#### Cancer from page B1

■ Vitamins A and C. Vitamin A is a fat soluble vitamin found in dary products. It can be toxic if maps doese from vitamin supported as a retailed. Better a retailed a retailed in the products are taken. Better a retailed in the product of vitamin A is thought to be protective against lung cancer and vitamin C for cancer of the esophagus and stomech.

Other protectors include the

and stomach.
Other protectors include the mineral selenium (from seafood and grains) and vitamin E (from

vegetable oils) which act as antioxidants to protect cells against oxidative change. Remember that cancer can occur to anyone – oven to people who eat properly and exercise regularly. Although we can't prevent all cancers, a proper diet gives our body the fighting power to stay in optimum health. We know now that good nutrition can help make a difference in our future health. In 1969 the government formed a committee

to study the effects of malnutrition and poverty in America.
From this initiative we began to
fight 'The war on hunger.' However, the committee also discovered that malnutrition is not
limited to the poor, it can be a
disease of excess.

During the hearings evidence
became clear that poor nutrition
is linked to heart disease, stroke,
cancer and diabetes. In 1976
Sen. Hubert Humphrey was
himself fighting cancer.

As the committee called on its

experts, Humphrey listened attentively to the irrefutable evidence that some ways of eating were associated with the incidence of cancer and with cancer prevention. "If only someone had told us," he said to a witness. "If only we had known."

Tips for cancer survivors If you are in treatment for can-cer it is vitally important that you pay attention to what you eat. Maintaining a good nutri-tional status can help your body

recover faster and will make you feel better. Eat your favorite feeds when you are feeling your best. Otherwise you may develop an aversion to them because you'll associate these foods with feeling bad. For taste alterations and other mouth symptoms, moist, cool foods may be most soothing.

recover faster and will make you

Try non-acidic fruit juices, gelatin, pudding, custard, ice cream, molded salads, meat or pasta salads, or soups and foods

dipped in sauces or gravies. Eat foods that make you feel better without aggravating the pain and symptoms you may be expe-riencing.

Peggy Martinelli-Everts of Clarkston, is a registered dieti-tian and director of clinical oper-ations for HDS Services, a Farm-ington Hills-based food service and hospitality management and consulting company. Look for her story on the second Sunday of the month in Taste.

# Bulgur fritters with jam great meatless dish with cooking apray. Mix first 5 ingredients in a bowl with a fork, make a well in center of mixture and beat in egg and mildly fold to combine. Gently drop by one outseops or spoonfuls onto griddle and pan fry turning once until golden brown on both sides. Serve hot with pon fam and a touch of light sour cream.

See related story on Taste front. Recipe compliments of HDS Services and Peggy Mar-tinelli-Everts. Here is a great meatless dish that is low in fat, and a good source of protein. You can serve

it as a main course, or reduce the serving size, and use it as a side dish.

**BULGUR FRITTERS WITH PEAR** 

2 cups prepared bulgur wheat bulgur can be found in the rice section. Prepare according to package directions, adding 1 tea-spoon salt, let cool. (Some packages may ask for more salt, some for none. For this recipe, use 1 teaspoon solt, no additional spices or seasoning pack-

JAM

ets.) 4 scallions, sliced thin 2/3 cup or 1 small yam, peeted and diced very fine

1/4 cup say flour 1 teaspoon baking powder 2 egg whites 1/4 cup skim milk

Non-stick cooking spray for frying

Heat a non-stick griddle or fry-ing pan to medium-high. Spray Nutrition information per serving: Calories: 124.21; Pro-

light sour cream. .

tein: 15.04 grams; Fat: 2.72 grams; Sodium: 630 milligrams; Carbohydrates: 77.84 grams; Percentage of calories from fat: 19.76.

#### PEAR JAM

2 ripe or overripe Bosc pears, Juice of 1 lemon

1/2 cup water 2 teaspoons packed brown Bring to boll over medium-high heat, reduce heat, but continue to boil until thick and almost dry (jam consistency). Pures in food processor or blender until smooth.

Nutrition information per serving: Calories: 27.91; Pro-tein: 0.3 grams; Fat: .05 grams; Sodium: .63 milligrams; Carbo-hydrates: 7.17 grams; Percent-age of calories from fat: 1.61.

### Inque from page B1

the newly renovated Hunt Club in Bloomfield Hills.

Mike enjoys simply good food at home such as perfectly reasted chicken.

Kevin Gawron Certified Master Chef Gawronski,

Kevin serves as the denn of Schooleraft College's culinary arts program. He's a culinary adviser, working chef, comedian, and all around great guy. Kevin enjoys helping students, staying late to coach culinary team mombers, arriving early for

gourmet club meetings. He is sought by students and instructors alike for mentoring the future of the culinary profession. Kevin lives in the West Bloomfield, Commerce area with his wife Robin and three teenage children. Kevin enjoys hunting,

boating, and fishing, but mainly spending time with his family. When it comes to cooking at home, hand him the charcoal, he's a "grill man."

There are some other Certified

There are some other Certified Master Chefs in Michigan who I did not have an opportunity to

interview - Milos Cihelka who retired from the Golden Mush-room, Certified Master Pastry Chef Leon Korstijens, and Ed Janos, formerly of Too Chez and the Ritz who now lives in Col-

orado. Chef Kelli L. Lewton is owner

of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kell is a part-time instructor at the col-lege. Look for her column in Taste on the second Sunday of the month.

