

Cool Jell-O desserts refreshing on summer days

See related Jell-O story on Taste front. Recipes compliments of Catherine Weber

THE JELL-O RAINBOW

1 (3 ounce) box Jell-O berry blue gelatin
 1 (3 ounce) box Jell-O lime gelatin
 1 (3 ounce) box Jell-O lemon gelatin
 1 (3 ounce) box Jell-O cherry gelatin
 3 cups boiling water
 Have 4 loaf pans and a large foil-lined cookie sheet ready.
 In a bowl, mix the berry blue gelatin with 3/4 cup of boiling water. Stir until dissolved, about 2 minutes. Pour in loaf pan.
 Repeat steps for lime, lemon and cherry gelatin.
 Refrigerate overnight.
 Carefully slice each loaf of gelatin lengthwise with a dull knife making four strips about an inch in width. Begin with two blue

strips, arc the strips on the cookie sheet to form the base of the rainbow. The ends meeting in the middle.
 Next, begin with two lime strips and use a few extra inches from a third strip to even the curved length. Repeat with the lemon and then the cherry. Refrigerate until served.

DIRT CAKE

1 (12 ounce) carton non-dairy whipped topping such as Cool Whip, thawed
 1 (8 ounce or 5.9 ounce) box Jell-O instant chocolate pudding, made according to directions on box
 1 (1 pound 4 ounce) bag of Oreo cookies crushed into small pieces
 Add whipped topping to chocolate pudding. Mix thoroughly.
 Preferably in a glass dish for presentation, spread 1/3 of the Oreo crumbs onto the bottom of the dish. Next spread 1/2 of the pudding mixture in dish. Again, layer 1/3 Oreo crumbs followed by

the remaining pudding mixture. Top with remaining Oreo crumbs. Refrigerate until served.
 Decorate with Gummi worms or plastic flowers if desired.

ORANGE BLOSSOM MOLD

1 1/2 cups boiling water
 1 package (8 serving size) or 2 packages (4 serving size) Jell-O brand orange flavor gelatin dessert
 1 1/2 cups cold water
 1 can (16 ounces) sliced peaches, drained, diced
 1 package (8 ounces) cream cheese, softened
 1 can (11 ounces) mandarin orange segments
 Stir boiling water into gelatin in a large bowl at least 2 minutes or until completely dissolved. Stir in cold water. Reserve 1 1/2 cups gelatin at room temperature.
 Stir peaches into remaining gelatin. Pour into 8-cup mold. Refrigerate about 1 1/4 hours or until set but not firm (should stick

to finger when touched and should mound).

Beat remaining gelatin gradually into cream cheese in medium bowl with an electric mixer on low speed until smooth. Stir in oranges. Pour over gelatin layer in mold.
 Refrigerate 4 hours or until firm. Unmold. Garnish as desired. Store leftover gelatin mold in refrigerator. Makes 12 servings.

Unmolding: Dip mold in warm water for about 15 seconds. Gently pull gelatin from around edges with moist fingers. Place moistened serving plate on top of mold. Invert mold and plate; holding mold and plate together, shake slightly to loosen. Gently remove mold and center gelatin on plate.

FRESH FRUIT PARFAIT DESSERT

1 1/2 cups boiling water
 2 packages (8 serving size) or 1 package (4 serving size) Jell-O brand sparkling wild berry flavor gelatin dessert

2 cups cold raspberry or strawberry sauce
 1/2 cup each blueberries and sliced strawberries
 1 cup thawed Cool Whip Topping
 Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold seltzer. Refrigerate 1 1/4 hours or until thickened. Remove 1 cup gelatin; reserve at room temperature.
 Stir fruit into remaining gelatin. Spoon into 2-quart serving bowl. Refrigerate 20 minutes or until set but not firm. Stir whipped topping into reserved gelatin with wire whisk until smooth. Spoon over gelatin in bowl.
 Refrigerate 3 hours or until firm. Store leftover dessert in refrigerator. Makes 8 servings.
 Note: If desired, dessert can be spooned into 8 glasses.

