

Eggless from page D1

binding, just substitute a potato, sweet potato, or 1/2 cup mashed banana per egg.

For quiche that uses eggs for both moisture and binding, substitute silken tofu for the eggs. Silken tofu is so soft and creamy, you can nearly liquefy it in a blender.

Today's health conscious stores carry eggless cake mixes, pancake mixes, frozen pierogi and non-egg mayo. The following are recipes contain ingredients that are easy to find at grocery stores or specialty stores like Buday's Tasty Health (on the northwest corner of Woodward and 12 Mile Road).

EGGLESS EGG SALAD

1 pound soft (not silken) tofu, squeezed and mashed

2 teaspoons turmeric

2 clove garlic, diced

1/4 cup fresh lemon juice (optional)

3 celery stalks, chopped

1/4 - 1/2 bunch parsley, chopped

Kale, steamed and chopped

1 onion, chopped

Salt and pepper to taste

Dash cayenne pepper

Squeeze excess water from tofu by gently cupping it in your hands,

in two separate pieces, as the water drains. Then, in large bowl, mash soft tofu with a fork until it looks like mashed or broken ricotta cheese. Stir in turmeric with a fork. Add salt and pepper, cayenne and garlic. Stir in lemon juice. Add vegetables. Let chill. (For those who like egg salad with mayonnaise, try eggless mayonnaise such as Veganaise.)

FANTASTIC WHITE CAKE

1 1/2 cups flour,

3/4 cup sugar

2 teaspoons baking powder

1/4 teaspoon salt

3/4 cup soy milk or other "milk"

2 teaspoons vanilla

1/4 cup melted shortening or oil

1 egg sub, beaten (Ener-G egg replacer)

Preheat oven to 350° F. Grease a cake pan.

In large bowl, mix together flour, sugar, baking powder, and salt. Combine remaining ingredients, and add to flour mixture. Beat for 2 minutes. Bake for 30 minutes (if using an 8 or 9 inch pan), 30 minutes (for cupcakes) or until a toothpick inserted in center of cake comes out dry. Makes one cake.

- From www.vegsource.net

BEST CHOCOLATE PUDDING

1 (10 1/2-ounce) package silken tofu (firm), crumbled

2/3 cup unbleached cane sugar

1/3 cup unsweetened cocoa powder

2 teaspoons vanilla extract

Pinch of salt

Place all the ingredients in a food processor fitted with a metal blade and process until smooth, creamy, and thick. Chill in the refrigerator until serving time.

- From Vegan Vittles, 1997

EASY VEGAN PANCAKES

1 1/4 cups flour

2 tablespoons sweetener (sugar, sucraant, etc)

2 teaspoons baking powder

1/2 teaspoon salt

2 tablespoons oil

1 1/2 cups water

Mix dry ingredients and wet ingredients separately. Combine to make pancake/waffle batter. Cook on an ungreased, non-stick or greased griddle. Eat with lots of margarine and syrup. Serves: 2

Preparation time: 15 minutes.

In a hurry? Grab these snacks

This summer, pack some wholesome, nutritious snacks for the ride and satisfy their appetites while keeping them healthy. Fruits and vegetables in season make ideal snacks - and are a smart way to help reach the five daily servings recommended for optimum health.

If you worry about your car getting messy from juicy fresh fruit, try other nutritious alternatives, such as whole-grain crackers and cereals.

Vegetables also make great snacks. Carry plenty of cut-up celery, carrots, broccoli and zucchini for a crunchy snack that keeps the appetite at bay until the next meal. You can cut up the vegetables yourself or buy plastic bags of prewashed, pre-cut vegetables. Instead of relying on

sugary desserts, offer whole-wheat bagels, crackers, or rice cakes.

Muesli - a mix of cereal, nuts and fruit - can make a healthful snack, but many commercial versions are high in sweeteners. To make your own, combine dried fruit with a favorite whole-grain cereal, almonds and cinnamon. Well-planned snacks are an important part of our diet and can account for a significant amount of our nutritional needs. Prepare to hit the road with this "Happy Trails" snack in your pack, then sit and enjoy the ride.

'HAPPY TRAILS' MIX

2 1/2 cups chopped mixed dried fruits, e.g. apples, apricots, peaches, cherries, cranberries, papayas,

pineapples

1 cup raisins

1/2 cup chopped almonds

1/4 cup chopped pecans

1/4 cup sunflower or pumpkin seeds

3 cups whole-grain breakfast cereal, preferably with no added sweeteners

In large bowl, mix ingredients until well combined. Portion out into 1/2-cup individual servings to store in re-sealable plastic bags. Makes 7 1/2 cups or 16 1/2-cup servings.

Nutritional information per serving: 161 calories, 5 g. fat (less than 1 g. saturated fat), 29 g. carbohydrate, 3 g. protein, 4 g. dietary fiber, 48 mg. sodium.

Recipe courtesy of the American Institute for Cancer Research.

Follow simple market recipes

See related story on Taste front.

COLESLAW MADE EASY

Coleslaw

6 cups shredded cabbage

1 or more red delicious apples, unpeeled, cored, cubed or grated

1/2 cup blue cheese, crumbled

Dressing

1/2 cup mayonnaise

1/2 cup plain yogurt

In a large bowl place cabbage, apple and cheese. In a smaller bowl mix mayonnaise and yogurt.

If you like it sweet, add some honey. Pour the dressing over the cabbage and mix well. Serves 6-8.

