ciriaco \$16, the first release of this wine. Traditionally, Valpolicella has been made as a field blend of

three grape varieties. Field blends are a mix of grapes grown in the same vineyard, harvested at the same time and fermented as a mix. The nature of grape ripening is such that, in reality, all three grape varieties do not reach peak ripeness at the same time. New-age Valpolicella is made by harvesting each grape variety at the peak of ripeness and fermenting each separately. Blending follows at a later stage in the winemaking process.

To enhance and distinguish the overall wine, Boscaini has added a fourth grape variety (croatina) to the blend, one that no other producer in Valpolicella uses. The label depicts a window of the Villa of San Ciriaco. The fruit-driven wine is laden with the aromas and juicy flavors of red plums, dark cherries and spice.

Ripasso \$16. Vino di Ripasso refers to a winemaking technique whereby the wine is fermented a second time. The ancient Ripasso system was rediscovered and patented by the Boscaini. Only Dario's branch of the family is permitted by law to use the term on the front label. The wine has all the flavor and aromas of an Amarone, but the fruit and softness of a Valpolicella.

You can't make the comparison because you've not tried an Amarone. Then 1993 Boscaini Amarone Marano \$35 with its compelling aromas and mouth-filling flavors is one you need to try.

■ If you're into wine cybernating, one local site not to be missed is for the Village Corner wine shop in Ann Arbor, <http://www.villagecorner.com>. A list of some hard-to-get wines is posted and updated. Access the list using the Home Page Features button.

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Healds, dial (313) 953-2047 on a touch-tone phone, mailbox 1864.

Carrots can be microwaved. Cook them in a minimum amount of water until tender, but not mushy. Cook longer if you are going to puree the carrots to add to a cake, cookies, bread or cream soup.

For a little snack, served hot or cold, carrots are certainly more than just for cake, or sticks on a relish tray.

Lois M. Thieleke of Birmingham is an Extension Home Economist for the Michigan State University Extension — Oakland County. For answers to food questions, call the hot-line (248) 858-0904.

Here's a carrot recipe from The American Medical Association Family Health Cookbook: Good Food That's Good for You (Pocket Books/Jamie A. Donnad and Associates, Inc.; November 1997; \$30).

Home Sense from page B1

LEMON AND HONEY-GLAZED BABY CARROTS

- 1 1/2 pounds baby carrots
- 2/3 cup dry white wine, apple juice, or white grape juice
- 1 1/2 tablespoons honey
- 2 tablespoons butter
- 1/2 teaspoon salt, plus additional to taste
- 2 strips lemon peel
- 2 tablespoons lemon juice
- Freshly ground black pepper to taste

In a large nonstick skillet, combine the carrots, wine, honey, butter, salt, and lemon peel. Add enough water to barely cover the

carrots. Bring to a boil, reduce the heat to medium, and simmer uncovered, stirring occasionally, until the carrots are tender and most of the liquid has evaporated, about 15 minutes.

Add more water if necessary to prevent scorching. If any liquid remains, raise the heat and boil it until it cooks down to make a syrupy glaze.

Discard the lemon peel. Sprinkle the lemon juice over the carrots and stir. Add salt and pepper to taste and serve.

Makes 4 side dish servings
Per serving: About 117 calories, 20 calories from fat, 2g total fat, 1g saturated fat, 5mg cholesterol, 347mg sodium, 25g total carbs, 4g fiber, 2g protein

CHINESE NEW YEAR

If you've already broken your new year's resolutions, here's a chance to start over. Wednesday, Jan. 28 is the eve of Chinese New Year, time to welcome the Year of the Tiger.

According to Chinese astrology, tigers are brave, energetic, independent and fearless. These local Chinese restaurants will be hosting New Year

celebrations. Reservations are essential.

■ Hunan Palace, 3825 W. 10 Mile Road, Farmington Hills, (248) 473-3939; 4 p.m. Sunday, Feb. 1, 10-course dinner, dragon dance, martial art demonstration, \$45 per person.

■ Mon Jin Lau, 1515 E. Maple Road (at Stephenson) Troy, (248) 689-2332, 7 p.m. Monday, Jan. 26, cost \$89 per person, includes dinner, entertainment.

■ Shangri-La, 6407 Orchard

Lake Road (at Maple in Orchard Mall), West Bloomfield, (248) 626-8585; 6 p.m. Sunday, Feb. 1, special dinner, entertainment, \$30 per person, you can arrange for a table of 10.

■ New Peking Restaurant, 29105 Ford Road, Garden City, (313) 426-2230. Chinese New Year Party, 12 course dinner, prizes and entertainment, 6 p.m. Monday-Thursday, Jan. 26-29. Cost \$28 per person, (\$10 non-refundable deposit).

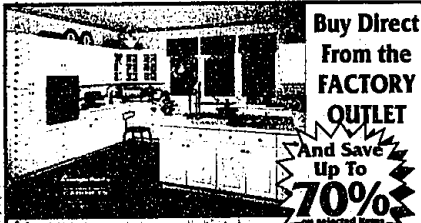
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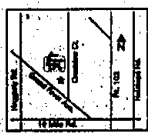
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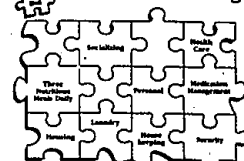
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