

2 Unique from page B1

spell." Remember the old wives tale - "The way to a man's heart is through his stomach?"

Cast your spell on Valentine's Day. Make dinner for your special someone, or call our stove sorcerers to order a romantic meal that's sure to set "Hearts Afire." (See related chart for details).

Favorite Romantic Meals

■ Chef Jacki Lord of Rochester - Foie Gras for starters, followed by Beef Tenderloin with Mushrooms and a very special cabernet, and the kids at grandma's.

■ Judy Serentino of Birmingham - Pasta of any variety is very sensual as it is swirled on the fork.

■ Chef Jeff Schroeder of Livonia - Rack of lamb, zinfandel, and, of course, we will both cook dinner on Valentine's Day accompanied by lots of candles and Frank Sinatra.

■ Chef Steven Smith of Farmington Hills - Lots of red wine, good pasta with fresh tomato sauce and veal scallopine with a hint of fresh lemon.

■ Kathy Brian of Birmingham - Angel Hair pasta with sautéed garlic and fresh herbs followed by chocolate dipped strawberries and champagne in the hot tub.

■ Jennifer Chokajlo of Troy - There is nothing sweeter than waking up to homemade pancakes with fresh berries and Mimosas.

Aphrodisiacs

Over the centuries, thousands

of foods have been said to act as an aphrodisiac. Newly harvested wheat, onions, anchovies, artichokes, garlic, ginger, leeks, horseradish, caraway, caviar, mackerel, oysters, rosemary, anise and sage are just a few.

Some foods were recognized as aphrodisiacs because of their rarity. Unknown plants newly released in the marketplace were often perceived as enchanted or containing special powers. When tomatoes reached Europe from the New World they were known as love apples with special romantic power. Also, the sweet potato was touted to have an impact on unbridled passion for those who would dare to partake.

Sweet trivia

■ The celebration of Valentine's Day in the United States began around the Revolutionary War.

■ The Romans celebrated Feb. 14 as the Feast of Lupercal, dedicated to the pastoral god Lupercus and the goddess of love, Juno.

■ The first Valentine was reported to have been sent in 270 by St. Valentine to the jailer's blind daughter on the eve of his execution as a note of appreciation for sending messages and food.

■ Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. Look for her column in Taste on the second Sunday of the month.

Cookies, winter pasta sure to please

See related Two Unique column on Taste front. Recipes compliments of Kelli Lewton, owner Two Unique Caterers & Event Planners, Bloomfield Hills.

VALENTINE SUGAR COOKIES

- 4 cups sifted flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 2 sticks butter (8 ounces)
- 2 1/4 cups granulated sugar
- 2 eggs
- 1 teaspoon pure vanilla
- 1 teaspoon fresh lemon juice
- Zest of 1 lemon

Combine flour, salt and baking powder. Cream the butter and sugar until light and fluffy. Beat in eggs. Add flour mixture, blend on low speed until mixed thoroughly. Stir in vanilla, lemon and zest. Roll dough for 2 hours. Roll out 1/2-inch thick and cut with heart cookie cutter. Place on lined cookie trays. Refrigerate 20 minutes. Bake 8-10 minutes at 325°F until golden.

Decorate with tinted chocolate, icing, colored sugars and Valentine confections. Makes about 2 dozen.

WARM WINTER PASTA

- 5 ounces Angel hair pasta (dry)
- 2 tablespoons capers
- 1 large roasted pepper (peeled, seeded and cut into thin strips)
- 1/2 cup sun-dried tomatoes, cut into thin strips
- 1 chicken breast (8 to 7 ounces, cooked, butter-fried and cut into thin strips)
- 8 ripe plum tomatoes (diced)
- 1 large bunch of basil (cleaned and cut into paper fine strips)
- 4 cloves garlic (minced)
- 1 medium onion (diced)

1/2 cup extra virgin olive oil
Boil pasta with a pinch of salt and olive oil until al dente.
Heat olive oil in a large skillet. Sauté onions for a minute or so until they appear to start becoming translucent. Add garlic and continue to sauté for another minute or so.
Add tomatoes and simmer for 3-4 minutes. Add remaining ingredients and basil. Mix in pan until hot, season with fresh cracked pepper and salt to taste. Serve over pasta. Serves 2.

