

New cookbook has Michigan recipes for all seasons

THERE'S A new cookbook out by the American Cancer Society, called "Seasonal Sampling."

It's a culinary look at seasons of Michigan, filled with hundreds of favorite recipes from great cooks from all over Michigan. The book is a result from countless volunteers who were kind and generous enough to share their favorite recipes.

Many of the recipes that are included are appropriate for a particular season and are coded accordingly. Special recipes have been included for festive fare, harvest hits, wild game games, barbecues and fruit favorites.

There's a restaurant sampler with recipes like shrimp de John from the Bear Track Inn, Machus cheddar cheese soup, deviled crab balls from Joe Muir's, Pumpkin Cheese Cake from Restaurant Duglass and many more.

The American Cancer Society, with the help of student and faculty of Oakland Community College's Culinary Arts Department, has been promoting "Seasonal Sampling" by bringing a treat from the book called Blueberry Buckle to radio stations to spread the word about the cookbook.

The American Cancer Society is attempting to raise \$50,000 through sales before the end of August. The money raised will be used to support research to find causes of cancer and ways to

control it. Funds are also used to tell people about cancer and ways to prevent themselves from this disease, and dollars are also used to help those with cancer to live as rewarding life as possible.

Myself, being a cookbook enthusiast, found "Seasonal Sampling" filled with easy and exciting recipes. Having a copy of the previous cookbook, "Michigan Cooks Collection" and enjoying it so, I was equally impressed with "Seasonal Sampling."

This book would be a great gift for friends of family that live out-of-state, and a must for your kitchen at home.

"Seasonal Sampling" is only \$6 a copy, which is a small price to pay to help fight cancer — and get a great cookbook.

For a copy, call 557-5353 in Oakland County or 923-5144 in Wayne County. Or write to the American Cancer Society.

Going through "Seasonal Sampling," I chose some interesting selections from the book to give you a idea of how great this cookbook is.

BLUEBERRY BUCKLE
By Mrs. James Haribert Jr.

Filling:
1/4 cup sugar
1/4 cup softened margarine
1 egg
1/4 cup milk



Andrea Harrison

2 cups sifted flour
2 tsp. baking powder
1/2 tsp. salt
2 cups canned or fresh blueberries

Cream margarine and sugar together; add egg; beat in milk. Sift together dry ingredients, add to egg mixture, mixing well. Stir in blueberries. Pour mixture into a greased 12-by-8-inch loaf pan. Cover with topping.

Topping:
1/4 cup sugar
1/4 cup flour
1/4 cup softened margarine
1/2 tsp. ground cinnamon

Mix together all ingredients, sprinkle over top of blueberry filling. Bake at 375 degrees for 45-50 minutes.

DOUGLASS PUMPKIN CHEESE-CAKE
Restaurant Duglass, Southfield

Crust:
1 cup crushed graham crackers
1 cup ground almonds
1 cup finely chopped walnuts

Combine all ingredients; sprinkle on bottom of a 10-inch springform pan. You may use crust mixture as desired. Just remember to combine equal amounts of each ingredient as listed. Store until needed.

Filling:
3 lbs. (six 8-oz. pkgs.) cream cheese at room temperature
1 cup granulated sugar
4 eggs
1 shot cognac
1 shot dark rum
1 1/2 cup fresh or canned pumpkin puree
1 heaping Tbsp. pumpkin pie spice
4-6 egg whites
1/4 tsp. cream of tartar
1 cup finely chopped almonds

desired.) Top each whipped cream mound with a mound of white chocolate, using a tablespoon. Decorate with fresh strawberries that have been washed in brandy. Yields one 10-inch cheesecake.

RED SNAPPER
Lebanese Style
Heide Stein

2 lbs. red snapper fillet
Salt and pepper to taste
2-3 cups olive oil
4 Tbsp. melted butter
1/4 cup sliced almonds
Tahini Sauce

Cut red snapper into 2-inch pieces. Sprinkle with salt, chill for two hours. Sprinkle fish with pepper, deep-fry in hot oil. Place fish in baking pan and brush with melted butter, sprinkle with almonds. Broil for three minutes or until golden brown. Serve with tahini sauce.

Tahini Sauce
1/4 cup water
2 Tbsp. Tahini Sauce
2 Tbsp. lemon juice
1 clove crushed garlic
Chopped parsley

Blend water, tahini sauce, lemon juice and garlic; sprinkle in parsley. Serve over fish. Yields four servings.

Apple-spice muffins: a 'bran-new' recipe



"It's like an apple pie in a muffin," exclaimed one taster after sampling a test batch of these Apple Spice Muffins. Chunky bites of apple come from canned apple pie filling in the batter. Flavor and fiber are attributes added by bran cereal. These extra ingredients transform spice cake mix into very special, easy and hearty muffins.

Muffins belong to that category of foods called "quick breads," so named because they acquire their breadlike texture from rapid-action baking powder or soda instead of from slow-rising yeast.

There are three more reasons for calling these Apple Spice Muffins "quick": This easy recipe is mixed exceptionally quickly. The refrigerated batter can be stored 7-10 days, ready to be baked anytime. For eaters in a super hurry, an apple muffin bakes in about a half-minute with a microwave oven. Bake times for regular ovens and microwave ovens are listed in recipe directions.

APPLE SPICE MUFFINS

1 pkg. (18 1/2 oz.) spice cake mix
1 can (20 oz.) apple pie filling
1 1/2 cups wheat bran cereal morsels
1/2 cup chopped nuts
2 eggs

1/2 cup oil
1/4 cup butter/milk

In large mixer bowl, combine all ingredients at low speed just until completely mixed, stirring bottom of bowl once or twice. Batter can also be mixed by hand or with hand-held portable mixer.

If not baking immediately, refrigerate batter up to 10 days.

In regular oven: Preheat oven to 400 degrees. Fill lightly oiled muffin pans 3/4 full with batter. Bake for 25 minutes or until done. Makes 2 1/2 dozen 2 1/4-inch diameter muffins.

In microwave oven: Line microwave-safe muffin ring with paper cupcake liners. Or insert paper liners into low custard cups or cut-off foam cups. Fill halfway with batter.

Arrange muffins in circle in oven. Set microwave on high, rotating muffins after 1/4 the time, until nearly dry on top. (Moist spots will dry on standing.)

Microwave times: 1 muffin, 25-45 seconds; 2 muffins, 3/4-1 1/4 minutes; 4 muffins, 1 1/4-2 1/4 minutes; 6 muffins, 2 1/4-4 minutes.

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