

Delicate dessert is sure to please

June brings warmer weather and the beginning of the summer entertaining season.

Begin this summer on a light note by serving Pistachio Meringue Sorbet Sandwiches. From a bridal or baby shower to a Sunday brunch or lunch, or even as a finale to an all-fresh dinner party, this delicate dessert is sure to impress.

Each bite-sized treat features refreshing raspberry or strawberry sorbet between two crisp and chewy meringue cookies. Wheat germ adds a deliciously nutty flavor. For a decorative finishing touch, drizzle melted chocolate over the cookies and sprinkle with chopped pistachios.

Versatile wheat germ is a great ingredient to keep on hand. Add a nutrition boost to many of your favorite "cool" foods by sprinkling it on yogurt and ice cream and stirring it into smoothies and shakes.

When baking, remember this simple rule: One half-cup of wheat germ can be substituted for an equal amount of flour in your favorite recipes for cookies, muffins, cakes, coffee cakes, quick breads, biscuits and yeast breads.



ARTIST: SCHMER WHEAT GERM

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PISTACHIO MERINGUE SORBET SANDWICHES

- Meringues**
- 1/2 cup shelled, finely chopped pistachios (about six ounces)
 - 1/2 cup Kretschmer wheat germ, any flavor
 - 1/2 cup powdered sugar
 - 3 large egg whites, at room temperature
 - 1/2 teaspoon salt
 - 1/2 cup granulated sugar
- Sandwiches**
- 1 pint raspberry or strawberry sorbet, slightly softened
 - 1/2 cup semisweet chocolate chips, melted
 - 1/2 cup shelled, finely chopped pistachios

Heat oven to 225° F. Line two cookie sheets with aluminum foil, lightly grease foil or spray with non-stick cooking spray. Using 1 1/2-inch round cookie or biscuit cutter, mark 40 circles on foil. For meringues, combine 1/2 cup pistachios, wheat germ and

powdered sugar in small bowl; mix well. In large bowl, combine egg whites and salt. Beat with electric mixer until whites begin to mound. With mixer at high speed, add granulated sugar, two tablespoons at a time, beating until sugar dissolves and whites stand in stiff glossy peaks when beater is raised. With rubber spatula, gently fold in wheat germ mixture.

Drop a rounded teaspoonful of meringue into center of each circle on prepared cookie sheets; use back of spoon to spread to the edges of circles. Place both cookie sheets in oven.

Bake 18 minutes. Rotate cookie sheets top to bottom. Continue baking 17-19 minutes or until meringues are firm to the touch. Turn off oven and let meringues remain in closed oven 30 minutes (do not open oven door during this time). Remove cookie sheets from oven. With meringues still attached to the aluminum foil, place foil on cooling racks, cool completely. Gently peel meringues from foil.

Place 20 cooled meringues flat

side up on clean cookie sheet. Top each with a heaping teaspoon of sorbet, carefully spread to edges of meringue. Top with remaining meringues flat side down. Place cookie sandwiches in freezer until sorbet is firm, about 15 minutes. Remove from freezer. Drizzle melted chocolate over tops, sprinkle with remaining chopped pistachios, return to freezer until set, about 5 minutes. Transfer sandwiches to covered container. Store in freezer until ready to serve. Serve frozen. Makes 20 sorbet sandwiches.

Nutrition information (1/20 recipe)

Calories, 90; calories from fat, 45; total fat, 5 grams; saturated fat, 2 grams; cholesterol, 0 mg; sodium, 30 milligrams; total carbohydrates, 11 grams; dietary fiber, 2 grams; protein, 1 gram; folate acid, 2 micrograms and vitamin E, 2 international units.

Cook's tip: A spice jar lid can be used to mark circles on greased foil.

Recipe courtesy of Kretschmer Wheat Germ.

Peaches and ... beef? Create fresh and easy meal

Two summer treats create a new favorite, Beef and Peach Salad. Combine grilled certified Angus beef top sirloin steaks and sweet ripe peaches for a fresh and easy meal. Peach season runs from April to October, peaking in July and August.

The beef's great taste is available year round and adds classic pleasure to summer menus.

The salad can also be made with Angus beef shoulder center steak, if desired.

BEef AND PEACH SALAD

1 1/2 pounds (L75kg) Certified

Angus Beef top sirloin or shoulder center steak
2 teaspoons (10ml) olive oil
Salt and pepper to taste
1 cup (240ml) low-fat lemon yogurt
1/2 cup (60ml) lemon juice
1/2 cup (60ml) thinly sliced green onion
1/2 teaspoon (25ml) poppy seed
5 peaches, washed and sliced
Mixed salad greens

Rub steak with oil and sprinkle with salt and pepper. Grill steak over medium heat for 12-16 minutes, leaving lid open and turning steak halfway through cooking time.

For medium doneness, trans-

fer steak to a cutting board when a meat thermometer registers 150°F (66°C) and let it rest 10 minutes.

Combine yogurt, lemon juice, green onions, and poppy seed in a small bowl. If necessary, stir in 1-2 teaspoons (5-10ml) additional lemon juice to reach drizzling consistency.

Cut steak across the grain into thin slices and arrange with peaches on salad greens. Drizzle dressing over top.

Nutritional information per serving: 339 Calories; 11g Fat; 3g Saturated fat; 100mg Cholesterol; 26g carbohydrates; 39g Protein; 213mg Sodium; 5g Iron.



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Livonia Great Race Events Public Invited

June 18th & 19th

Starting at 9:00 a.m., and continuing throughout the day
Great Race Registration and Technical Inspections
at the Holiday Inn, Six Mile Road and I-275

June 18th

Roush Collection Open House, 11851 Market St., Livonia 5:30 p.m. - dark.
Detroit Symphony Orchestra 8:00 p.m. steps of City Hall.

June 20th

Great Race Trophy Run, from Livonia Holiday Inn
to Michigan International Speedway to Livonia City Hall.
Cars will leave the Holiday Inn beginning at 9:00 a.m.
and return to City Hall beginning at 3:45 p.m.

June 21th - RACE DAY!!!

Join us early... Great Race Cars begin arriving at 9:00 a.m.
Livonia Community Recreation Center, on the corner of Five
Mile and Hubbard Roads. Opening Ceremonies at noon.
See the cars from the movie "The Great Race", starring
Jack Lemmon, Tony Curtis & Natalie Wood.
Official race start time 12:30 p.m. Displays of Competitor's
Vintage Race Cars and our own Local Cars, featuring classic
cars & trucks, street rods, customs, sports cars and more!
The judged local show runs from 9:00 a.m. - 3:00 p.m.

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