

Whip up these cool desserts when temperatures soar

See related story on Taste front.

This refreshing frozen dessert is courtesy of Kretschmer Wheat Germ.

MOCHA FROST DESSERT

- 1 1/4 cups Kretschmer wheat germ, any flavor
- 1/4 cup firmly packed brown sugar
- 1 1/2 teaspoons ground cinnamon plus additional for garnish
- 1 egg white
- 2 teaspoons water
- 1 pint (2 cups) fat-free or low-fat coffee frozen yogurt or ice cream, slightly softened
- 1 pint (2 cups) fat-free or low-fat chocolate frozen yogurt or ice cream, slightly softened
- Fat-free whipped topping (optional)

Heat oven to 350°F. In small bowl, combine wheat germ, brown sugar and 1 1/2 teaspoons cinnamon. Measure out 1 1/4 cups wheat germ mixture; reserve remaining. In medium bowl, beat together egg white and water with fork until frothy. Stir in 1 1/4 cups wheat germ mixture, mixing until

dry ingredients are evenly moistened. Press onto bottom of ungreased 8-inch square baking pan. Bake 7 to 8 minutes or until golden brown. Cool completely on wire rack.

Spread coffee frozen yogurt over cooled crust. Freeze 30 minutes or until top feels firm to the touch. Spoon chocolate frozen yogurt over coffee frozen yogurt, spreading to edges of pan. Sprinkle with reserved wheat germ mixture, gently pressing into yogurt. Cover and freeze until solid. At least 3 hours. To serve, cut into 8 rectangles. Top with whipped topping, if desired, and cinnamon. Serves 8.

CRUNCHY FUDGE SANDWICHES

- Butter to grease pan
- 1 cup butterscotch chips
- 1/4 cup peanut butter
- 4 cups Rice Krispies
- 1 tablespoon water
- 1 cup chocolate chips
- 1/2 cup confectioners' sugar
- 2 tablespoons soft margarine
- Butter a 9-by-9-by-2-inch pan. In a small saucepan, melt butter, scotch chips and peanut butter

over low heat. Stir until smooth.

In a large bowl add 4 cups Rice Krispies, stir butterscotch mixture into Rice Krispies.

Press half of cereal mixture into buttered pan. Chill for 30 minutes.

In a small saucepan, add and stir while melting, 1 tablespoon water, 1 cup chocolate chips, 1/2 cup confectioners' sugar, 2 tablespoons soft margarine.

Spread chocolate mixture over cooled cereal mixture. Cover with rest of the Rice Krispie/butterscotch mixture. Chill 45 minutes, cut into squares.

STRAWBERRY FLUFF

- 1 purchased angel food cake
- 1 (8 ounce) tub Cool Whip
- 1 (3 ounce) package Jell-O
- 1 1/2 cups boiling water
- 1 (10 ounce) package sliced frozen strawberries (thawed)
- 1 tablespoon sugar
- Pinch of salt

Dissolve Jell-O into 1 1/2 cups boiling water. Stir in strawberries, sugar, and pinch of salt. Cool until mixture thickens, 1 1/2 to 2 hours.

Cut 3/4 of the angel food cake into bite-size pieces. Set the other

1/4 aside for later, or eat it while you work. Put the angel food cake pieces in the bottom of 9-by-13-inch Pyrex baking dish.

After Jell-O thickens, fold in Cool Whip. Pour mixture over angel food cake. Refrigerate 4-5 hours or overnight. Cut into squares to serve.

This Best Banana Pie recipe is compliments of Mary Piontek.

BEST BANANA PIE

- 1 baked 9-inch pie shell
- 3/4 cup sugar (divided)
- 1/3 cup cornstarch
- 2 1/2 cups milk
- 5 egg yolks
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons almond extract
- 3 1/2 very ripe bananas
- 1 1/2 cups heavy (whipping) cream

In a saucepan, mix 1/2 cup sugar and cornstarch. Add milk to pan. Cook, stirring over medium heat to thicken (approximately 5 minutes). Remove from heat.

Put egg yolks in a small bowl. Stir 1/3 of the hot mixture into egg yolks. Then stir egg mixture back into remaining hot mixture in pan. Heat again to boiling, stirring con-

stantly, 3-5 minutes until very thick (custard like).

Remove from stove, stir in butter, 1 1/2 teaspoons almond extract. Cover surface with plastic wrap. Cool 20 minutes in pan.

Slice bananas to cover bottom of pie crust. Stir other slices into cooled custard. Pour custard into pie crust. Refrigerate 4 to 6 hours, cover pie with plastic wrap.

Beat whipping cream and 1/4 cup sugar in bowl until stiff peaks form. Uncover pie. Use pastry bag and star tip to top with cream for a fancy, delicious pie.

Here's a recipe from Quaker Oats.

