

Corn bread recipes are pure delight

(Continued from page 10)

- 1 cup enriched corn meal
- 4 tsp. baking powder
- 1 tsp. salt
- ½ cup chunk style peanut butter
- 1½ cups milk
- 2 eggs, beaten
- ¼ cup firmly packed brown sugar
- ¼ cup vegetable oil

Combine flour, corn meal, baking powder and salt in large mixing bowl. Add peanut butter and beat at low speed on electric mixer until mixture resembles coarse crumbs. Add combined remaining ingredients, mixing just until dry ingredients are moistened. Spoon batter into greased 9x5-inch loaf pan. Bake in preheated moderate oven (375 degrees) 1 hour and 10 to 15 minutes. Cool 15 minutes. Remove from pan. Cool completely on wire rack. Makes one loaf.

CORN MEAL STREUSEL COFFEE CAKE

- Coffee Cake:
- 4 tsp. freeze dried or instant coffee
- ½ cup milk
- 2 eggs, beaten
- ¼ cup butter or margarine, melted
- 1 cup all-purpose flour
- ¾ cup firmly packed brown sugar
- ½ cup enriched corn meal
- 1½ tsp. baking powder
- ½ tsp. salt
- ¼ tsp. soda

Streusel Topping:
2 tsp. enriched corn meal
2 tsp. firmly packed brown sugar
1 tsp. butter or margarine, melted
½ cup sliced almonds

For coffee cake, dissolve coffee in milk. Add combined milk mixture, eggs and butter to combined dry ingredients, mixing just until dry ingredients are moistened. Pour into greased 8-inch square baking pan.

For streusel topping, combine all ingredients except nuts, mixing until crumbly. Sprinkle evenly over batter. Top with nuts. Bake in preheated moderate oven (375 degrees) 20 to 25 minutes or until wooden pick inserted in center comes out clean. Cool about 20 minutes. Serve warm.

MICROWAVE OVEN DIRECTIONS:

Prepare coffee cake as directed above. Omit streusel topping. Sprinkle ½ cup sliced almonds evenly over batter. Cook at "high" (7 to 8) minutes or until wooden pick inserted in center comes out clean, rotating ¼ turn after each 2 minutes of cooking. Let stand about 5 minutes before serving.

HONEY-OF-A-BREAD

- 1½ cups milk
- 1 cup water
- ½ cup honey
- ¼ cup butter or margarine
- 1 tsp. salt
- 5½ to 6 cups all-purpose flour
- 2 pkg. active dry yeast
- 1½ cups enriched corn meal

Circus theme treats brighten fall menus

While cheering crowds applaud the antics of clowns and the daring deeds of the performers, and while brilliant costumes dazzle the eye, half the fun of going to a circus is consuming vast quantities of cotton candy, peanuts and popcorn.

Even a hot dog becomes a gourmet treat under the spell of the circus. Although the circus comes to town usually only once a year, you can bring the spell of the Big Top to your table or party with these circus cookhouse recipes. They come directly from Ringling Bros. and Barnum & Bailey Circus, which is bringing "The Greatest Show on Earth" to Cobo Arena on Oct. 8 for performances Oct. 9 through 21.

SUPER CIRCUS

- 1 can frozen cream of shrimp soup
- ¼ cans of milk
- 1 can tomato soup
- 2 tsp. sherry (optional)
- Sour cream
- Parsley
- Chives

Combine shrimp, tomato soup and milk and heat slowly. Just before serving, add sherry and garnish with a dollop of sour cream sprinkled with parsley and chives.

WAGON WHEEL BURGERS

- 1 lb. ground round
- Salt and pepper to taste
- ¾ teas. Worcestershire sauce
- 6 pieces stuffed green olives
- 6 slices American cheese
- 1 small jar of pimento strips
- 3 English muffins, cut in halves
- 6 party toothpicks

Shape hamburgers into six round patties, mixing in salt, pepper and Worcestershire sauce. Boil to desired

