

Recipes have strong morel values (along with other mushrooms, too)

Here are recipes from Kelli Lewton. See related column on Taste front.

PORTABELLO PIZZAS

3 Portobello mushrooms caps
1 egg white
3/4 cup cheddar cheese
1/4 cup diced roasted pepper
2 tablespoons fresh chopped basil
Salt and pepper (to taste)
Bread crumb mixture:
1 cup fresh bread crumbs or 3/4 cup dry
1/4 cup Parmesan cheese
2 tablespoons melted butter
1 tablespoon chopped herbs
Mix all ingredients. Clean and stem 3 large portobello mushrooms (with a spoon, scrape and remove gills from underside of cap).
Mix cheddar, egg white, basil and diced pepper.
Spread mixture evenly into caps.
Top with bread crumb mixture and bake at 350°F for 18-20 minutes until golden brown. Cut into wedges of six. Serves 18 pieces.

MUSHROOM NAPOLEON

1 cup Shitake mushrooms (caps)
1 cup portobello mushrooms (caps)
1 cup button mushrooms (whole)
1/4 cup sherry
2 tablespoons whole butter
1/2 cup grated Parmesan cheese
1/4 cup crumbled cheddar
2 eggs
1/2 cup heavy cream
Salt and pepper
4 sheets puff pastry
Clean and slice mushrooms into thin strips.
Melt butter in sauté pan. Sauté mushrooms 2-3 minutes. Deglaze with cream and sherry and cook down until mushrooms are dry. Season with salt and

pepper and set aside to cool.
Combine remaining ingredients. Fold mushrooms into cheddar egg mixture.

Prepare 1/2 sheet tray with a generous coating of non-stick spray.

Take 2 sheets of puff pastry and roll together to make 1 sheet to fit into a 1/2 sheet tray. Dock randomly with a fork.
Four mushroom mixture and spread evenly over prepared pastry.

Repeat rolling step for the next two sheets puff pastry, and dock. Place second pastry sheet on top of mushroom mixture, egg wash and bake at 350°F for 20-25 minutes.

Cut into desired size square or diamond shapes. Make 24-36 pieces.

NORTHERN MICHIGAN MOREL STROGANOFF

1 pound filet or rump steak, cut into thin strips
2 tablespoons olive oil
Salt and pepper
3 tablespoons brandy
2 shallots, finely chopped
2 cups fresh Michigan morels, cleaned and halved
3/4 cup beef stock
1/4 cup sour cream
1 teaspoon Dijon mustard
2 tablespoons fresh parsley
Heat 1 tablespoon oil and sauté meat 2-3 minutes, remove from pan.
Four brandy in hot pan. Tilt pan toward flame (or ignite with a match) to burn off liquor. After flame goes out, pour over cooked meat already set aside.
In same pan, add remaining oil and sauté mushrooms and shallots 3-4 minutes to soften. Add stock and simmer until tender.
Add sour cream, parsley and beef and season to taste. Serve over 1 pound egg noodles. Serves 4.

Veggie cheese chowder cooks while you're away

See related story on Taste front.
Jeanne Skilton of West Bloomfield makes this soup in her Crock-Pot and then freezes it in small containers. Jeanne takes the chowder to her dad who lives by himself in Madison, Wis.

We adjusted Jeanne's original recipe to lower the sodium content. It can be lowered further by leaving out the bacon.

VEGETABLE CHEESE CHOWDER

10 to 12 servings
1/2 pound shrimp
8 slices bacon, crisply cooked, diced
3 carrots, diced
5 stalks celery, diced
6 small potatoes, diced
1-2 onions, diced
1/2 cup green pepper, diced
3 cups water
2 cups low-sodium chicken broth

1 (4-ounce) can mushrooms, reserve liquid
2 cups frozen corn
1/4 cup flour
2/3 cup fat-free milk
1/2 cup Cheese Whiz Light

Combine first 9 ingredients in Crock-Pot. Cook for 3-4 hours on high. Add the mushrooms and corn. Remove about 1/2 cup of broth and let it cool.

In a separate container, whisk the flour, broth and mushroom juice together and then stir into the pot. Cook on high until slightly thickened, about 1/2 hour. Add the Cheese Whiz and milk, cook on low until ready to serve.

Nutrition information per 1 cup serving: Calories 205, protein, 13 grams; fat, 3 g.; sodium, 802 milligrams, carbohydrates, 32 grams, and percent of calories from fat, 12.

Recipe compliments of Jeanne Skilton, adapted by HDS Services.

WHAT'S COOKING

Send items for consideration in *What's Cooking* to Ken Abramczyk, Observer-Newsleader, 36251 Schoolcraft, Livonia MI 48150, or e-mail kabramczyk@oe.homecomm.net

Hands-On Cooking - This two-day course offered through Schoolcraft College's Continuing Education Services will instruct in the art of roasting, braising, sautéing and grilling meat, fish and poultry. Complimentary side dishes will be demonstrated and with hands-on experience, students can take their dinner home after class. The course is scheduled for 5:30-9:30 p.m. Wednesday, May 17, and Thursday, May 18. Call (734) 482-4448 for information.

Vegetarian Cooking - Lenore Yalovsky Baum, author of "Lenore's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking," conducts vegetarian cooking classes at Lenore's Natural Cuisine, 22899 Inkster, Farmington Hills. Baum has scheduled sessions 6-9 p.m. on a model spring dinner, Monday, May 22. Learn the principles of macrobiotics, from 7:30 to 9 p.m., Tuesday, May 30. Baum also teaches a beginning cooking series of four classes from 6-9 p.m. on Wednesdays in May and another on Mondays in June. Call (248) 478-4455.

Eating Disorders - Four out of five children at the age of ten years old are afraid of being fat. Almost half of American elementary school students between the first and third grades want to be thinner. Beverly Price, a registered dietitian and exercise physiologist, has information on how you can implement programs on eating disorder awareness and prevention at your school. Price operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations.

For information, call (248) 539-9424.

Live Longer - The Tree House, 22906 Mooney St., Farmington, currently has Wednesday classes at 7-9 p.m. about how to live longer and get well through nutrition and exercise. Call (248) 473-0624 for information.

Outdoor Grilling - The secrets of successful grilling of poultry, seafood and vegetables will be demonstrated at Schoolcraft College in this two-day class offered through Continuing Education Services. Learn to

infuse your own oils and vinegars to prepare unique and flavorful marinades and salad dressing. A variety of salad dishes will be demonstrated using mixed garden greens, fruits and pastas. The class is scheduled from 5 to 10 p.m. Wednesday and Thursday, May 24-25. Call (734) 482-4448 for information.

Cooking with Herbs - Linda Kay Drysdale will offer a lesson on selecting the proper herb and preparing herb-stuffed honey lime chicken, Greek pasta salad, icy gazpacho and mint lemonade. Sessions at Kitchen Glamor stores are 6:30 p.m. Tuesday, May 16, at the Novi Town Center; Thursday, May 18, at the Great Oaks Mall, Walton and Livonia

in Rochester. Call (800) 641-1252.

Herbs and Spices - Herbs and spices have many uses for enjoyment and good health. Peter Stark of Renaissance Acres and the M-Fit Culinary Team will show quick and easy recipes to incorporate herbs and spices into favorite foods 8-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the demonstration kitchen of the East Ann Arbor Health Center, 4280 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4387, Ext. 236, to pre-register. Class fee is \$20 for individuals, \$35 for couples.



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If you answered "yes" to 3 or more statements, you may be suffering from an anxiety disorder, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for anxiety. If you are selected, all research related care and study medication are provided at no cost. Get answers and information about anxiety.

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