

2 UNIQUE



KELLI LEWTON

Tips to tailgate

Keeping Hot Food Hot

- Thermoses come in many sizes and shapes
- Don't forget your cooler is not just for keeping food cold. It can also serve as a heat insulator. You can line a small cooler with a heavy plastic bag and store hot stews, chili, wing dings or sausages for later feasting.

Keeping Cold Food Cold

- Conventional coolers are always good. If you have larger items such as platters or trays, try lining a large box like the bottom of a sheet cake box with heavy plastic. Line the bottom of the box with ice, set platters on the ice and then place a loosely packed bag of ice over your platters or trays.
- Be careful with spreads that contain mayonnaise. They spoil quickly.

Ten Unofficial Rules for Tailgating

- Pack, transport and maintain food at the proper temperature
- Divide and delegate responsibilities
- Make it simple and easy to transport
- Choose food you nab and eat standing up with minimal utensils
- Having a master plan and doing pre prep is a must
- Have a menu plan for success in all weather conditions
- Offer a balance of items to please all
- Bring both hot and cold beverages
- Arrive early to stake a claim
- Post game tailgating is just as good as pregame, so don't forget to pack extra goodies

Tips from Adrienne Amelio, 2 Unique corporate sales manager, sports fan, and tailgate

Tailgating isn't just for football fans

Rah...rah...go team, go... Bring in the bands, cheerleaders, tattoos and most importantly, don't forget the food. The change of season with the autumn colors and crisp air conjures a vision for many of us. Of what else but? Tailgating!

You'll find the food and sports fanatics in the parking lots before college sports games. We wear bright funny hats, bold colors, wacky outfits and paint our faces, all in support of our team. These traveling food fests can range from simple to elaborate. A day of spirited fun and simple planning can be exhilarating.

Expert opinions

When I decided to write this article, I called a friend and tailgate wizard, Andrew Price of Northville. Andrew is a "true blue" fan of Michigan and arrives at his special spot around 8:30 a.m. for the 3:30 p.m. kick off, via his M-Van, which is crisscrossed with autographs of players, media personalities and celebrities. He only uses this special vehicle for tailgating. Andrew starts his tailgate affair by cracking eggs for his Farmers Market Style omelet loaded with cheeses, sausage and veggies. By 11 a.m., Andrew and 50 of his friends and family are reveling in pre-game fun.

"It's about being outdoors and sharing camaraderie," he said. "It's a big block party. We share food and company in the out of doors, renew old friendships and make new ones. How often in our busy day-to-day lives can you take a whole day to enjoy people, and traditions over food and sports."

P.S. Andrew says:

"Don't forget the grill. It's an institution. Start with sausage and peppers in the early fall (you'll need foil to cook your veggies on top of the sausage). As the weather gets cooler, move on to chili and warm bread on the barbecue. Go Blue!"

For those on the sidelines, don't believe for a moment that tailgating is only for football fans. Eating habits, traditions and people's perceptions have changed over the past few years. It's not pregame or tailgating to have game tickets. You can enjoy good friends, family and food out of doors by spending a day in the country enjoying the color change or visiting an apple orchard.

LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Pumpkin patches

Pizza

Pleasures of

It's not junk and it can be good for you

BY PEGGY MARTINELLI-EVERTS
SPECIAL WRITER

Americans love pizza! We eat 90 acres of it everyday. It is estimated that 94 percent of Americans would list pizza as one of their favorite foods, and children ages 3-11 prefer pizza over all other foods. A little over half of us prefer thin crust pizza and nearly three quarters of pizza is eaten at home.

Made popular in this country by soldiers who brought the idea of pizza home from Italy after the end of World War II, pizza is thought to have evolved from Egyptian flat bread. It may have begun as a use for leftover bread dough.

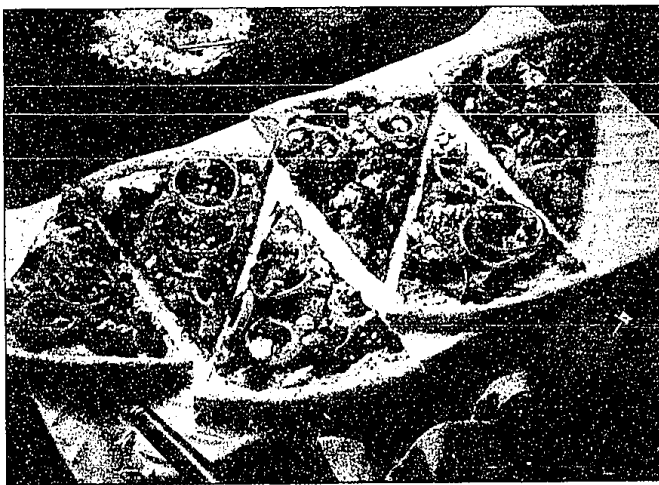
Literally translated, pizza means "pie," but it has evolved to mean the savory tart covered with tomato sauce, mozzarella cheese and other toppings such as pepperoni and sausage.

Pizza may be considered "fast food," but it is certainly not junk food. Pizza dough is usually made with fortified and enriched flour, the cheese is an excellent source of calcium, an important nutrient known to be lacking in young people's diets, and toppings such as tomatoes, mushrooms, onions and green peppers provide some vitamins and fiber.

Traditional pizza favorites such as pepperoni and Italian sausage are much higher in fat and sodium, but can be enjoyed occasionally. Other healthy ingredients like chicken, scallops and Canadian bacon allow you to pack nutrition and wonderful taste on a crust.

The caution for those who eat some restaurant pizzas is that they can be high in fat. There can be oil in the crust, and many crusts are baked in oil to give them a crispy texture. Traditional pizza toppings — double cheese, pepperoni and sausage — only add to the high fat content. But don't despair, pizza is even more delicious when it is made with less oil, less cheese and topped with fresh vegetables. Order your pizza that way when you eat out.