Heat combined milk, water, honey, butter and salt in 1-qt. saucepan over medium heat until just warm (about 120 degrees), stirring constantly. Add milk mixture to combined two cups flour and yeast in large mixing bowl. Beat at medium speed on electric mixer about 2 minutes or until smooth. Add corn meal. Continue beating about 1 minute. Stir in enough remaining flour to make a stiff dough. Knead on lightly floured surface 10 to 15 minutes or until smooth and elastic. Shape to form ball. Place in greased large bowl, turning once to coat surface of dough. Cover and let rise in warm place about 1½ hours or until double in size. Punch dough down. Cover and let rest 10 minutes. Divide dough in half, roll out each half to form 15x9-inch rectangle. Roll together with narrow end. Press together ends and seam to seal. Place in 2 greased 9x5-inch loaf pans; brush with vegetable oil. Let rise in warm place about 1 hour or until nearly double in size. Bake in preheated hot oven (400 degrees) 25 to 30 minutes. Remove to pans and brush with oil. Cool completely on wire rack. Makes 2 loaves.

VARIATION: Combine ½ cup raisins, ¼ cup sugar and 1 tsp. cinnamon in small bowl. Cut both 15x9-inch rectangles of dough.

CORN MEAL BATTER BREAD

- ¾ cup plus 2 tsp. enriched corn meal
- ¼ cup milk
- ¼ cup water
- ¼ cup sugar
- ¼ cup vegetable oil
- 1½ tsp. salt
- 1½ cups all-purpose flour
- 1 pkg. active dry yeast
- 1 egg

Generously grease 1½-qt. casserole dish; coat evenly with 2 tsp. corn meal. Beat combined milk, water, sugar, oil and salt in 1-qt. saucepan over medium heat just until warm (about 120 degrees), stirring occasionally. Add milk mixture to combined 1 cup flour and yeast in large mixing bowl. Beat at medium speed on electric mixer about 2 minutes or until smooth. Blend in egg; stir in remaining corn meal and flour to make a stiff dough. Cover and let rise in warm place about 1 hour or until light and bubbly. Stir down; spoon into prepared casserole. Let rise uncovered in warm place about 1 hour or until double in size. Bake in preheated moderate oven (350 degrees) 20 minutes. Cover loosely with aluminum foil to prevent excessive browning. Continue baking about 25 minutes or until golden brown. Immediately remove from casserole and remove foil. Cool completely on wire rack. Makes 1 round loaf.

VARIATION: Add ½ to 1 tsp. dill weed to batter.

doneness, then transfer each to toasted English muffin half.
Put a slice of cheese on each burger and return to the broiler until the cheese begins to melt. Remove from oven and decorate with thin strips of pimento, radiating out from the center like spokes. Garnish the center with the olive speared through on a toothpick, like the shaft of a wagon wheel.

CLOWNIE BROWNIES

- 6 oz. unsweetened chocolate
- 1½ sticks of butter
- 6 eggs
- 3 cups sugar
- 1 teas. salt
- 1 tsp. vanilla extract
- 1½ cups flour
- 1 cup walnuts
- cinnamon hearts
- bitterscotch kisses

Preheat oven to 325 degrees. In a heavy saucepan, melt the chocolate with butter over low heat, stirring constantly. When chocolate is melted, put aside to cool.

In a mixer, combine eggs, sugar, salt and vanilla extract and mix until light and fluffy. Then add melted, cooled chocolate. Combine well and fold in flour and walnuts.

Line a jelly roll pan with parchment paper, rubbing both the pan and the paper with a little vegetable oil. Pour the brownie batter into the prepared pan and bake in 325 degree oven for 25 minutes.

Note: The brownies will be fudgy inside and not dry. When cooled, cut them into 1-inch squares. After cooling and cutting, decorate each square with a clown face made with a circle of bitterscotch kisses, with cinnamon hearts for eyes, nose and mouth.



There are those who contest the oft-quoted "An apple a day keeps the doctor away." Physicians agree that apples contain many important vitamins and nutrients. However, we all realize that even two apples a day will not guarantee freedom from illnesses.

On the other hand, dental studies have revealed concrete evidence of the effectiveness of apple chomping: consuming an apple a day has reduced tooth decay due to the fruit's cleansing agents.

Writing about apples stirs nostalgic memories. Do you recall making a favorite teacher the recipient of a beautifully ripened apple? Those who habitually brought such edibles to their teacher were called apple polishes.