Serve with a crusty loaf of peasant style bread and red wine.

Work a 'Main Dish Miracle' with canned salmon

See related story on Taste front. Recipes compliments of Mariel G. Wagner, registered dietitian.

SALMON LOAF

- 1 (14 3/4 ounce) can Red Salmon, rinsed and drained
- 1 cup evaporated skim milk
- 2 tablespoons parsley, chopped
- 1 1/2 cups soft bread crumbs
- 2 teaspoons fresh lemon juice
- 1 tablespoon green onions, chopped
- 1/4 teaspoon freshly ground black pepper
- 2 egg whites, slightly beaten

Flake salmon. Add milk and combine with other ingredients. Spray loaf pan with nonstick spray. Pack salmon mixture into loaf pan. Bake in a 375°F oven for 25-30 minutes or until browned.

Serve with a spoonful of Tangy Tartar Sauce and a spoonful of Dill Sauce. Serves 6.

Nutrition Facts: Calories 252; Total Fat 7g; Saturated Fat 1.5g; Cholesterol 36mg; Sodium 584mg.

The sodium will be reduced by about one half if the salmon is rinsed, and drained before adding the other ingredients.

Food Exchanges: 3 Lean Meats; 1 Bread; 1 Vegetable.

TANGY TARTAR SAUCE

- 1 cup fat-free mayonnaise
 - 1 tablespoon sweet pickle relish
 - 1 teaspoon salad mustard
 - 1 tablespoon parsley, chopped
 - 1 tablespoon onion, finely chopped
 - 1/4 cup celery, finely chopped
 - 1 tablespoon white vinegar
- Combine all above ingredients.

Serves 6

DILL SAUCE

- 4 green onions, chopped
 - 2 tablespoons fresh dill, or 2 teaspoons dried dill
 - 2 tablespoons lemon juice
 - 1/2 cup Fat-Free Miracle Whip Dressing
- Mix all ingredients. Let stand for 1/2 hour before serving (allows flavors to blend). Serves 6.
- Nutrition Facts:** For a serving of either of the sauces
Calories 34; Total Fat 0 g; Saturated Fat 0 g; Cholesterol 0 mg; Sodium 256 mg.
- Food Exchanges:** 1/2 Bread

Surprise your sweetie with festive heart healthy fare for Valentine's Day

See related story on Taste front.

Recipes compliments of Peggy Martinelli-Everts, registered dietitian, director of clinical operations for HDS Services Inc.

BREAST OF CHICKEN, RED WINE SAUCE

- 4 boneless, skinless chicken breasts
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon dill
- 2 tablespoons finely chopped green onion
- 1 cup sliced mushrooms

- 1/2 cup dry red wine or white wine
- 1 cup canned low-sodium chicken broth
- 2 tablespoons chopped fresh parsley
- 1/2 cup tomato, peeled and chopped
- 1 teaspoon arrowroot (optional)

Season chicken breasts with pepper and spices. Sauté until light brown on low to medium heat in a non-stick fry pan. Remove chicken and add onions and mushrooms to pan. Sauté one minute. Add wine and cook one minute.

Add broth, parsley and tomatoes. Return chicken to mixture and simmer until liquid is reduced by half.

In a small cup mix arrowroot with 1 teaspoon cold water to make a paste. Stir this into the mixture to thicken the liquid slightly.

(It is not necessary to thicken this sauce, however, this step improves consistency.)

Cover and place in the oven for 15 minutes at 350°F. Serve with rice.

Cook's note: Arrowroot is a starchy product of the tropical

tuber by the same name. The root stalks are dried and ground into a fine powder. Arrowroot is used as a thickening agent for puddings, sauces, and other cooked foods. Unlike cornstarch, it doesn't impart a chalky taste when undercooked. You can find arrowroot in the baking section of most supermarkets. Arrowroot received its unusual name because the root was used in the treatment of poisoned arrow wounds.

