Vegetable pie with fresh herbs tasty main dish

front. Recipe compliments of HDS Services and Peggy Mar-tinelli-Everts, director of clinical

operations.

Here's a recipe that incorporates a few different vegetables for a colorful and tasty main dish.

VEGETABLE PIE

3/4 cup long grain or brown

- 1/2 cup bread coumbs 1/2 cup bread crumos
 1/4 cup each firmly packed
 fresh parsley and basil
 leaves
 2 tablespoons fresh thyme

1/2 teaspoon salt
Freshly grated nutrineg and
ground pepper to taste
2 shellots (1 ounce) total 1/2 cup grated Permeson cheese

1 smell eggplant (about 7 ounces) unpeeled, sliced thin

8 ounces sliced mushrooms 1 medium zucchini (8

- ounces), sliced thin 1 Italian plum tomato (3 ounces), silced
- 3 tablespoons alive oil

Preheat oven to 450°F

Prepare rice according to package directions. Spray a 10-inch pie plate with nonstick cooking spray. Pack rice into bottom and sides of pan to form crust,

Using a food processor fit with the steel blade, mince together the pareley, basil, thyme, salt, nutparsicy, basil, thyme, sait, nut-meg, and pepper. Remove from the work bowl and set aside. Drop the shallots through the feed tube and process until minced. Remove from the work bowl and set aside. In a heavy 12-inch sauté pan or skillet, hoat 1 tablespoon of the eil over medium-high heat. Add the eggplant and haif of the shallets. Cook, stirring frequently, until the eggplant is tender, about 7 minutes. Remove from the skillet. Heat 1 tablespoon of the oil in the same pan over medium-high heat. Add the zucchini and, stirring frequently, cook until just tender, about 3 minutes. Remove from the skillet. Heat the remaining 1 tablespoon of oil in the same pan over medium-high heat. Add the remaining shallets and mushrooms and cook, stirring frequent-

ly, until the mushrooms are soft, about 4 minutes.

Position a rack in the center of Position a rack in the center of the 460°F, own. Combine the bread crumbs with half the grated cheese. Sprinkle over the bottom of the rice pie crust. Arrange the eggplant over crust in even layers. Sprinkle with one fourth of the minced herbs and half of the machine herbs. remaining cheese.

Spoon the mushrooms over pie evenly. Sprinkle with one-fourth of the minced herbs. Pour egg whites evenly over mushrooms, making sure the egg soaks into the pie.

Arrange the zucchini eventy over the pie, overlapping slightly. Arrange the tomato alices in a cir-cle in the center, overlapping slightly. Sprinkle the remaining herb mixture and then the remaining cheese over the vegetables. Bake in the preheated oven about 20 minutes, or until the egg is set and cheese melted. Let cool slightly before serving. Serves 6.

Nutrition information per serving: Calories 214, Protein 5 grams, Fat 10 grams, Sodium 241 mg, Carbohydrates 25

Microbrews from page B1

Tasting

- Here are some tips from Merchant's Fine Wine owner John Jonne:

 Step 1 Pour the beer you have chosen into a clean, clear glass, it is always a good idea to taste lighter beers before darker beers.
- Step 2 Smell your beer. ■ Step 2 - Smell your beer. This is one of the best parts of a good beer. Note the aromas, they can range from citrus, floral, or skunky to roasted, toasted, or malty. The nose in beer is flecting, so you want to enjoy it while it lasts.
- it lasts.

 Step 3 Hold the glass up
 to the light or hold it up against

tures. It is kept alive today by the growing number of consumers who are willing to pay a premium for relatively inexpensive tems that authentically satisfy their search for the good life filled with simple, everyday pleasures."

browers do not litter their beer because of the extra flavor the yeast provides.

Step 4 – Now you may sip the beer. Take a nice sip – not so much as to fill your mouth, but to coat your palate. Now swirl and chew your beer. Remember the object is to taste the beer so you will want to use every part of your mouth. Is the beer full-bodied or thin? Is it sweet or bitter? Now swallow. Does the flavor linger (a long finish) or disappear (a short finish).

Step 5 – Repeat! Now you know how to successfully taste a beer. As you hone these skills and taste different beers you will develop an appreciation for the great variety of beers in the world.

There are no set rules about matching beer with food. It's up to individual taste. Here are some ideas from the Michigan Beer Guide. Experiment and

have fun.

Salads - lambric, kriek,

■ Salads - lambric, krick, frambois, fruit beer
■ Cheese dishes - pale ale, porter and sweet stout
■ Seafood - pilsner, amber lager or light ale
■ Shellish - porter, stout
■ Pasta, pizza and spicy foods - malty Vienna or Oktoberfest
■ Poultry - Amber lager, ale
■ Pork, veal and beef - Munich or Dortmunder lager brown ale

Munich or Dortmunder lager brown ale

Game – Scottish ale, porter, dry stout, Belgian alo

Roasts and stews – dark malty lager, porter, stout

Desserts – old ale, barley-wine, double bock, imperial stout
Try different combinations. For example, try different atyles of beer with the same food. Keep

a record of ideas and comments. Brewpubs and Micros that serve food are also good sources. Some will print suggestions on their menus on which of their beers pair with each entree. Ask your

pair with each entree. Ask your server.

