### Recipes cross the globe with Famie

Pavlova is a meringue-based essert named after the famous lussian ballerina Anna Pavlova dessert named after the famous Russian ballerina Anna Pavlova, It was prepared for Pamie at the home of Piers and Suzanne Akerman. There are many different toppings that you can put avolova. Pruits such as kind, oranges, apples, banansa, and apricots can be aliced and used as a topping. Berries also make a wonderful garnish.

> Parchment paper 3 egg whites, at room tempera-ture

Y teaspoon cream of tartar It leaspoon cornstarch I teaspoon vanilla extract

i cup heavy cream, whipped 2 cups vanilla or lemon pudding Fruits and berries of your choice (Famie recommends blueber-ries and sliced kiwi)

Preheat the oven to 250 degrees F. Line a large baking sheet with parchment paper. With a pencil trace 18 3%-inch circles on the parchment pape circles on the parchment paper. Turn the paper over so the pencil markings show through.

narm the paper over no the markings show through.

In an electric mixing boyle, sing a whip attachment, combine the egg white, cream of tartat, corrastarch and vanilla.

Beat at high speed until soft peaks begin to form. Add the sugart, I abblespoon at a time, and continue beating at high speed until the mixture is thick and glossy. Spread (or pipe using a postry bug with a straight tip), to cup of the meringue mixture over each circle on the baking sheet. Bake for 15 hours, Turn the oven off and let the meringue mixture over each circle on the baking sheet. Bake for 15 hours, Turn the oven off and let the meringue stay in the oven for 30 minutes without opening the one of the meringue stay in the oven for 30 minutes without opening the meringue as the same of the meringue at the same of the meringue and the same of the meringue disks.

Remove the meringue disks

without opening the toor.

Remove the meringue claks from the oven and let cool to room temperature. Lift the meringues carefully from the parchiment. In a medium mixing bowl, use a rubber spatula to fold the whilpped cream into the pudding. Be careful not to overmix, or the whilpped cream will lose its alriness.

lose its alriness. Place a meringue disk on each of six plates. Spoon's cup of the pudding indicture on each meringue disk. Place some alleed fruits and berries over the pudding layer, then another meringue disk, another hayer of pudding, and another layer of fruit. Repeat to make a layers of each, Serve immediately. Serves G.

CORNNEAL-CRUSTED LAKE PERCH WITH YOUNG SPINACH AND ROASTED TOMATO-FENNEL MARIHARA

Growing up in Michigan sur-rounded by the Great lakes, Kelth Famic has had his share of lake perch dishes over the years, but this has to be his favorite. The roasted tomato-fennel inari-nara is also ideal as a pasta

Marinara

salt and black pepper to laste % cup plive oil 6 plum tomatoes, diced 6 plum tomatoes, diced

1 white onlon, diced

1 garlic clove, peeled and minced
1 cup tomato juice

// cup water
2 tablespoons whole-grain mus-tard

I// feaspoons choosed fresh basil

Perch

2 pounds lake perch fillets, trimmed and pinboned salt and black pepper to taste yellow cornmeal for dusting all-purpose flour for dredging I cup canola oil

Spinach

% cup olive oil
Z garlic cloves, peeled and
minced 2 pounds baby spinach saft and black pepper to taste

Garnish 4 fresh basil sprigs

For the marinara: Preheat the oven to 350 degrees F.

oven to 350 degrees F.
Cut the fennel bulb in half.
Season with salt and pepper.
Place the fennel on a baking
sheet, brush lightly with olive oil,
and roast until tender, about 3040 minutes. Remove from the
oven, let o

Heat the remaining olive oil in a medium saucepen over medi-um heat.

um heat.
Sauté the tomatoes, onlon and garlic for 3 minutes. Add the fennel, tomato julec, water, and mustard. Continue to cook for 3 minutes. Sift in the basil.
Removs from the heat and purce in a blender. Return to the saucepan and season with a att and pepper. Keep warm on the back of the stoke of th

For the perch: Lay out the fil-lets on paper towels. Season each side with salt and pepper. Dredge the fillets in equal parts of commeal and flour.

In a large sauté pan over nedium-high heat, heat the anola oil until it is hot enough

tor trying.

Fry the fillets, skin side up, until golden brown. Turn over and continue to cook until golden brown. Drain on paper towels.

For the spinach: Heat the olive oil in a large souté pan over medium heat.

Add the garlic and sauté until caramelized. Add the spinach and sauté just until the spinach is wilted. Season with salt and

pepper.

To assemble: Spoon the roasted tomato-fennel marinara onto 4 plates. Finish by dividing the perch and spinach among the plates.

Garnish with a sprig of basil. Serve hot.

#### KACHUMBARI

Chef Joash Omore calls it a simple but delicious slaw. Its fla-vors develop because the natural juices of the vegetables are extracted by the sait.

Keith Famie found out that it is ideal to serve with Durban

inhead green cabbage, shredded 2 carrots, grated 2 tablespoons chopped fresh cilantro 1 red chile, seeded and chopped 1 while onion, thinly sliced 3 plum tomates, sliced lato half-moons salt to faste

In a large mixing bowl, com-bine all the ingredients and sea-son well with salt. Cover the bowl with plastic wrap.

Nefrigerate for 20 minutes before serving to let the salt draw the moisture from the veg-ctables to create its own sauce. Serve as you would a salad or

Recipes courtesy of Keith Famle from his book, You Really Haven't Been There Until You've Eaten the Food, Clarkson Potter Publishers, N.Y.