The secret to making pizza a part of a nutritious, balanced meal is contrast and variety. A spicy pizza that is balanced with a cool salad or delicately flavored fruit dessert allows for all the major food groups to be included in one



KEITH/CKEEN WHEAT CREAM

Weeknight treat: Easy Greek Pizza starts with a three-ingredient crust that's topped with fresh spinach, tomatoes, olives and tangy feta cheese.

meal. That's nutritious!

Pizza is quite easy to make at home. If you have the right equipment, I like to use a pizza stone for baking — or better yet — cook it on the grill. A basic pizza starts with homemade or frozen bread dough. It is important that your dough be a bit on the stiff side. If the dough is too moist it will stick to surfaces instead of holding together and stretching well.

Begin by forming a crust by stretching the dough with your hands like pizza chefs in the movies. However, I usually finish rolling out the dough with a rolling pin to get a nice, thin crust. Spread corn meal liberally on your pizza stone or cookie sheet before placing the dough on top. The corn meal acts like little ball bearings, and your pizza won't stick to the pan. If you're using a pizza stone, follow the manufacturer's instructions.

If you prefer a traditional pizza — sauce, mozzarella cheese, and pepperoni — spread your sauce thinly over the dough. A little sauce goes a long way. Too much sauce will make the dough too wet to cook thoroughly, so go lightly.

My friend Mickey is adventurous when it comes to making pizza. Her goal is not to duplicate a commercial pizza but to create something new and delicious. She thinks of the dough as her canvas.

Please see PIZZA, B2

Pizza dough tips

- Pizza dough performs best at room temperature.
- You can use honey in place of sugar in a basic pizza dough recipe, but use a smaller amount. Honey tends to hold moisture so your crust may not be as crispy. Better yet, don't sweeten your pizza dough.
- If your dough browns too much, replace about 10 percent of the water with milk. It will help control browning and adds tenderness to the dough.
- You can mix flours such as whole wheat or rye with regular bread flours for an interesting flavor, but go lightly, whole wheat flour doesn't have the elasticity of bread flour and tends to rip instead of stretch.
- Eggs can be added to pizza dough to give the dough a golden color.
- Add a bit more water and yeast if you have hard water and a bit less water and yeast if you have softened water.
- If you're using frozen bread dough, cover it with oiled plastic wrap to prevent formation of a crust during thawing.
- If you make thick crust pizza, the dough needs to be thawed, risen then rolled out and proofed before adding ingredients. (Proofing is a final short rising before baking).
- Pierce the pizza dough with a fork to prevent blistering during cooking.

Pizza comparisons

- **Homemade, cheese/sausage**
(4 oz. - 1 slice)
• 310 calories
• 13g protein
• 11-4g fat
• 946mg sodium
• 288mg calcium
- **Frozen Lean Cuisine**
(5.1 oz.)
• 310 calories
• 17g protein
• 9g fat
• 830mg sodium
• 350mg calcium
- **Microwave Pillsbury**
(4.5 oz.)
• 308 calories
• 14g protein
• 15g fat
• 781mg sodium
• 196mg calcium
- **Jeno's Crisp and Tasty**
(4.05 oz. - 1/2 pizza)
• 296 calories
• 11.8g protein
• 15.4g fat
• 813mg sodium
• 170mg calcium
- **Banquet Zap, deluxe**
(4.8 oz.)
• 330 calories
• 13g protein
• 13g fat
• 890mg sodium
• 192mg calcium

Take the fat, not flavor out of Chicken A La King

MAIN DISH



MURIEL WAGNER

Who would have predicted the deluge of reduced fat and fat free foods that you can find in today's supermarket? Ten years ago, it wouldn't have seemed possible that fat, saturated fat and cholesterol would become household words. The link between fat and cholesterol and heart disease began to be solidified in the 1950s. But it took many studies to be sure that saturated fat and cholesterol were the real villains. Saturated fat was found to be three times more likely than cholesterol to raise your blood cholesterol level.

Since the risks of diabetes are primarily associated with poor blood circulation, it's no surprise that the new recommendations from the American Diabetes Association center on reducing fat intake. Saturated fat has been indicted as the culprit in many cancers

of the bowel, breast and prostate. **Saturated fat has been indicted as the culprit in many cancers of the bowel, breast and prostate.**

A case in point is my recipe for Chicken A La King. This used to be a favorite treat for showers, weddings and festive luncheons at a long-gone restaurant in the Fisher Building in Detroit. You remember Chicken A La King — chunks of chicken, bread, pimiento, mushrooms and peas nestled in a thickened sauce of butter and cream inside a patty shell made with buttery French puff pastry.

My version has much of the magic minus 90 percent of the fat and 60 percent of the calories. Instead of the fat-laden patty shell, a slice of bread stuffed

into the cup of a muffin tin holds this no less delicious, but fat reduced chicken dish. If you make the bread 100 percent whole wheat instead of white, you'll add fiber too.

To increase the flavor, I've added white wine Worcestershire sauce and thyme. Evaporated skim milk preserves the consistency of the cream sauce. The sherry helps mask the milk's slightly caramelized flavor.

I like to poach my chicken with a pinch of herbs in the chicken broth for flavor. But you could use many of the ready prepared cut-up chicken breasts that are now available. The varieties of prepared food appearing in ever increasing numbers at meat counters and vegetable departments continue to amaze me.

Despite its reduced calorie and fat content, this Chicken A La King will add enough oomph to all those showers, brunches and luncheons that dot your holiday calendar. It's still a main dish fit for a queen (or king). And — long live the queen or king!

■ See recipe inside