

# Pomegranates are in season, enjoy

See related story on Taste front. All recipes courtesy of the Pomegranate Council, California.

mixture.

Cook over medium-low heat (do not boil), stirring constantly until gelatin and sugar dissolve (about 5 minutes).

## POMEGRANATE PARFAIT

1 tablespoon unflavored gelatin  
1 cup sugar  
3 eggs, separated  
3/4 cup water  
1 cup pomegranate juice  
2 tablespoons fresh lemon juice  
1 cup whipping cream  
Whipped cream for garnish  
Chopped pistachio nuts for garnish  
Pomegranate seeds for garnish  
Mix gelatin and sugar in a heavy sauce pan; reserve.  
Whisk egg yolks and water together; stir into reserved gelatin

Remove from heat; stir in pomegranate juice and lemon juice.  
Refrigerate pomegranate mixture stirring occasionally, until mixture mounds slightly when dropped from a spoon (about 2 1/2 hours).  
When pomegranate mixture is ready, beat egg whites until stiff, but not dry; thoroughly fold into pomegranate mixture. Reserve.  
Beat cream until soft peaks form; thoroughly fold into pomegranate mixture and divide mixture among six 8-ounce parfait glasses; chill at least 4 hours.

To serve, garnish each parfait with a dollop of whipped cream; sprinkle each with some of the chopped pistachio nuts and pomegranate seeds. Makes 6 servings.

## POMEGRANATE SORBET

Juice from 6 medium-size pomegranates, about 4 pounds of fruit (3 cups of juice)  
1/2 cup sugar or a little more, to taste

Start this two days ahead, so you have time to chill the juice and harden the sorbet in the freezer. Stir in the sugar until it is dissolved, and chill. Freeze juice in an ice-cream freezer according to directions. Serves 4-6.

## POMEGRANATE CAKE

2 eggs  
3/4 cups sugar

1 cup sifted cake flour  
1 teaspoon baking powder  
1 cup pomegranate juice  
Preheat oven to 350°F.  
Grease and flour an 8-inch cake pan.

In a mixing bowl, beat eggs until foamy and gradually add sugar. Continue beating until mixture is stiff and full of air. Sift cake flour and baking powder, divide in three parts and fold into the egg-sugar mixture, alternate with the pomegranate juice.

Transfer batter to cake pan and bake at 350 degrees for 35-40 minutes.

Cool for 10-15 minutes and turn out on a cake plate.

Dust with powdered sugar or frost with a butter cream frosting. Serves 8.

# Bear from page B1

ice sheets to wire racks. Cool completely. Store tightly wrapped up to 1 day. Freeze for longer storage. Serve with honey butter.

**Conventional Directions:** In large bowl, combine 1 1/2 cups bread flour, whole wheat flour, oats, sunflower seeds, brown sugar, yeast, cinnamon and salt.

Heat milk and butter until very warm (120°F to 130°F). Add to flour mixture with egg and blend on low speed of an electric mixer until moistened. Beat 3 minutes at medium speed. Stir in enough additional bread flour (about 1/2 to 1 cup) until a soft dough is formed and the dough begins to clear the sides of the bowl. Turn dough out onto lightly floured surface. Knead 5 to 8 minutes or until smooth and elastic. Shape dough into ball; place in greased bowl; turning once. Cover; let rise in warm place 30 minutes or until doubled in size. Punch dough down. Cover; let rest 10 minutes. Shape into bears and bake as directed above. Yield 4 bears.

**Honey Butter:** In small bowl, combine 8 tablespoons (1 stick) softened butter or margarine and 3 tablespoons honey; mix until smooth. Store tightly covered in refrigerator.

**Nutrition Information:** 1 bread without honey butter. Calories 700, Calories from Fat 180, Total Fat 21g, Saturated Fat 11g, Cholesterol 95mg, Sodium 810mg, Dietary Fiber 9g, Protein 23g.

## MAPLE-NUT GRANOLA

4 cups oats (quick or old-fashioned, uncooked)  
1/2 cup maple-flavored pan-

cake syrup  
1/2 cup firmly packed brown sugar  
4 tablespoons (1/2 stick) butter or margarine, melted  
1 teaspoon maple extract  
1/2 teaspoon vanilla  
1/4 teaspoon salt (optional)  
1/2 cup coarsely chopped pecans  
1/2 cup coarsely chopped walnuts or cashews  
1/2 cup natural sliced almonds  
1 cup golden raisins or dried cranberries  
Heat oven to 350°F.

Place oats in large bowl. In small bowl, combine syrup, sugar, butter, maple extract, vanilla and salt. Drizzle over oats; mix well. Spread evenly in a 15 by 10-inch jelly roll pan or two large baking pans.

Bake 10 minutes. Add nuts to oat mixture; mix well. Continue baking 15 to 20 minutes or until golden brown, stirring every 10 minutes.

Remove granola from oven; stir in raisins. Cool completely in pan on wire rack. Store tightly covered. Yield 6 cups.

**Nutrition information:** 1/2 cup. Calories 340, Calories from Fat 130, Total Fat 14g, Saturated Fat 4g, Cholesterol 10mg, Sodium 45 mg, Total Carbohydrates 50g, Dietary Fiber 5g, Protein 7g.

Recipes courtesy of Quaker Oats.

# Slice from page B1

cripple you," said Lipshaw. "On the outside you wouldn't know anything was wrong. Every child has a challenge, they get regulated more easily and have regulated activities."

Lipshaw envisioned a small cookbook, something like the one her subdivision put together, and set a goal of 200 cookbooks containing a minimum of 130 recipes. "We ended up with 340 recipes and printed 2,000 copies. One thing led to another. It really has been fun and rewarding for both us," said Lipshaw.

"We've gone from being distant friends to great friends who talk to each other every day," added Nicholls.

They began the project in

August and started talking it up with friends, family members, doctors and social workers. "Everybody was interested in contributing recipes," said Lipshaw. "People contributed their favorite, treasured family recipes."

To give people added incentive to buy the cookbook, the women asked popular metro Detroit area chefs including Chef Marcus Haight of the Lark restaurant, Executive Chef Randy Smith of Big Rock Chop and Brew House, and Chef Tim Cakra and Pastry Chef Andy McGrath of Morrels, a Michigan Bistrot, to contribute recipes. They also sold ads to local businesses to help pay printing costs.

"It's a great cookbook with great recipes from people in the community that everyone can make," said Lipshaw. "You're getting two things for the price of one - a collection of recipes everyone will cherish, and you're helping children with arthritis."

"Cookbook proceeds will go directly to Michigan children and their families," added Nicholls. "The money won't be for any adult projects."

## Family tested

Although the recipes are not kitchen tested, Lipshaw and Nicholls carefully proofread each one to make sure they were complete. "A friend would never give you a bad recipe, especially when

their name is on it," said Nicholls. "We have some dynamic recipes."

From soups, salads & sauces to cakes, cookies & desserts, "A Slice of Life" offers a variety of home recipes sure to make your holidays bright, and enliven your weekday menus.

There are helpful cooking tips and recipes kids can make and learn from, such as Fishing with Pretzel Rods and Dirt Cups. "Slice of Life" is available at Borders, Barnes and Noble, and other major bookstores throughout the state, or by calling the Arthritis Foundation Michigan Chapter Office in Southfield, (800) 968-3030.

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