As I reported in my coffee column in January, there seems to be a resurgence of the past – coffee bars, microbrows and cigars are all the happening thing. Or maybe it is also part of the homogrown, grass roots feeling appreading across the United States this decade, Only time will tell if micro beer is here to stay or just a passing phenomenon of years past.

Chef Kelli L. Lewton, is owner of 2 Unique Caterers and Event Planners in Bloomfeld Hills. A graduate of Schooleraf College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Tast on the second Sunday of the month.

Splash of beer adds flavor

2 pounds (16 to 20 count) shrimo

1 bottle of ale or lager

1/2 cup coarsely chopped corlander
1/4 cup olive oil

Zest and juice of 1 lime 2 seeded, diced jalapeno pep-

Freshly ground black pepper to taste

Tabasco Sauce (potional) Clean shrimp, peel if desired,

but shrimp has more flavor if cooked with their shells. Place in shallow dish. Combinall ingredients, except salt and Tabasco, and pour over shrimp. Marinate in the refrigerator for a to two hours, turning once.

Remove shrimp from marinade train marinade into saucepan and boil for 5-7 minutes, until syrupy and reduced to 1/4 cup. Season with salt and Tabasco

See related 2 Unique column on Taste front.

SHRIMP WITH BEER GLAZE

SHOOLEAST College Winter-

BLACK BEAN AND STOUT CHILL

1 cup chopped onlons 3 cloves gartle, chopped

1/2 cup diced carrots 1/2 cup diced celery

2 cups diced tomatoes

4 cups cooked black beans

1 jalapeno pepper, diced 1 tablespoon chill powder

1 tablespoon cumin

3 cups chicken stock

1 cup stout beer

2 tablespoons cliantro Salt and pepper to taste

Add the garlic and let sweat for 1 minute. Add the remaining ingredients and cook until the chili reaches the right consistency (about 1 hour).

Garnish with cheddar cheese

NUTRITION MONTH EVENTS

Healthy Cooking Demos at Botsford General Hespital's Health Development Network, 39750 Grand River Ave., Nov. Best Beef Recipes, 7 p.m. Thurs-

day, March 12; Tofu: Hot, Spicy, Creamy and Sweet and Sour, 7 p.m. Thursday, March 26. There is a \$6 fee for other of these classes, preregistration required,

call (248) 477-6100.

Teen Nutrition Grocery Tour, presented by Gail Posner, a registered dictitian, 7-8:30

p.m. Monday, March 30 at Shopping Center Market, Maple at Orchard Lake Road, West Bloomfield. Cost \$15 per teen, and \$25 for adult and teen. Call (248) 855-4568 to register, prepayment required. Learn how to make healthy choices at the grocery store, includes samples.

cery store, includes samples.

Crittenton Hospital Nutrition Health Fair, 8:30 a.m. to 2 p.m. Thursday, March 26 at the hospital, 1010 W. University Drive, Rochester. Free event features food samples, autrition displays, games, contests, raffles, free waist to hip ratio measurements, prizes, cooking demonstrations, finger stick testing for cholesterol and HDL (the fee is \$10 per person). Registration is not necessary, call (248) 652-6630 for information.

Readers needs help finding recipes

BY KEELY WYGONIK STAFF WRITER

Some of my very favorite recipes are ones I clipped out of newspapers and magazines. Like me. I'm sure you've saved some of the recipes that have appeared in Taste, and perhaps have lost one of your favorites.

Do you have a good system for organizing recipes so you won't least them?

lose them?
Lost and Found Recipes are the best. Have you ever clipped a recipe, made it, liked the results, and then accidentally misplaced

the recipe?

Kim of Westland is looking for a lentil burger recipe she clipped

Arrived!

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Spring Has

out of the Observer in 1989. "It was really good, but I can't find the recipe," she said. If you have a good lentil burger recipe send it to me, and I'll make sure Kim

the recipe," she said. If you have a good lentil burger recipe send it to me, and I'll make sure Kim gets it.

Mary of Bloomfield Hills is looking for a recipe called Buddha's Delight.

If you can help our readers, please send the recipe to: Keely Wygonik, Taste Editor, Observer & Eccentric Newspappers, 36251 Schooleraft, Livonia, Mi 48150, or fax (734) 591-7279. You can also e-mail me recipes kwygonik@oo.homecomm.net

We'd also enjoy hearing your tips for organizing recipes.

Holiday
We're also looking for Spring Holiday Celebration recipes to foature in Taste on Sunday, March 29.

What are your Easter and Passover food traditions? Do you have a favorite recipe to share? Tell us about the recipe, and why it's a family tradition.

Send your recipe, and a couple of sentences, which explain why it's a so good, by Monday, March 16. Please include your daytime phone number so we can call you if wo need to.

We'll pick two readers to feature in the Sunday, March 29; issue of Taste. In addition to being photographed and interviewed for our story, you'll receive an apron and a copy of The Passover Table, by Susan R. Friedland or "The Frugal Gourmet Keeps the Feast: Past; Present and Future, by Jeff Smith, in addition to our thanks."





