

Enjoy the comfort of savory chowders

See related story on Pastimes front.

SWEET ONION FISH CHOWDER

- 2 hot or sweet Italian sausages, casings removed
- 2 teaspoons olive oil
- 2 OSO Sweet onions (about 1 1/4 pounds), quartered, then thinly sliced
- 1 pound russet potatoes, peeled, cut into 1/4-inch dice
- 3 bottles (8 ounces each) clam juice
- 1 can (14 1/2 ounces) diced tomatoes with juice
- 2 cups water
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 1/2 pounds firm white fish, such as cod or haddock, boned and skinned, cut into 1/2-inch dice
- 1/2 cup (lightly packed) chopped fresh Italian flat-leaf parsley
- 1 teaspoon salt, or to taste
- 1/2 teaspoon freshly ground pepper, or to taste

In a large soup pot, cook sausage in oil, stirring frequently to break into bite-size pieces, until sausage just begins to brown, about 5 minutes. Stir in the onions; cook until soft, about 5 minutes. Add potatoes, clam juice, diced tomatoes with juice, water, and thyme. Bring to a boil over high heat; then reduce heat to medium and cook, stirring occasionally, until potatoes are just tender, about 10 minutes. Reduce heat to low; stir in fish. Cook until fish is just firm and opaque, about 5 minutes. Stir in parsley. Season with salt and pepper to taste. Makes about 10 cups. This upscale chowder is simple enough for a weeknight meal,

Onions from page B1

cut off a leg from a pair of clean, sheer pantyhose. Drop an onion into the foot, tie a knot and repeat with remaining onions, tying a knot after each. Hang in a cool, dry, well-ventilated area.

Although sweet onions have their seasons, through the use of technology adapted from the apple industry, Vidalia onions can be placed into controlled atmosphere storage for up to six months. That's why they may be available in supermarkets

in November and December. Casini believes the process changes the texture of Vidalias. His suggestion is "buy sweet onions in season as they become available."

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yet elegant enough for entertaining. Serve with crusty bread and mixed greens tossed with a lemony vinaigrette.

SALMON CHOWDER WITH CILANTRO

- 4 slices thick-cut bacon (about 4 ounces), cut into 1/8-inch dice
- 2 OSO Sweet onions (about 1 1/4 pounds), quartered, then thinly sliced
- 1 1/2 teaspoons ground coriander
- 1 pound sweet potatoes (red-skinned, yam variety), peeled, cut into 1/4-inch dice
- 3 bottles (8 ounces each) clam juice
- 1 1/2 pounds skinless salmon fillet (see note), cut into 1/2-inch dice
- 2 cups half-and-half or light cream
- 1/2 cup (lightly packed) chopped fresh cilantro
- 1 tablespoon salt, or to taste
- 1/2 teaspoon freshly ground pepper, or to taste

Dash of cayenne pepper
Cook bacon in a large soup pot, stirring frequently, until lightly browned, about 5 minutes. Remove with a slotted spoon; reserve. Stir onions into the bacon fat remaining in pan; cook, stirring, until soft, about 5 minutes.

Stir in potatoes and clam juice; bring to a boil over high heat. Reduce heat to medium and cook until potatoes are just tender, about 5 minutes.

Reduce heat to low; stir in salmon. Cook until salmon is just firm and opaque, about 5 minutes. Add half-and-half, stirring, until heated through.

Stir in reserved bacon and cilantro. Season with salt and pepper to taste.

Makes about 10 cups
Note: For variation, substitute coarsely diced shrimp and/or scallops for the salmon, or combine the three for a seafood melange.

This vegetarian soup is high in flavor but considerably lower in calories and fat than most traditional chowders.

MUSHROOM AND SPINACH CHOWDER

- 1 tablespoon canola or vegetable oil
- 1 tablespoon butter
- 1 pound assorted mushrooms, such as crimini, shiitake, and oyster, coarsely chopped
- 2 OSO Sweet onions (about 1 1/4 pounds), quartered, then thinly sliced
- 2 tablespoons flour
- 1 tablespoon ground cumin
- Generous dash of ground cloves
- 3 medium boiling potatoes (about 1 pound), peeled and cut into 1/4-inch dice
- 4 cups water
- 1 package (10 ounces) frozen spinach
- 3 cups nonfat milk
- 1/4 teaspoon ground nutmeg
- 1 tablespoon fresh lemon juice

Melt butter in oil. Cook mushrooms over high heat, stirring constantly, until they just begin to release their juices, about 5 minutes.