How about the phrase "The apple of one's eye" in connection with praise for the best or pick of the crop? And who can forget the effect that fruit had on Adam and Eve!

Only you can decide whether to believe all the quotes attributed to the apple. However, upon one thing most agree: apples are one of the most delicious, versatile fruits known to human kind.

THE APPLE season gets under way every autumn when bright green leaves give way to glorious reds, yellows and russets. Rows of mounded apples and assorted sized jugs of apple cider make their anticipated appearances at roadside stands, orchards, dairies and markets.

And, of course, cider mills are running full-steam now. Fortunately, there are several cider mills conveniently located a short distance from most suburbanites' homes.

Closest to ours is the Franklin Cider Mill in Franklin. It opened for its annual three-month business on Labor Day weekend.

Our family took the short ride to sample the cider and delicious hot doughnuts, freshly prepared on the premises from an old secret German recipe. Munching doughnuts and sipping cider, we leisurely strolled the grounds.

We roamed about the 140-year-old, four-acre spread, enjoying the scenic ride, cider mill and huge waterwheel nestled in a restful and rustic setting.

Al fresco dining areas are available for those who desire something more substantial than cider and doughnuts. Visitors may buy hot dogs, salami, crocked cheese (try the Port Wine cheese spread), potato chips, and candied and caramel apples.

I can attest to the enthusiastic response of youngsters on a school field trip to the mill for lunch and a demonstration of cider making. While there is no admission charge for schools or group tours, Jack Peltz, owner, requests reservations.

TAKE ADVANTAGE of your area cider mill until it closes the first week in December.

Carry memories of sunny orchards back to your kitchen by purchasing some of the mill's grand eating and/or cooking apples. In good supply are late Golden, late Macintosh, Dukes, late Johnsons, Delicious, and Ida Reds. October brings in northern Spys.

Using a ripe but firm apple, try this caramel candy apple recipe.

SIMPLE CARAMEL APPLES

- 1 pound package caramels
- 1 tablespoon milk, mixed with 1 tablespoon vanilla
- Wooden sticks or skewers
- 5 medium-sized apples

Partially fill bottom part of double boiler with water; heat to boiling. Lower to simmer and insert top boiler with the caramels, milk and vanilla. Stir frequently until caramels have dissolved into a smooth sauce. Stick wooden skewers into ends of each apple. Dip each into sauce, rotating until surface

Autumn vegetables add color to menus

With school again in session, try adding a few extra minutes to meal planning. The many good things growing in Michigan, including carrots, celery and cabbage, are great for adding extra touches to your fall menus.

Colorful additions may be soup made with carrots, onions, rice and vegetable stock. Another colorful dish is carrots glazed with honey and spices. If you're craving, try pickled carrots for a different treat this winter.

Carrots are the second highest volume fresh vegetable crop in Michigan, according to the Department of Agriculture.

Weight watchers often choose celery for a snack because a whole pound contains only about 82 calories. Celery may also be used in salads, stews, chop suey and soups.

This fall, try moving celery off the relish tray by making celery fritters, baked celery ring or braised celery.

is completely coated. Set on waxed paper and place in refrigerator until cooking is firm. Makes five caramel apples.

WHENEVER I write about apples, one notable recipe immediately comes to mind. It never fails to receive rave notices from column readers. Apple Linzer is its name and it is the creation of the innovative Yvonne Gill Davis, owner and chef of Tweeny's Cafe in Birmingham.

Ms. Davis brought her imaginative and sophisticated genius to suburbia 2½ years ago when she opened one of the finest restaurants around.

Many of Tweeny's customers were well acquainted with Ms. Davis' masterful approach to food preparation prior to the Birmingham opening. She was the driving force behind the very successful Yvonne Tree restaurant in downtown Detroit.

At Tweeny's, you will dine in a relaxed atmosphere, under beautiful skylight, and order from a menu chock full of gourmet fare. The daily changing menu includes unusual soups, salads and entrees. Items for the weight-conscious are always available, too.

However, her hot and cold hors d'oeuvres and fabulous desserts have the ability to turn dieters into cheaters. If you do manage to dine on her cuisine merrily, you can forget feeling snug about it. I guarantee your resolve will melt at the sight of her take-out counter, laden with pies, pastries, branched fruits and quiches.

