Classic American desserts are never out of style

See related story on Taste

GINGERED PEAR UPSIDE DOWN CAKE

Topping

- 5 tablespoons stick 70 percent vegetable oil spread 1/2 cup firmly packed brown SURE
- 1 teaspoon grated fresh gin ger or 1/2 teaspoon ground ginger
- 2 tablespoons toasted wheat germ
- 3 small rice Bartlett or Bosc led, quartered

- 1 1/4 cups all purpose-flour
- 3/4 cup granulated sugar

3/4 cup toasted wheat item

- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup fat-free milk 5 tablespoons stick 70 percent vegetable oil spread, melted
- 1 egg, lightly beaten 1 teaspoon vanilla
- Heat oven to 350°F.

For topping cut vegetable oil spread into 5 pieces in 9-inch road cake pan; add brown sugar. Place cake pan; add brown sugar. Place pan in oven for 5 minutes or until spread is melted, stirring once. Remove pan from oven. Stir ginger into sugar mixture and sprinkle evenly with 2 tablespoons wheat germ. Arrange pear quarters in pinwheel shape, rounded side demoneyer sugar puriture panual down, over sugar mixture around

edges of pan; set pan asido.

edges of pan; set pan asido.
For cake, combine flour, granulated sugar, remnining 3/4 cup
wheat germ, baking powder and
salt in medium bowl; mix well. In
small bowl, combine milk, metled
spread, egg and vanille; blir well. Add to flour mixture; stir just
until dry ingredients are moistened. Spoon batter evenly into
beking nan.

baking pan.

Bake 50 to 55 minutes or until
golden brown and a wooden pick
inserted in center of cake comes
out with a few moist crumbs clinging to it. (Do not overbake).

Cool 5 minutes in pan. Loosen sides of cake from pan. Invert ento a serving platter, letting glaze drip down sides of pan, spoon any glaze remaining in pan ento cake. Serve warm or at room temperature.

Stero cooled cake tightly wrapped. Serves 12. Nutrition information: 1/12 of

Nutrition information: 1/12 of recipe - Calories 280, Calories from fat 100, Total fat 12g, Saturated fat 2g, Cholesterol 120mg, Sodium 290mg.

Recipe compliments of Kretschmer Wheat Germ.

BROWN BETTY

- 1 cup bread crumbs 2 cups tart apples; chopped
- 1/2 cup sugar 1 teaspoon cinnamon
- 2 teaspoons butter, cut into small pieces

Cream .

Butter a deep dish and start with a layer of chopped apples at the bottom. Sprinkle with sugar, a few bits of butter and cinnamon.

Cover with the bread crumbs and add more chopped apple. Proceed in this fashion until the dish is full, ending with a layer of crumbs

Cover closely and steam for 3/4 hour in a moderate (350°F) oven. Uncover and brown quickly.

Serve in the dish in which it has een baked. Eat warm with sugar

APPLE FRITTERS

- 6 tart apples, not too mellow
- 3 eggs 2 cups milk
- Pinch of baking soda
- Flour
- Sugar
- Lard (vegetable shortening)

Pare and core the apples, and ly-inch thick. Beat the eggs lightly and add in the milk. Add baking soda, salt and just enough flour to make a stiff batter.

Dip the apple slices in a mixture of sugar and cinnamon. Put each slices on the forefinger and whirl it in batter until thickly covered. Dron into hot lard or drippings and fry until golden brown.

Dust with powdered sugar before serving.

Recipes from "Mrs. Boone's Favorite Early American Recipes Cookbook," (Compiled by Franklin Fox, \$15.95, Momen-tum Books Ltd., Troy).

Cheers from page B1

- 1 tablespoon garlle, minced 2 pounds tomatoes, diced 1 cup clam juice
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pep
- 1/4 tenspoon black peoper
- 1 bay leaf 24 shrimp

F.

- 2 cups cooked white rice
- In a large saucepan, melt butter and saute enions, peppers, celery, and gurlic until they begin to soft-en. Add tomatoes, clam juice,

paprika, salt, thyme, cayenne pep-per, black pepper, and bay leaf. Reduce heat to low and cook for 15 minutes until sauce starts to thicken. Remove from heat and

chill.

At service time, sauté 24 shrimp in butter, when cooked half way, add the prepared Creele Sauce. Bring mixture to a boil, and serve over white rice. Portion should be 6 shrimp per person, making it 4 servings for this recipe.