Stir fruit into remaining gelatin. Spoon into 2-quart serving bowl. Refrigerate 20 minutes or until set but not firm. Stir whipped topping into reserved gelatin with wire whisk until smooth. Spoon over gelatin in bowl.

Refrigerate 3 hours or until firm. Store leftover dessert in refrigerator. Makes 8 servings.
 Note: If desired, dessert can be spooned into 8 glasses.

SPARKLING BERRY SORBET

3/4 cup boiling water

1 package (4 serving size) Jell-O brand sparkling wild-berry flavor gelatin dessert
 1/2 cup sugar
 2 cups cold seltzer
 Stir boiling water into gelatin and sugar in large bowl at least 2 minutes until completely dissolved. Stir in cold seltzer. Pour into 9-inch square pan.
 Freeze about 1 1/2 hours or until ice crystals form 1 inch around edges. Spoon into blender container or cover. Blend on high speed about 30 seconds or until smooth. Return to pan.
 Freeze 6 hours or overnight until firm. Scoop into dessert dishes. Store leftover sorbet in freezer. Makes 8 servings.

Variation: For fruited strawberry sorbet, puree 1 cup chopped strawberries with 1 cup of the seltzer in blender or food processor. Add to gelatin mixture with remaining 1 cup of seltzer.
 Last two recipes compliments of Jell-O, a registered trademark of Kraft Foods, Inc.

Wine from page B1

wines into the bottles, you best read the bottom line on labels carefully. Vin de Pays d'Oc does not come from California. Equivalently, Valle Central is in Chile!

Currently available Toad Hollow wines include 1997 Chardonnay \$12. This fresh, flavorful wine was neither barrel fermented nor oak aged. It lets you know what the chardonnay grape tastes like. If you've not tried an unoaked chardonnay, this one may be the best.

You can compare this with a French unoaked version in 1996 Le Faux Frog, Vin de Pays d'Oc \$8, which comes across crisp and citrusy. A very good example of unoaked chardonnay from France. Thoro's 1998 Le Faux Frog Merlot \$9, too. It's a good value.
 But the best fun wine of summer may be 1997 Toad Hollow

Eye of the Toad \$10, a Dry Pinot Noir Rose, brimming with strawberry and cherry fruit. Drink this California-produced wine like the French do - with Mediterranean style cuisine. Positively delicious.

Pinot noir lovers will want to find the newly released 1997 Toad Hollow Pinot Noir \$18. We think the best California pinots are coming from the Russian River Valley and that's just where this wine originated. It beats the socks off of some pinots at double this price.

"But I think I've saved the best for last," Toad Williams said. "In September, the 1997 Toad Hollow Zinfandel will be released under the proprietary name Cacophony. Guaranteed, this wine will not be harsh or jarring; just superb harmony of flavors."
 We believe ya, Toad!

See related Living Better Sensibly on Taste front.

Visit Beverly Price's web site at www.nutritionsecrets.com. Join Lisa Marlow of Living Better Sensibly for an evening of vegetarian cooking 7-9 p.m. Wednesday, July 22. The cost is \$36 per person, and includes delicious food with recipes. Call (248) 539-9424 for registration information. Space is limited.

FRUIT SALAD WITH VANILLA BEAN SYRUP

1 large lemon
 1 vanilla bean
 3/4 cup sugar
 3/4 cup water
 3 ripe mangoes, peeled and cut into 1-inch chunks
 2 pints strawberries, hulled and each cut in half, or

quarters if large
 1 medium honeydew melon (about 3 1/2 pounds), cut into 1-inch chunks

With vegetable peeler, remove 1-inch wide continuous strip of peel from lemon. Squeeze enough juice from lemon to equal 1/4 cup; set aside. Cut vanilla bean lengthwise in half; scrape pod open. Scrape seeds from inside of vanilla bean; reserve seeds and pod.
 In 1 quart saucepan, heat lemon peel, vanilla bean seeds, vanilla bean pod, sugar, and 3/4 cup water to boiling over high heat. Reduce heat to medium; cook, uncovered, 5 minutes or until syrup is slightly thickened.

Remove vanilla bean pod and lemon. Pour syrup into small bowl; stir in lemon juice. Cover and refrigerate syrup until chilled, about 2 hours.

