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Trombley from page D1

with a stiff wire brush and wipe with a clean towel rag. Coat another towel with oil and rub it on the grates. Let this absorb and coat again. Also oil the fish or meat and season prior to grilling. Does this sound like a lot of oil? Canola or olive oil will keep it healthier. Much of the oil will dissipate when cooking so don't be afraid.

Good luck! If you have cooking questions, you can email me at mtrom@mediasone.net. I'll try to answer them in a future column.

GARLIC MASHED POTATOES

1 pound peeled Idaho potatoes cut in 2-inch cubes

4 ounces half and half, or sour cream, warmed
3 ounces whole softened butter
Salt and pepper to taste
2 Tablespoons peeled and roasted garlic

To roast garlic, preheat oven to 300°F. Peel the top layers of skin off one head of garlic, cut the top end off, coat with olive oil and cover with foil.

Place in a pan with about 1-inch of water and set pan oven. Roast for 1 to 1 1/4 hours or until soft. Squeeze garlic from skin.

Place potatoes in a pan of cold water and bring to a boil. Lower

heat to simmer and cook evenly, don't boil. Strain; add warm cream and butter. Whip well, but not too long. Add remaining ingredients and keep warm.

A resident of Northville, Golden Mushroom Executive Chef Michael Trombley is a Certified Executive Chef. Located on Ten Mile Road at Southfield Road in Southfield, the Golden Mushroom is one of Michigan's oldest and most established fine dining restaurants. Over its 28 years, the Golden Mushroom, its staff and owners have earned more culinary awards and critical acclaim than any other Michigan restaurant.

Enjoy salmon with berries

SALMON WITH BERRY RELISH

The warm berry relish complements the rich flavor of the salmon.

4 salmon fillets (4 ounces)
1 cup frozen raspberries, unsweetened
1 cup frozen blueberries, unsweetened
1/2 cup orange juice
1 tablespoon granulated sugar
1/2 tablespoon granulated sugar
1/2 teaspoon ground cinnamon
Dash hot pepper sauce,
1/2 teaspoon ginger, ground
1/8 teaspoon black pepper

Preheat the oven to 375° F. Place the salmon on a large baking sheet. Bake until done, about 20 minutes.

Meanwhile, place the berries, juice, sugar, spices and pepper sauce in a small saucepan on high heat.

Bring the mixture to a boil over medium-high heat and cook briefly, about 3 minutes. Remove from the stove.

Serve the fish hot with the warm berry salsa. Serves 4.

Nutritional information per serving: 221 calories, 7.5 g fat, 1 g saturated fat, 62 mg cholesterol, 53 milligrams sodium, 16 g carbohydrate, 3 g fiber, 23 g protein.

Recipe from the Washington State Department of Health.

Holidays from page D1

an afternoon nap and return around 5 or 6 p.m. for the afternoon and evening services, which continue until nightfall. The services end at nightfall, with the blowing of the tekiah gedolah, a long blast on the

shofar. It is customary to wear white on the holiday, which symbolizes purity and calls to mind the promise that sine shall be made as "white as snow." Some wear a kittel, the white robe in

which the dead are buried.

Staff Writer Mary Rodrigue contributed to this story.

Recipes from page D1

For variation, use 1 1/2 to 3 1/2 cups whole wheat flour to replace equal amount of all-purpose flour. Substitute honey for sugar. Dough may take a little longer to rise.

MERINGUES

3 egg whites
Pinch of salt
1 cup sugar
1 (6 ounces) package mini-chocolate chips
2 tablespoons unsweetened cocoa powder

1/2 teaspoon vanilla

Line baking sheet with foil. Beat egg whites and salt until stiff. Gradually beat in sugar. Stir in chips, cocoa and vanilla. Drop batter by walnut-sized spoonfuls onto prepared baking sheets. Bake for 30 minutes at 275° F. Transfer entire foil to rack to cool. Store in air-tight container.

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Jones from page D1

Spread out meat, and season with salt and pepper. Spread one layer of mustard over the meat, and one layer of chopped onion.

Roll some of the meat up in a cabbage leaf. Use thread or a toothpick to hold the roll together.

Melt butter or margarine in a medium size saucepan. Fry cabbage rolls over medium heat until brown. Add 2 cups water, and let simmer for 35 to 40 minutes.

Makes six servings.
Recipe courtesy of allrecipes.com.

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