Continuing adocation Schoolcraft College's Department of Culinary Arts features continuing edu-cation clusses at the new VisTaTech Center at the college, 18600 Happerty, cation classes at the new visitatem, center at the college, 18000 Happeny, Livonia. You will also find further infor-mation at workschoolcraft education. CES Schedule, then spring 2003. Jeff Gabriel, certified master chef, will each fresh and fabbions Salads, 6-9 µm. Thursday, June 5, and Oack Eary Hearts 9 ammoon, Salurday, June 7, Gabriel also Instructs Basic Cooking Techniques Hands On. Mondary Thursday, June 25, 9 am.; pm. for more information, call Continuing Quitous of the continuing Quitous Continuing Quitous of the continuing Quitous pm. for more information, call Continuing Quitous of Continuing Quitous or 17340 462-4448.

Eastern European

WINE

FROM PAGE B1

conversation1

PALANDRI RED WINES

Henry Ford Community College's Hospitality Studies Program will host Hospitality Studies Program will host an Eastern European funcheon buffet This a.m.-t.15 p.m. Thursday, June 5 at the college's new fifty-One 0 One Restaurant Inside the newly renovated Student & Cutinary Arts Center (SCAC) on HFCC's main campus, located at 5101 Evergreen Road In Dearborn. The buffet will fea-

vice president. "They're neither pest nor parasite but they love cats." Whatever, they make more than the wine a topic of

Four Palandri red wines have been introduced in Michigan, aggressively priced at 515 each through the end of July, 18 2001 Meriot has a plump middle, good structure and satisfying finish. Delicious with chicken, Peking duck, pork or any slightly-sweet Chinese dish.

dish.

2001 Cabernet Merlot sports a silky, seductive mid palate and good length that match it to grilled steak or grilled portabella

mouthful, reminiscent of a rich northern-Rhone-style. Great with black bean chili, lamb

mushrooms.

2001 Shiraz is a big

## TASTE CALENDAR

stuffed cabbage and other favorites from such countries as Poland, price is \$8.50 per person and pro-ceeds will benefit HFCC Hospitality ceeds will benefit HFCC Hospitality Studies Program students HFCC ato will host other international buffets on subsequent Thursdeys featuring more erolic cuisine from around the world, including Mediterratera and Middle Eastern on Thursday, June 12, and the Far East on Thursday, June 12, Lunch prices for these buffets range from 58 50 to 51t. To purchase buffet lickets or for more information, call Jeff Click at (313) 845-9651.

Weight Witchers
Chef Tim Cirka will conduct cooking demonstrations throughout the month of June for Weight Watchers, including the following dates and focations: 90 a.m. and 10 a.m. Saturday, June 21, at the Weight Watchers Building, 28555 Orchard Lake Road, Farmington Hills 6 pm. and 715 pm. Tuesday, June 24, Weight Watchers Center, Hamlin

Square Shopping Center, 1906 South Rochester Road (by Staples) in Rochester; and Tpm, Thursday, June 26, at the Waight Watchers Center, Northwoods Shopping Center, 30935 North Woodward, Birmingham. The demonstrations are free and the public is invited. Call 1-(888) 3- FLORINE for information.

Cooking classes
Waler Ribon, "Macro Val" offers
healthy conting classes. Princi Foods
200 with be buight 6-9 pm. Wednesday,
Jone Ti. Fee in SZB. The class will be
taught at 3056 Knotier, Apt. XC is
Getten City, Class includes recipes, the
yield princition, personal hands on
experience and a mest. Spoce is firmfact.
Classes must be pre-paid. Call TGM22256 for virial www.macroval.com for
information.

If you have an item for the calendar. If you have an item for the calendar, please submit it at least two weeks in advance of the date it should be pub-lished. Send to Ken Abramczyk. Taste editor, Observer & Eccentric Hemspapers, 3625 Schoolcraft. Lyrola & Id 48150 or e-mail katram-czyk@oe.homecomm.nel.

#### WINE PICKS

The current wine glut has reduced the price of top chardonnays. The following are the best from our recent tasting.

Awesome: 2001 Arrowood Sonoma County (\$29). Great with

scallops in tarragon cream sauce.

Delicious: 2000 Robert Mondavi Reserve (\$38) and 2000 Beringer Private Recerve (\$35) Values under \$20: 2001 Clos LaChance Santa Cruz Mountain (\$18)

and 2002 Wolf Blass (\$14).

Wallet pleasers: 2001 Healdsburg Vineyards (\$8) (NEW) and 2001

All wines mentioned are available in the metro-Detroit area. If a retailer does not stock a specific wine, ask that it be ordered from the distributor.

marinated with garlic, rose-mary and olive oil and grilled medium rare.

2001 Cabernet Sauvignon (815) is generous and lively with juicy fruit and pleasant oak integration. Grill fillet of oak integration. Grill fillet of beef rare and serve with sauteed mushrooms as an out-standing match.

The Healds are contributing editors for the internationally respected *Quarterly Review of* Wines and Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric .c...c. for the coserver & Eccentric Herepapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864#.

# The Susan G. Komen Breast Cancer Foundation Presented by Joplail

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One-Stop Race Registration and Pickupi SUNDAY JUNE 1, 2003, 1 - 3 p.m. **RIO BRAVO FRESH MEX, LIVONIA** 

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Eat at any of these Rio Bravo Fresh Mex locations on June 1 (11 a.m. - 10 p.m.), mention the Race to your server, and 20% of your bill (before tax & gratuity) will be donated to the 12th annual event.

Ann Arbor

Aubum Hills

**Bloomfield Hills** 

Deerborn

Livonia

Taylor

The 2003 Komen Debroit Rece for the Cure® will be Seturday June 21 at consiste Park. The avent is presented locally by the Barbara Ann Kammano Cancer Institute. To register or volunteer, call (969) KARMANOS or visit were locationable anglescolorthe-considered.

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