Place fruit in large bowl; toss with syrup. Makes 12 servings.

BEANS WITH VEGETABLES AND HERBS

1 cup dried white beans or 2 cups canned Italian white beans
 1 tablespoon flour
 2 tablespoons olive oil
 1 medium onion, chopped
 1 stalk celery, finely chopped
 1 hot pepper, fresh or dried, seeded and chopped
 1 teaspoon dried sage, crushed
 2 teaspoons chives, chopped
 2 tablespoons parsley, chopped
 1 large red or green bell pepper, seeded and diced
 Black pepper, freshly ground,

to taste
 Soak dried beans 6 hours in 3 cups water with 1 tablespoon flour. Drain, rinse, and cook in 4 cups water until tender, about 1 1/2 hour. Drain, and set aside.
 If canned beans are used, omit soaking with water and flour and simply drain before assembling rest of dish.
 Heat olive oil in large saucepan; add onion, carrot and celery, and sauté over medium heat, stirring 5 minutes. Stir in hot pepper, sage, chives, parsley, and bell pepper and continue to sauté another 6 to 7 minutes until pepper is tender.

Add 2 cups cooked beans and pepper. Combine well, reduce heat to low, and cook, stirring frequently, another 5 minutes. Serves 6.

Help us keep the wheels in motion! **Move Meals**



with Forgotten Harvest
 Forgotten Harvest, Metro Detroit's mobile food rescue program, can feed a hungry person for a day with each \$1 donated.

Forgotten Harvest is a non-profit organization which has provided hunger relief to the Detroit area since August 1990 through a prepared and perishable surplus food program. Donated food is collected from airlines, bakeries, caterers, dairies, hospitals, meat and produce distributors, and other health department-approved establishments, and transported directly to soup kitchens and shelters in our community.

Forgotten Harvest operates under the direction of a volunteer Board and a minimal staff. It is funded by individual, business, and corporate contributions, grants, trusts and fundraising events. All donations to Forgotten Harvest are tax-deductible to the extent permitted by law.

Forgotten Harvest currently transports over 70,000 pounds of food each month to soup kitchens and shelters. According to food industry standards (1 pound = 1 meal), this is equivalent to nearly 1 million meals per year. To make a credit card donation (all major credit cards accepted) or to find out more information about Forgotten Harvest call (248) 350-0041 (3463).

Move Meals! with Forgotten Harvest

Name _____
 Address _____
 City, State, Zip _____
 Telephone Number _____

I wish to pay by: Check Credit Card Pledge (please bill me)

Name of Credit Card _____ Card Number _____ Exp. Date _____

Send all donations to: Forgotten Harvest, 21711 W. Ton Mile, Suite 200, Southfield, MI 48075
 Our hearts go out to all our partners in relieving hunger! Your gift is TAX DEDUCTIBLE.

THE 13TH ANNUAL
HEART OF THE HILLS 3K & 10K RUN

Presented by **PaineWebber**
 Sponsored by **THE OBSERVER & ECCENTRIC NEWSPAPERS**

VOTED ONE OF MICHIGAN'S TOP 50 RACES BY MICHIGAN RUNNER


SATURDAY, JULY 25, 1998
 MEET AT
ANDOVER HIGH SCHOOL OF BLOOMFIELD HILLS
 4200 ANDOVER ROAD • SOUTH SIDE OF LONG LAKE ROAD JUST WEST OF TELEGRAPH

REGISTRATION 6:45-7:30 AM • START TIME 8:00 AM

ENTRY FEES
 \$15.00 POSTMARKED BEFORE JULY 18, 1998 OR AT TOTAL RUNNER
 \$17.00 IN PERSON AT TOTAL RUNNER BETWEEN JULY 20-24, 1998
 \$20.00 DAY OF THE RACE

REGISTRATION PACKETS AVAILABLE AT TOTAL RUNNER JULY 20-24 OR AT THE EVENT.

<http://www.runmichigan.com/totalrunner>



HEART OF THE HILLS RUN, TOTAL RUNNER,
 29207 NORTHWESTERN HWY, SOUTHFIELD, MI 48034 • 248-354-1177