LIME TWIST DAQUIRI PIE

- 1 cup Quaker oats (quick or old-fashioned, uncooked)
- 1/2 cup all-purpose flour
- 1/3 cup firmly packed brown sugar
- 5 tablespoons stick margarine, melted
- One 8-ounce package reduced-fat cream cheese
- One 14-ounce can fat-free sweetened condensed milk
- 3 tablespoons lime juice
- 2 tablespoons dark rum or 1 1/2 teaspoons rum extract

2 teaspoons grated lime peel
One (8 ounce) container frozen fat-free or reduced-fat whipped topping, thawed and divided
Sliced fresh strawberries (optional)

To make crust. Heat oven to 350°F. Lightly spray 9-inch glass pie plate with cooking spray. In medium bowl, combine oats, flour and brown sugar; mix well. Add margarine; mix well (mixture will be crumbly). Press firmly onto bottom and sides of pie plate.

Bake 13 to 15 minutes or until golden brown. Cool completely on wire rack.

In large bowl, beat cream cheese with electric mixer until smooth. Add sweetened condensed milk, lime juice, rum and lime peel; beat well. Reserve 1 cup whipped topping; cover and refrigerate. Stir remaining whipped topping into cream cheese mixture; mix well. Spoon into cooled crust, spreading evenly. Cover and chill 5 hours or overnight.

Cut pie into wedges. Top with reserved whipped topping and, if desired, sliced strawberries. Store tightly covered in freezer. Serves 10.

Pickles, zucchini relish summer treats

See related Living Better Sensibly column on Taste front.

Join Beverly Price and Chef Annabel Cohen for a variety of fall educational programs and cooking classes, call (248) 539-9424 for more information.

To receive Anne Kohls' booklet on food preservation, send \$7.50 (includes tax and shipping) to Food Preservation, 28592 Orchard Lake Road, Suite #305, Farmington Hills, MI 48334.

SOUR PICKLES

- 2 quarts cider vinegar
- 1/2 cup dry mustard
- 1/2 cup sugar
- 1/2 cup pickling salt
- 60-80 tiny cucumbers (1 1/2 to 2 1/2 inches long)

Combine the vinegar, mustard, sugar, and salt. Pour into a clean gallon jar or container.

Add the cucumbers. Let stand for 7 days in a cool place.

Preheat hot tap water in the

canner; prepare the jars and lids. Meanwhile, drain the pickles and save the brine. Pack the pickles in clean jars. Fill the jars with the saved brine to cover the pickles. Leave 1/2-inch headspace.

Process for 10 minutes in the preheated boiling water bath canner. Start counting time as soon as water returns to boiling. Cool in sealed jars. Check seals. Remove screw bands. Label. Store. Yield 7-8 quarts.

ZUCCHINI RELISH

- 10 cups finely chopped zucchini
- 4 cups finely chopped onion
- 1 green pepper, finely chopped
- 1 sweet red pepper, finely chopped
- 5 tablespoons pickling salt
- 2 1/2 cups white vinegar
- 1 large cayenne pepper with seeds
- 1 tablespoon nutmeg
- 1 tablespoon dry mustard

- 1 tablespoon turmeric
- 1 tablespoon cornstarch
- 1/2 teaspoon black pepper
- 2 teaspoons celery salt
- 4 1/2 cups water

Chop the vegetables and sprinkle salt over them. Mix well. Let stand overnight.

Drain the vegetables. Rinse thoroughly with cold tap water. Drain again.

Place the vegetables in a large kettle with the remaining ingredients. Puree the cayenne pepper in blender with a little of the vinegar for better flavor. Bring to a boil. Simmer for 30-45 minutes until thick. Meanwhile, preheat hot tap water and jars in canner. Prepare lids Pack jars, leave 1/2-inch headspace. Put filled jars in preheated canner. Process for 10 minutes once the water has returned to a boil. Cool jars. Check seals. Remove screw bands. Label. Store. Yield 7 pints.

Wine from page B1

overblown California style.

Marlborough is a region where grapes have been grown since 1973, but the biggest progress has been made in the last 10 years. Canterbury, while known for chardonnay, is becoming an exciting region for pinot noir. Giesen Canterbury Pinot Noir from the 1998 vintage won't be available for another year.

■ 1997 Tasman Bay Nelson Oak-Aged Sauvignon Blanc \$17.50 states its difference on the label. It was fermented and aged in a combination of French and American oak. The region is Nelson, located at the northern tip of South Island. Most New Zealand sauvignon blancs are unoaked. Additionally, the wine is blended with 15 percent semil-

lon which fills in any voids and rounds out the palate.

■ With 295 varieties all making sauvignon blanc in New Zealand, I wanted to be different," Jones remarked. Different for New Zealand, perhaps, but this wine has international flare.


If you find New Zealand sauvignon blancs a tad too high in acid, the Tasman Bay is not. It underwent 100 percent malolactic fermentation that changed very tart acids to those that are milder.

■ 1997 Tasman Bay Chardonnay, Marlborough \$19.50 is also fully barrel fermented and aged in French and American oak. Its acid levels were tempered by malolactic fermentation. The wine is a superb blend of all

that's great about cool climate New Zealand wines, bright apple fruit and citrus accents, but it is very balanced in the finish with just the right acid and fruit punch. An American has made a New Zealand wine definitely suited to American palates.

Better for health

Some people are gravitating to red wines because they believe they're better for their health. Ditch that idea. White and red wines have equal health value when drunk in moderation. Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Herald, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.



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