Below is one of Ms. Davis' fabulous apple treats. Once sampled, you will look for excuses to prepare it often.

APPLE LINZER

- Pastry
- 1¼ cup flour
- ¼ cup sugar
- ¼ pound butter
- 1 egg yolk
- 1¼ cup ground almonds
- Pinch of spice, cinnamon and nutmeg
- 2 tablespoons apricot preserves
- Dash of rum (optional)

Cut butter into flour, sugar and spices until dough is the consistency of small peas. Add egg yolk and ground

almonds and cut into dough. When thoroughly mixed, press together to form a ball. Roll out between sheets of wax paper to make pastry for 8- or 9-inch pie pan.

Apple Pulp
Ms. Davis prefers Northern Spy apples for her linzer. Pare and thinly slice six to eight apples and place in dry pan over low heat, covered tightly. Drain off liquid immediately as it forms. Do this at least six-to-eight times depending upon the apples. The object is to remove as much liquid as possible and keep the apples firm.

Remove from heat and add fruit puree made from heating the apricot preserves. Fill pastry shell and decorate with apple slices. Brush surface with melted butter and bake at 350-degrees for about 40 minutes, or until lightly browned. Serve warm in wedges. You may also, if desired, top with a dollop of whipped cream.

FIRST THE BAD news. Remember the Vineyards restaurant in Southfield? Under Fred Gracyck's consistent management, the restaurant was the recipient of several distinctive awards of excellence. Well, it's all gone now but for the memories because Gracyck sold his eating establishment. For those of us who frequented the Vineyards, it is, indeed, a loss.

Now for the good news. Not content to rest on his laurels, Gracyck is back in the food business again.

Several months ago he opened the Culinary Greenhouse in West Bloomfield. It is a fascinating combination gift shop, greenhouse and last, but not least, a take-out restaurant.

The menu contains assorted fresh and frozen foods as well as fresh salads. Also available are a variety of appetizers, soups and homemade breads. Gourmet delights there include coquille St. Jacques, veal scallopini or Morengo, cinnamon chicken, curry of pork Belgian, and bouef bourguignon, to name a few.

If you wish to serve up something special, without putting forth any effort, stop by the Culinary Greenhouse. You can purchase everything necessary for entertaining. Live plants and centerpiece, dishes and cutlery are a few of the snazzy offerings.

All you have to do is set the table and pop your meal into your oven for a truly elegant dining experience.
One thing Gracyck discontinued when he sold his restaurant was his very special Apple Beignet. I never visited the Vineyards without ordering it for dessert. However, he has graciously offered this column's readers his recipe for this mouth-watering dish. Once you taste it, you will be just as grateful to him for it as am I.

APPLE BEIGNET

Blend in a bowl:
Two eggs and 1¼ teaspoon sugar. Mix in 1 cup milk and then mix in 1 cup flour, stirring constantly to insure smoothness. Add ¼ teaspoon vanilla and 1 tablespoon melted butter. Let batter stand one hour. Before using, stir batter and adjust, if necessary. Batter should be consistency of slightly thinner pancake batter.

Preparation:
Peel and core large tart apples and slice thin (2 slices per serving). Dip apple in batter and fry in deep fat at 350 degrees until golden brown. Remove from fat and drain on paper toweling. Place two slices on dessert plate and sprinkle generously with the following mixture:
Mix together 1 cup sugar, ¼ teaspoon cinnamon, ½ cup chopped walnuts. Cover beignets with a large dollop of rich vanilla ice cream and serve immediately.

This recipe has enough batter for at least 12 servings with 2 slices of apples per serving.

NEXT WEEK: CREPES

Mrs. Stulberg, a West Bloomfield resident, is a food writer, lecturer, and author of a cookbook for dieters, "The Happy Cooker." Letters, requests and recipes are welcomed. Recipes selected for column sharing will give complete donor credit and must be accompanied by name, address and phone number. All column communications must be made by writing "The Happy Cooker," c/o The Observer & Eccentric Newspapers, 36251 Schoolcraft Road, Livonia 48150.



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