Nutrition information per serving: Calories 210, Protein 28 g, Fat 4 g, Sodium 198 mg, Carbohydrates 6 g. Serves 4.

CARROT COCOA BROWNIES

- 1/4 cup unsweetened cocoa powder
- 1 cup all purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 cup granulated sugar
- 1 cup carrots, finely shredded
- 1/4 cup skim milk
- 2 tablespoons applesauce
- 4 egg whites
- 1 teaspoon vanilla extract

Preheat oven to 350°F, and coat a 9-inch square pan with vegetable oil spray. In a medium-sized bowl, sift together cocoa powder, flour

and baking powder.
Mix in sugar and carrots. In a measuring cup, measure milk and add applesauce, eggs and vanilla. Lightly beat with a fork and add to dry ingredients.

Mix until just blended. Pour batter into pan and bake 20 minutes or until toothpick inserted in center comes out clean. Cool and cut into 12 squares. If desired, top with sifted powdered sugar or serve with frozen yogurt. Serves 12.

Nutrition information per serving: Calories 100, Protein 3 g, Fat 1.2 g, Sodium 32 mg, Carbohydrates 20 g.

UNBELIEVABLE EXCHANGE RATE

\$1.00 U.S. = \$1.50 Cdn.

Only At The Ambassador Duty Free Store

LOCATED ON THE CANADIAN PLAZA OF THE AMBASSADOR BRIDGE

The Ambassador Duty Free Store is offering an unbelievable return on your U.S. dollar. Only at The Ambassador Duty Free Store is your U.S. dollar worth \$1.50 Cdn. on the value of merchandise purchased.

The Ambassador Duty Free Store offers tremendous savings on world-class merchandise. Take advantage of the strength of the U.S. dollar on every item you purchase during this special promotion.

Absolut Vodka U.S. RETAIL PRICE \$25.41 AMBASSADOR DUTY FREE EVERYDAY PRICE (U.S.) \$9.64 AMBASSADOR DUTY FREE WITH \$1.50 EXCHANGE \$9.16	Blue Blended U.S. RETAIL PRICE \$16.39 AMBASSADOR DUTY FREE EVERYDAY PRICE (U.S.) \$11.88 AMBASSADOR DUTY FREE WITH \$1.50 EXCHANGE \$11.30	Canadian Club U.S. RETAIL PRICE \$17.99 AMBASSADOR DUTY FREE EVERYDAY PRICE (U.S.) \$9.78 AMBASSADOR DUTY FREE WITH \$1.50 EXCHANGE \$9.30
--	---	--

Polo Sport for Her, Polo Sport for Him

Ralph Lauren Polo Sport for Her U.S. RETAIL PRICE \$58.30 AMBASSADOR DUTY FREE EVERYDAY PRICE (U.S.) \$42.25 AMBASSADOR DUTY FREE WITH \$1.50 EXCHANGE \$40.16	Ralph Lauren Polo Sport for Him U.S. RETAIL PRICE \$50.88 AMBASSADOR DUTY FREE EVERYDAY PRICE (U.S.) \$36.99 AMBASSADOR DUTY FREE WITH \$1.50 EXCHANGE \$35.16
--	--

Ray Ban

Ray Ban Aviator U.S. RETAIL PRICE \$104.94 AMBASSADOR DUTY FREE EVERYDAY PRICE (U.S.) \$66.27 AMBASSADOR DUTY FREE WITH \$1.50 EXCHANGE \$63.00	Waterford U.S. RETAIL PRICE \$104.94 AMBASSADOR DUTY FREE EVERYDAY PRICE (U.S.) \$80.65 AMBASSADOR DUTY FREE WITH \$1.50 EXCHANGE \$76.66
---	---

THE AMBASSADOR DUTY FREE STORE
The Canadian Travel Company and the Embassy of the United States of America, WINDSOR

THIS PROMOTION VALID EVERY TUESDAY, WEDNESDAY & THURSDAY IN FEBRUARY • GST Rebate Centre • Open 24 hours