



**Chocolate and tofu:** Mix silken tofu with melted chocolate, sugar and lemon juice, and you have the makings for this dessert with only 10 grams of fat per serving.

## Pepper steak flavored with versatile mushroom sauce

BY THE ASSOCIATED PRESS

This deeply flavored port mushroom sauce is reminiscent of a classic bordelaise sauce but is made in a fraction of the time. It's practically fat-free and it's versatile - try it with lamb, venison or pork, besides the beef called for here.

The recipe, which the editors say garnered the highest rating in the test kitchens of Cooking Light magazine, is included in their all-recipe special cookbook edition, *The Best of Cooking Light 2* (\$9.95 paperback, at news stands during March).

### PEPPER STEAK WITH PORT MUSHROOM SAUCE

For the Port Mushroom Sauce:

- 1 1/2 cups sliced shitake mushroom caps (about 3 1/2 ounces)
- 1 tablespoon all-purpose flour

- 1/3 cup port or other sweet red wine
- 1/4 cup minced shallots
- 1 tablespoon balsamic vinegar
- 1 cup beef broth
- 2 teaspoons Worcestershire sauce
- 1 teaspoon tomato paste
- 1/8 teaspoon dried rosemary

- 1/2 teaspoon Dijon mustard

To make Port Mushroom Sauce: Combine mushrooms and flour in a bowl; toss.

In a medium skillet, combine the wine, shallots and balsamic vinegar. Bring to a boil; cook until thick (about 3 minutes). Reduce heat to medium.

Add broth, Worcestershire sauce, tomato paste and rosemary; cook 1 minute. Add mushroom mixture; cook 3 minutes, stirring constantly.

Stir in mustard. Set aside and keep warm. Makes about 1 cup, 4 servings.

# You can use tofu in desserts

BY DANA JACOBI  
SPECIAL WRITER

April is National Soyfoods Month (as declared by the Soyfoods Association of North America). Both the American Heart Association and the U.S. Food and Drug Administration endorse eating soy foods as a way to help reduce elevated blood cholesterol and the risk of heart disease. The AHA recommends 25 or more grams of soy protein a day.

Soy may be cancer protective as well, but the research is not definitive. For now, the American Institute for Cancer Research recommends moderate soy intake as part of a mostly plant-based diet for cancer prevention.

AICR experts say individuals who now have, had, or are at high risk for estrogen-receptor-positive breast cancer, eating large amounts of soy is not recommended.

Tofu desserts are increasingly more available, especially tofu cheesecake, which has become common.

Most soy is kosher. It is also a boon to those who are lactose-intolerant, enabling them to eat cheesecake, tiramisu, even

dairy-free ice cream (usually called "frozen dessert" on the packaging).

Using tofu and soy milk in desserts can be as simple as setting the blender whirling. See for yourself with these Chocolate Pots de Crème. The French original, named after the diminutive covered containers in which it is served, is a mousse made with chocolate, eggs and butter.

Soy milk can be used in most dessert recipes calling for dairy milk. Soy milks called "plain," "original," or "vanilla" contain sweeteners and natural thickeners - used to create a "mouth feel" more like dairy milk - that sometimes interfere with how a dessert comes out.

Instead, use an unsweetened soy milk. The next time you make your favorite custard, bread, or rice pudding, try using soy milk and see how nicely soy blends in.

### CHOCOLATE SOY POTS DE CRÈME WITH STRAWBERRIES

- 1 1/2 pints strawberries, hulled and chopped
- 3 1/2 tablespoons extra-fine sugar

- 1/4 teaspoon vanilla
- 6 ounces best-quality dark chocolate (see note)
- 1 12-ounce box soft silken tofu
- 1/2 teaspoon fresh lemon juice
- 1/2 ounce dark chocolate, for garnish

Combine strawberries, 1-1/2 tablespoons of sugar and vanilla in a bowl. Set aside.

Chop 6 ounces of chocolate. Place in heat-proof bowl and melt in microwave. Or melt chocolate in top of double boiler, making sure barely simmering water in the bottom pot does not touch top section. (You can make a double boiler by setting a heat-proof bowl over a pot of simmering water, making sure no steam escapes from the pot.) Stir chocolate often until melted. Set chocolate aside to cool to lukewarm, 10 to 15 minutes.

Purée tofu in blender. Add melted chocolate and blend. Add remaining 2 tablespoons of sugar and lemon juice. Mix until well blended.

Evenly divide strawberries among 6 small custard cups. Spoon chocolate mixture over fruit, dividing evenly among cups and smoothing surface. Cover loosely with foil and refrigerate 1 hour or until chocolate sets. This dessert can be made up to four hours ahead.

Just before serving, grate 1/2 oz. chocolate (if using garnish) over top of each mousse.

**Nutritional information:** Makes 6 servings, each containing 218 calories and 10 grams of fat.

Dana Jacobi writes for the American Institute for Cancer Research.

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# THOMAS KINKADE To Make Rare Public Appearance



- Moonlight Cottage

**Saturday, May 12**  
**10 A.M.**  
**Twelve Oaks Mall**



- Autumn Snow

Thomas Kinkade, America's most collected artist is scheduled to make an appearance at the Avenue Gallery in the Twelve Oaks Mall, on May 12, 2001, at 10 a.m.

Thomas Kinkade, also known as the "Painter of Light", is considered by many to be the modern day Norman Rockwell. Thomas Kinkade has been credited with being one of the century's most prolific artists and has been determined to be the most published and most collected artist of this century.

After the artist's fourth daughter was born, he stopped making public appearances altogether and concentrated on his family and his painting. As his children have become older, Thom has begun to make limited public appearances to share his vision and the inspiration behind his art.

The artist is scheduled to make a rare public appearance on Saturday, May 12, 2001, at 10 a.m. in the Twelve Oaks Mall. Before talking to his collectors, the artist will personally sign selected paintings that have been purchased for his appearance. Paintings that have been personally signed by an artist of Thomas Kinkade's fame and stature become highly collectible due to the limited availability of the specially signed art. The event is free of charge and open to the public, however, you must call the Avenue Gallery to reserve a ticket. You may call the Avenue Gallery in Novi at 248-344-9960 or in Birmingham at 248-594-7600, for further information about the event and obtaining tickets.

Thomas Kinkade is well known for the comfortable environment he has created in his galleries, in an effort to make the viewing public part of the experience. As you look upon the beautiful cottages and landscapes the artist has created on canvas, you are drawn inexplicably into a world we all dream about and long for, but never achieve.

You will not want to miss this opportunity to see Thomas Kinkade in person and to have him personally sign your painting.



Thomas Kinkade at Monterey, CA

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