

Chef Famie shares potpourri of recipes

LOBSTER RISOTTO WITH SHITAKE MUSHROOMS AND LEMONGRASS GINGER SAUCE

7 cups chicken broth
1 cup heavy cream
1 teaspoon chopped fresh ginger root
2 teaspoons chopped fresh lemongrass
1/4 cup olive oil
2 cups diced cooked lobster meat
12 shitake mushrooms, quartered
2 tablespoons chopped Italian flat-leaf parsley
1 white onion, diced
2 cups arborio or medium grain rice
1 cup grated Parmesan cheese, divided
Salt and pepper to taste
Italian flat-leaf parsley for garnish

Heat broth in 4-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm.

In a small saucepan over medium heat, simmer cream, ginger root, and lemongrass for 5 minutes. Strain through a fine sieve into a small bowl and reserve.

In medium skillet, heat 2 tablespoons of olive oil over medium heat. Add lobster and mushrooms; cook until slightly browned. Stir in parsley; remove from heat and set aside. Heat remaining olive oil in deep saucepan. Add onion and cook over medium heat until onion is translucent.

Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in half the chicken broth. Cook uncovered, stirring frequently until broth is absorbed. Continue stirring and adding remaining broth, 1 cup at a time, allowing each cup to be absorbed before

adding another.

Cook until rice is tender and mixture has a creamy consistency, approximately 20 to 25 minutes. Add reserved cream mixture, lobster mixture, and 1/2 cup cheese; cook and stir 5 minutes. (If needed, add a small amount of stock or water.)

Season with salt and pepper. Serve on a large platter with sprigs of Italian flat-leaf parsley and remaining cheese. Serves 4.

Per serving: 816 calories, 34 grams protein, 53 grams carbohydrate, 3 grams dietary fiber, 160 milligrams cholesterol and 2,228 milligrams sodium.

APPLE CINNAMON RICE PUDDING

3 cups cooked rice
3 cups milk
1/2 cup sugar
2 cups seeded, peeled, and diced Granny Smith apples
1 tablespoon cinnamon
1 1/2 teaspoons vanilla extract

Combine rice, milk, sugar and apples in a 2- to 3-quart saucepan. Cook and stir for 30 minutes over medium heat. The rice pudding is done when the rice and milk have formed a thick porridge. Remove from heat and stir in the cinnamon and vanilla. Serves six.

Per serving: 320 calories, 7 grams protein, 4 grams fat, 64 grams carbohydrate, 2 grams dietary fiber, 17 milligrams cholesterol, 62 milligrams sodium.

Recipes from *Yes I can cook Rice...An So Can You!* by Keith Famie, (New Echelon, Inc. in cooperation with PearTree Publishing, Nov. 2001, \$6.95). The book is available, or can be ordered from local bookstores. For more information, visit www.famie.com

another book and reaping the benefits of a bowl of rice.

A portion of the sales from the rice book will be donated to the World Emergency Relief fund. For more information about Famie's TV show or his cookbook visit www.famie.com.

Mary Quinley is a Livonia resident and writes about food and travel for *The Observer & Eccentric Newspapers*.

Salmon in a package is a simple dinner

In Latin America, fish are baked in banana leaves. In France, they are baked in parchment (en papillote). Home cooks anywhere can easily adapt this technique, which seals in moisture and flavor, using aluminum foil. Salmon is a good choice for this way of cooking.

By adding a few vegetables you have a whole meal in a packet - easily put together without measuring up the stove top, pretty to look at and delicious to eat. As an added bonus, it's good for you.

Salmon is a particularly good source of omega-3 fat, a polyunsaturated fat with two major benefits - it doesn't raise blood cholesterol, and it seems to have health-promoting powers that lower the risk of heart disease and possibly cancer. Only certain fish are a good source of omega-3 fats: salmon, mackerel, herring, white (albacore) tuna and sardines. Whatever type is selected, fish is always an excellent choice for good nutrition. Of course, the preparation must be healthful too - not deep-fat fried, slathered in butter, or covered in cream sauce.

When buying salmon, there is often a choice between farm-raised and wild, as well as between Pacific and Atlantic varieties. Atlantic salmon is always farm-raised. It is also mostly grain-fed, which produces a fish that is moister and fattier than Pacific salmon. Atlantic salmon is farmed in Chile, Western Canada and Washington State, as well as in the waters of the Atlantic Ocean. Most Pacific salmon is from Alaska and available in a number of varieties.

The following recipe creates a dish special enough for company but easy enough



Simple dinner: Make a nutritious and simple dinner in a package with salmon.

for every-day meals.

OVEN-BAKED SALMON WITH SNOW PEAS

2 small leeks, white and pale part chopped fine
2 large carrots, cut into julienne strips (width of matchsticks)
1/2 pound snow peas (fresh or frozen)
4 salmon steaks or fillets (4-6 ounces each)
2 teaspoons grated fresh ginger
2 tablespoons rice vinegar
1 tablespoon plus 1 tablespoon sesame oil, divided
Salt and freshly ground pepper to taste
1 pound fresh spinach
1 tablespoon fresh lemon juice

Preheat oven to 450 degrees. Tear four

large sheets (18x12-inch) of heavy-duty aluminum foil and lay out on table or counter.

Place one-fourth each of leeks, carrots and snow peas on each sheet of foil. Place a piece of salmon on top of each mound of vegetables. Sprinkle one-fourth of the ginger and drizzle one-fourth of the vinegar and one-fourth teaspoon oil over each piece of fish. Season to taste with salt and pepper.

Double-fold foil and seal tightly, to form four packets. (Leave enough room in packet for heat to circulate.) Place packets on cookie sheet and bake about 20 minutes, or until fish flakes easily with fork.

Meanwhile, rinse spinach leaves and place in large bowl or platter that will fit microwave oven. Drizzle with fresh lemon juice and remaining 1 tablespoon oil. Cook in microwave at high power 3-4 minutes, checking every minute or so to make sure spinach is tender but not over-cooked. Place one-fourth of spinach in center of each of 4 plates, making a flat bed.

When salmon is cooked, open packets carefully to allow steam to escape without scalding. Transfer contents of each packet to top of bed of spinach on each plate.

Makes four servings.

Per serving: 333 calories, 17 g. total fat (3 g. saturated fat), 17 g. carbohydrate, 28 g. protein, 6 g. dietary fiber, 185 mg. sodium.

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globe. "It's exciting because everything (about the show) like the editing services and the camera crew, is based out of Detroit," he said.

When asked about any future plans to open an eatery, he answered, "I want to. I've got a vision that involves a lot of the places where I've traveled."

But for now, he's concentrating on the show, working on

another book and reaping the benefits of a bowl of rice. A portion of the sales from the rice book will be donated to the World Emergency Relief fund. For more information about Famie's TV show or his cookbook visit www.famie.com.

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