ARTICHOKE DIP

1 (14 ounce) can artichokes in water, drained

1 cup Parmesan cheese, grated

1/2 pound Monterey Jack cheese, shredded

1 cup mayonnaise

Chop and blend all ingredients together. Put in greased 1-quart casserole and bake uncovered for 1/2 hour until it bubbles.

Serve with crackers, cocktail breads or tortilla chips

Recipes from "Detroit's Eastern Market: A Farmers Market Shopping and Cooking Guide," by Lois Johnson and Margaret Thomas, photographs by Bruce Harkness, \$14.95.

Prepare Challah dish with berry sauce

BY THE ASSOCIATED PRESS

A home cook covers all the bases with the recipe for Challah French Toast With Berry Sauce: There's something for the hearty-breakfast eater, something for the fruit-breakfast eater and something for the bakery-breakfast eater.

It's also a dish for the multitasker. While the bread soaks in the egg bath, the cook can prepare the berry sauce.

This version from Gourmet magazine's July issue uses challah bread, a traditional Jewish bread with a light, airy texture, but a brioche loaf is a perfect substitute.

CHALLAH FRENCH TOAST WITH BERRY SAUCE

(Preparation and cooking time is 30 minutes)

For French toast:

3 large eggs

1 cup whole milk

1 teaspoon sugar

1 1-pound challah loaf, cut crosswise into 12 slices (not including end pieces), each about 1/2-inch thick

3 1/2 tablespoons unsalted butter

For berry sauce:

3 cups mixed berries such as blackberries, raspberries and blueberries

1/3 to 1/2 cup sugar (depending on sweetness of berries)

1 tablespoon fresh lemon juice

Confectioners sugar for garnish

Preheat oven to 350 F.

Whisk together eggs, milk, sugar and salt until blended. Pour into a large baking pan and soak bread slices in 1 layer, turning

once, for 8 minutes.

While bread is soaking, puree 1 1/2 cups berries with sugar and lemon juice in a blender. If you want to eliminate seeds, for puree through a very fine sieve into a bowl. Transfer to a serving bowl and fold in remaining berries.

Heat 1-1/2 tablespoon butter in a 12-inch heavy skillet or griddle over moderately high heat until foam subsides. Transfer 4 soaked bread slices to skillet with a slotted spatula and cook until golden brown, about 1 minute on each side.

Cook remaining bread in 2 batches, adding more butter as needed. Transfer slices as cooked to a large shallow baking pan (using a clean spatula) and, when all are browned, bake in middle of oven until hot, about 5 minutes.

Serve with berry sauce. Dust with confectioners sugar.

Market from page D1

including Don Schneider of Plymouth, known as the "pineapple man" or "mushroom man," depending on who you talk to. He operates the Lux Produce stall 201 in Shed 2, named for his maternal grandfather, Morris Lux, and is also known for the lampworked and blown glass beads, vases, and other items he creates at his Plymouth studio. His grandfather started the stall at Eastern Market after emigrating from Russia, and Schneider is the fourth generation of his family to work there.

Alan Brzenko of Rochester sells honey in Shed 2. He started in 1940 and also sells honey candy

and a hand-rolled beeswax candles.

Shopping at Detroit's Eastern Market requires a little planning, but it's worth it.

"We leave our house about 8 a.m.," said Johnson, explaining her Saturday market shopping strategy. "It usually takes about three or four hours. We take 1-75 to the Mack exit. I turn right on Rivard and look for a place to park on the edge of the market. We try to park close enough so we can unload a couple of times."

Johnson takes along a few cloth shopping bags, a cooler, and a jar filled with water to hold the fresh flowers she usually buys.

"We usually work our way through the sheds first and buy coming back so we don't have as much to carry and can get the best prices. We also go to Hirt's, Rafala's and Rocky's, then stop for lunch."

The book includes recipes, which reflect foods sold at the market, and suggested menus.

"Detroit's Eastern Market: A Farmers Market Shopping and Cooking Guide" by Lois Johnson and Margaret Thomas with photographs by Bruce Harkness, is available at local bookstores, or through Amazon.com for \$14.95. See above recipes.

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Wine from page D1

yards around the rim of the Napa Valley."

A Kongsgaard winemaking technique that is not a chianti model is to co-ferment sangiovese with 15 percent merlot. Is this the plan for the future?

"We've got syrah planted and used five percent in both the 1997 and 1998 sangiovese, along with ten percent merlot," Kongsgaard answered. "But I can assure you, we won't use an aggressive varietal like cabernet sauvignon. The key for a great sangiovese is to have a blending variety that is full-bodied, highly pigmented, but not aggressively aromatic."

balanced wine with a gentle palate lushness.

■ 1999 Luna Sangiovese \$18: A beefy angiovese. There is only one way to get this intensity and that is low yield. Ripe and flavorful with a good spine, it's delicious. Peerless among California sangioveses.

■ 1998 Luna Merlot \$28: blended with under 20 percent cabernet sauvignon is simply delicious and beats bottlings at twice the price. Dark cherry and chocolate aromas are mirrored on the palate in this wine, aged in French oak barrels for nearly two years. Intensity of the underlying fruit portends a long-lived wine.

Here are more of them:

■ 2000 Luna Pinot Grigio \$18. We love pinot grigio with color and this one has a beautiful pale pink/copper color. It resembles the best from Italy's Friuli region with generous fruit and broad palate expression. A very

The Healds are Troy residents who write about wine, spirits, food, and dining for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.

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