At the Water Club Seafood Grill, we have a SummorFest Menu, which features Salmon of the Angels — sautéed salmon

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medallions served with a dill butter sauce over angel hair pasta; Grilled Tuna Medallions with a Dijon Barbecue Sauce served over mixed greens, and Herb Chicken Breast, sautéed with fresh herb cream sauce served over garlic, parsley lin-guine. Call (734) 454-0666 for reservations/information.

Chef Joseph Styke is sous chef at the Water Club Seafood Grill in Plymouth, and an award-win-ning home brewer. Look for his column on the last Sunday of the month in Taste.

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Little-known quinoa adds unusual flavor to potato salad

By DANA JACOBI SPECIAL WRITER

Quinoa is a perfect grain for summer salads. It is light, cooks quickly, and mixes well with many other ingredients. In addi-tion this sesame-sized wholo grain is a good source of protein, making it a good choice for nutri-tious, meatless meals.

An ancient grain, quinoa origi-nated in the Andes mountains of South America. Today it thrives at high altitudes in Colorado and western Canada as whill as Peru, Bolivia, parts of Ecuador and Columbia. When quinoa is beigo mixed with some darker grains, rather than uniform ivory or yel-low, it is likely that it was grown in the United States. The flavor of quinoa can range from nutty to sweet to grassy. Some people complain that it has

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the saponin, but even a tin-residue can make the grain taste-bitter.
Quinoa is one of the fluffiest whole grains. Toasting it in a dry pan before cooking can make it, even lighter. It is also one of the fastest cooking grains, taking 20 minutes from start to finish, including toasting. It is done when you see tiny white halos floating with the grain.
I sometimes used quinoa in salad recipes that call for cous-

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a bitter taste, but this usually means the grains have not been well rinsed before cooking.

To avoid an unpleasant flavor, always wash quinoa vigorously under cool water until the water no longer foams. This will rid the grains of their natural soap coating, saponin, which acts like an attural insect repellent.

The machines used during precising usually removes most of the saponin, but even a tiny residue can make the grain taste bitter.

Guinon is one of the fluffiest

BEEF, QUINOA AND POTATO SALAD

- 2 medium beets, or 1 large
- 1/2 cup quinos
- 1/2 pound potatoes, peeled, cut in 3/4-inch cubes
- 1 tablespoon olive oil 2 cups water
- Salt and freshly ground pep-per to taste

In a large saucepan, boil the beets in a generous amount of water until they are tender when pierced with a knife, about 30 minutes. Drain and cool. Peel the beets and cut them into 344-inch cubes. Place in a medium bowl.

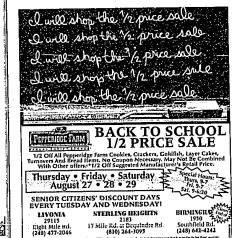
Meanwhile, place the quinoa in sieve and rinse under cool run-ing water until there is no foam. ning water until there is no foam. Drain thoroughly, Place the ouinon in a heavy-bottomed, medium succepan over medium-high heat. Toast the grain, stirring frequently with a wooden spoon, about 8 minutes. The damp kernels may stick at first, so scrape them firmly to prevent burning. Continue stirring until the individual grains separate and start popping. Remove pot from the heat. Carefully add 2 curs water.

ping. Remove pot from the near.
Carefully add 2 cups water,
standing back to avoid being spattered. Cover the pot and return it
to the burner. Reduce the heat,
and simmer 12 minutes, until the
grains are translucent and al
dente. Remove the pot from the
heat and let the quinoa sit, covcred, for ten minutes. Fluff with a
fork to separate the grains. Add fork to separate the grains. Add the cooked quinoa to the beets.

Heat the oil in a large skillet over medium heat. Add the potatocs, arranging the cubes in a single layer. Cook the potatocs, turning them until lightly browned on all sides, about 6-8 minutes. Cover the skillet and cook the potatocs 3-4 minutes longer, until they are tender.

Add the potatoes to the bowl and toss with the quinea and beets until the mixture is an even ruby red color. Season with salt and rea color. Season with salt and pepper. Serve warm or at room temperature. Each of the six serv-ings contain 126 calories and 3 grams of fat.

Prepared by conkbook outhor Dana Josobi for the American Institute for Cancer Research.



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