

## Cooks join for demonstration of new Cuisine Minceur dishes

By Kathy Parrish  
staff writer

That old saying about "too many cooks" really doesn't apply to Carol Worsley and Ardis Kennealy, whose "in tandem" cooking demonstration yielded terrific soup.

But sharing one small kitchen led to some gentle kidding between the two gourmet cooks, who have taken cooking lessons together in Europe.

"Oh, I've bent your cake, Ardis," exclaimed the owner of Carol's Cuisine when the food processor she was using to make soup rolled onto Mrs. Kennealy's dessert.

"If it doesn't work out, I can always blame Carol," quipped her co-worker, a longtime television celebrity who now has her own catering firm.

The three-hour demonstration May 6 in Kitchen Glamor's Avon Township store, which provided space and ingredients, was a benefit for Juvenile Diabetes Foundation.

So the two cooks, who also donated their time, showed how to make "Cuisine Minceur" dishes. The new approach to French cooking developed by Michel Guerard for his French spa uses less fat and sugar.

"People are living that way, not just people with diabetes but everyone," explained Mrs. Worsley, a Birmingham resident who has been teaching cooking for 12 years.

"This incorporates a lot of health food ideas popular today."

WORKING side-by-side at two stoves with three women assisting them, the cooks prepared recipes which will do for an elegant dinner party, luncheon, brunch or picnic. All but one — a "sinfully rich dessert" for the benefit of those who dote on a tiny taste of something heavenly — are low in fat and sugar.

Included on the menu were a spring soup, "Potage Printanier," a scallop of salmon with creme fraiche, a fillet of beef and three different sorbets or ices.

"In a French restaurant before the main course they give you a little fruit sorbet to clear your throat," explained Mrs. Worsley, who headed this week to the French Alps with a group of cooks from the United States and France.

"I don't know if it works, but I enjoy it."

While showing the almost all-female audience how to prepare the dishes, the women shared tips that have made them successful.

On the agenda were how to clean a leek, remove bones from a salmon (with tweezers especially for that purpose), forming pastry and chocolate flowers, and how to make a no-fail cream cheese pastry.

"Women tell me they gave up baking 21 years ago because they made a pie shell and their husbands laughed at them," said Mrs. Worsley, who offers classes at home, the Village Women's Club, Cranbrook School and this fall at Meadow Brook Hall.

"This crust won't fail you."

ALTHOUGH some were cooking students, the demonstration gave many in the audience their first glimpse of a dessert maker and elaborate food processor. They gasped when Mrs. Worsley said she makes chocolate ribbons in her electric pasta maker.

"I don't have any of this equipment. I might go all out and buy a pastry bag," said one listener, munching on a sample of the day's specialties.

But while showing them the audience fancy equipment and cuts of meat, the cooks cautioned them not to go overboard at home.

Their advice was to modify the recipes for economy's sake — opting for "any wine or even water" instead of buying a whole bottle of wine for a

meal or using one potato in the soup rather than two.

"Don't go out and buy \$50 worth of truffles to garnish a dish," advised Mrs. Worsley. "Use whatever you have on hand. We all have some artistic streak."

DRESSED IN bright green and yellow aprons, the two cooks chatted casually with the audience as they broke eggs, whisked mixtures and formed dough.

They shared tips with each other — and preferences. "Carol loves lemon. I don't like as strident a lemon flavor," said Mrs. Kennealy to the crowd of 110.

And when the almond nut roll fell apart, they pulled out several which had been prepared ahead of time for the event. "That was just bad luck," it was decided quickly.

Although a little apprehensive about their joint appearance, both cooks agreed it was fun after years of studying and traveling together.

"It was a lot for her to do, so I helped out," said Mrs. Kennealy, who is best known for her "Romper Room" and National Bank of Detroit appearances.

"It was fun to cook together."

(1) Potage Printanier (Spring soup)

For about 8 servings:

Melt 2 tbsp. butter in a 3 qt. kettle. Add 2 chopped leeks and 1 small onion, diced. Cook over low heat, covered, about 5 minutes.

Add 1½ qt. hot water, 2 potatoes (pared, quartered and thinly sliced), 2 medium carrots (pared and thinly sliced) and 2 tsp. salt.

Bring to a boil. Reduce heat and simmer, covered, about 15 min.

Add ¼ cup rice and 8 stalks of asparagus cut into ¼ inch pieces. Simmer covered about 25 minutes. Add ¼ lb. fresh spinach, washed and chopped. Simmer gently 10 minutes longer.



DAVID FRANK/staff photographer

Despite close quarters, friends Carol Worsley (left) and Ardis Kennealy turned out an audience-pleasing lunch.

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