## From their house to yours, master chefs share recipes

#### MARGRIT'S SWISS "MUESLI"

- Ylold 8 servings
- 1 cup mllk
- 1 cup quick cooking oatmeal 3/4 cup ground hazelnuts
- 1/2 cup chopped wainuts 2 Northern Spy apples, grated

IT'S EASY

K UP YOUR FREE CUSTOMER CASH CARD DAY! Bring it with you each time you visit our of Our cashier will validate your purchase and rid your visit, when your card is punched full, the RDE MANAGER will remove the seal in the ARD SECTION" and you will know instantly how theyou'e won!

nuch you've won! Please, do not scratch the seal on your customer Cash Card! The STORE MANAGER must remove the seal when the card is punched full!)

**Boneless Beef** 

Control Lo-Fat or Regular

ICE CREAM

12 Pak Cans

2/\$500

1/2 Gal. Square

TOP SIRLOIN

STEAK

Corner of Orchard Lake Rd. and Ten Mile in Farmington

- 2 bananas, sliced Juice of 1 lemon Juice of 2 oranges 2 tablespoons sugar
- 1 cup strawberries, cleaned and sliced

Your Hometown Savings Headquarters

- 1 cup plain yogurt 1 cup raspberry flavored
- yogurt Whipping cream, optional
- Add the milk to the ontmeal. Add the lemon juice to the grated apples and mix in all the other

476-0974

ingredients. Garnish with fresh fruits on top and whipped cream

Recipe compliments Certified Master Chef Leopold Schaeli. "A lot of Swiss people like to eat Muesli for breakfast, lunch or supper, especially in the summer," said Schaeli. "This is my wife's

#### Specialty." CERTIFIED MASTER CHEF MIKE RUSSELL'S ROASTED CHICKEN

Amish reasting chicken
 Fresh thyme, garlic, salt and
 freshly ground pepper to

Aromatic vegetables such

sliced carrots, onlons, cel-

Note: Diet conscious people can omit sugar and whipped cream. Use only plain yegurt. Preheat oven to 400°F. Layer bottom of roasting pan with aromatic vegetables such as carrots, onions, celery and some of

the herbs.

Brush outside of bird with olive oil, and sprinkle with salt and pep-

Roast 30 minutes, reduce oven emperature to 350°r and : ntil an instant-read therr inserted in thigh registers 160°F, about 1 1/2 hours.

Serve with oven-browned Yukon Gold potatoes, reasted Roma toma-

#### tors, asparagus or broccoli. CERTIFIED MASTER CHEF KEVIN

- GAWRONSKI'S MIXED GRILL

- Marinade 1/4 cup olive oli
- 1/2 lemon, squeeze juice 1 teaspoon tarragen
- 1/2 onlon, cut into chunks

Mix ingredients together. Mari-nate chicken for one hour, season chicken with salt and pepper

### 2 Of Dimitrity **Home Cooking** PASTA DAY is everyday All You to Stab Can Lat Daily Dinner Specials

## before grilling. SUGARLOAR 4TH ANNUAL SPRING NOVI APRIL 1*7,* 18, 19, 1998 MICHIGAN DUTROIT, MI 300 ARTISANS

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### VEGETABLES

- 2 carrots 1 yellow squash
- 1 zucchlni
- 1 eggplant

Cut vegetables into small wedges, lengthwise. Brush with olive oil before putting them on the arill.

- POTATOES

  3 cups diced potatoes
  2 cloves chopped garlic
- 1/4 cup olive oil
- 1 teblespoon resemery 1/4 teaspoon paprika 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Mix ingredients together in a bowl. Place in a foil pouch. Bake on the grill 20-30 minutes.

#### AMERICAN RED ONION SOUP WITH BEER

#### AND SOUR DOUGH CROUTONS

- Serves 10-12
- 1 1/2 tablespoons whole but-
- 5 red onlons, quartered and silced thin
- 2 teaspoons brown sugar
- 3 teaspoons all purpose flour
- 2 cups chicken stock
- 2 cups beef stock
- Fresh cracked black peoper
- Salt to taste

  1 teaspoon Italian herbs, or
  herb blend of your choice

  1 teaspoon Lea & Perrins
- Worcestershire Sauce 12 toasted sourdough crou tons (about 1 1/2 inches
- in diameter) sprinkled with freshly grated Permesan cheese (approximately
- 1/2 cup)
  teaspoons Dijon mustard Heat the butter over a medium flame and sweat the onions for 5-7

Sprinkle in the flour and cook for an additional 5 minutes, stir-ring frequently. The onions should be golden in color. Add the brown

be gotten in con-sugar. Slowly stir in the beer and the stocks. Add the black pepper, salt and Italian herbs or herbs of your choice. Simmer gently for 20 min-

utes.

Using a slotted spoon, remove about 1 cup of the cooked onions for the croutons. Chep the onions very fine and place them in a small pan and cook out the excess meisture. Blend with the Dijon mustard.

Snessed the onion mixture on top of the tosated croutons and top with cheese. Adjust the seasoning of the sough Brown crouton mixture under a broiler. Ladle soup into bowls. Sprinkle croutons on top. Recipe compliments of Certified Master Chef Jeff Gabriel.