Stir in onion; cook over medium-high heat, stirring frequently, until soft, about 5 minutes. Sprinkle flour, cumin, and cloves over vegetables; cook, stirring, 2 minutes. Add potato and water. Bring to a boil over high heat; then reduce heat to medium. Cook until potato is just tender, about 10 minutes.

Stir in spinach; cover. Cook, stirring occasionally to break up the spinach, until spinach is separated and tender, about 8 minutes.

Add milk and cook, stirring, until heated through. Stir in nutmeg. Stir in lemon juice, a half-teaspoon at a time, to blend well. Makes about 10 cups

Chills from page B1

Bring a large pot of water to boil. Quickly mix all ingredients together until smooth, soft dough forms. Do not over mix. Using a spaetzle machine or a large-hole colander, set over the pot with boiling water, push the dough through the holes into the water. Cook rapidly 3 minutes, drain, shock with cold water and drain again. Keep cold and covered until needed.

To serve, quickly saute in a little butter until lightly brown and heated through. Spaetzle can also be used in soups, in which case they are simply added in and not sauteed.

Pinch of nutmeg

Butter and sugar baking pan. Add bread cubes. Slowly pour mixture of milk, eggs, sugar and vanilla over bread until saturated and let sit for 10 minutes. Bake in 350°F oven for 45-60 minutes covered with aluminum foil.

Allow to cool somewhat. Serve warm, with caramel sauce.

JACK DANIEL'S CARAMEL SAUCE

2/3 cups sugar, granulated
1/3 cup water
1/3 cup heavy cream, room temperature
1 ounce Jack Daniel's whiskey, optional

Bring sugar and water to boil in a heavy sauce pan. With a clean brush dipped in water, wash sides of pan to prevent crystallizing. Cook sugar until a deep brown color develops. Remove from heat, stir in cream, a little at a time, to a smooth consistency, (if you add cream too fast, it will harden the sauce). Stir in Jack Daniel's whiskey, if desired.

Recipes compliments of the Golden Mushroom Restaurant.

BREAD PUDDING

- Serves 8
- Butter
- Sugar
- 12 pieces of day old white bread (or dried in the oven), crust removed, cut into cubes (enough to fill the bottom half of a 9 by 12-inch baking pan)
- 2 pints milk
- 5 eggs
- 2 cups sugar
- 1 teaspoon vanilla extract

Colorful teriyaki soup is low fat and nutritious

BY THE ASSOCIATED PRESS

One serving of this tasty Asian-inspired teriyaki beef soup provides only about 8 grams of total fat - but more than half of your daily vitamin C and vitamin A requirements, thanks to its colorful inclusion of plenty of broccoli and carrots.

The recipe is from Better Homes and Gardens' 3 Steps to Weight Loss (Meredith, \$19.95), a collection of what the cover blurb calls 110 guilt-free recipes. The recipes are based on a healthy-eating plan worked out by Lawrence J. Cheskin, director of the weight management center at Johns Hopkins University, Baltimore, Md.

Cheskin explains that the three steps are the areas that influence weight - diet, behavior and exercise. In addition to recipes for all kinds of dishes, from breakfasts through main dishes and desserts, the book offers guidance on working out your own weight loss plan, making lifestyle changes and getting active.

- 1/3 cup uncooked long-grain rice
- 1 tablespoon grated fresh ginger
- 3 cloves garlic, minced
- 1 teaspoon instant beef bouillon granules
- 2 cups small broccoli florets
- 1 to 2 tablespoons light teriyaki sauce
- 1 tablespoon dry sherry (optional)
- Slivered green onion tops (optional)

Trim fat from meat. Cut meat into thin, bite-size strips. In a large saucepan, heat olive oil over medium-high heat. Add meat and shallot. Cook and stir for 2 to 3 minutes or until meat is brown. Use a slotted spoon to remove meat mixture; set aside.

In the same saucepan, combine water, apple juice, carrots, rice, ginger, garlic and bouillon granules. Bring to boiling; reduce heat. Simmer, covered, about 15 minutes or until carrots are tender.

Stir in the meat mixture and broccoli. Simmer, covered, for 3 minutes more. Stir in the teriyaki sauce and, if desired, the sherry. Ladle soup into bowls.

Garnish with slivered green onion tops, if desired. Makes 5 servings.

Nutrition information per serving: 197 cal., 6 g total fat (2 g saturated fat), 30 mg chol., 382 mg sodium, 22 g carbs., 2 g fiber, 13 g pro.

TERIYAKI BEEF SOUP

(Preparation and cooking 40 minutes)

- 8 ounces boneless beef sirloin steak
- 2 teaspoons olive oil
- 1 large shallot, thinly sliced
- 4 cups water
- 1 cup apple juice or apple cider
- 2 carrots, cut into thin bite-size strips

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