

NEW IDEAS FOR TODAY'S COOKS

Today's food preferences follow lifestyle trends. Active, fitness-conscious Americans are focusing on lighter, nutritious foods and natural ingredients. The emphasis is on streamlined preparation with a flair toward combining colors, textures and flavors to please the eye as well as the palate.

Presentation is the key to appetizing meals. Take a look at Heavenly Fruit Rafts. Lettuce rafts showcase a colorful arrangement of seasonal fresh fruits topped with chunks of blue cheese. A dressing of soy sauce, lemon juice and honey is served on the side as a sweet-tart complement for both cheese and fruit.

For salad making, lettuce offers a variety of presentation possibilities. The head can be sliced crosswise into inch-thick rafts, cut into wedges and chunks, torn into bite-size pieces, or shredded coarsely. And the outer leaves naturally form cups for cradling a variety of salad fillings.

For example, with the Creamy Pasta-Filled Cups, the leaves envelop a trendy pasta salad. In this salad, shell-shaped pasta is dressed with a creamy blend of cream cheese with herbs and spices, yogurt and naturally brewed soy sauce. Grated carrot and diced celery provide contrasting color and crunch.

Do-ahead dishes that can be refrigerated or frozen before baking are always welcome time-savers, and lasagne is a perennial favorite. Pesto Lasagne is a lighter, meatless version of this popular classic. Broad lasagne noodles are layered into a casserole with seasoned tomato sauce, havarti cheese and a colorful pesto filling. The pesto is a blend of fresh, minced parsley, oil, onion and garlic punctuated by readily available dried basil and soy sauce.

Another fast and easy entree is Spicy Ginger Pork Stir-Fry. As with all stir-fry, 90 percent of the preparation is getting the food ready to cook. Because cooking time is brief, all ingredients must be within arm's reach when you begin. Shredded lettuce provides an appealing contrast and — surprise — retains its crunchiness even though it's heated through.

The common denominator in stir-fry dishes is soy sauce. In this recipe, part of the soy sauce combines with sherry, cornstarch and seasonings to form a marinade for the pork, and the remainder is the basis of a sauce that enhances the flavor and the color of the dish.

Naturally brewed from soybeans, wheat, water and salt, soy sauce is one of the most versatile and frequently used sauces in Oriental cooking. But don't stop there. It adds a marvelous flavor and color dimension to soups, stews, salads and casseroles as well.

For cooks who enjoy experimenting with new food combinations, Roast Beef Swirlwiches are a tasty surprise. The recipe starts by marinating thin slices of roast beef in teriyaki sauce. The teriyaki beef is teamed with havarti-with-dill cheese and shredded lettuce, and it's rolled up in flour tortillas.

Try these innovative recipes featuring soy or teriyaki sauces, natural cheeses and iceberg lettuce. They're sure to delight your eye as well as your taste buds.



PESTO LASAGNE

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| 2 cups parsley sprigs, packed | 2 teaspoons Kikkoman Soy Sauce |
| 1/2 cup vegetable oil | 1/2 teaspoon oregano, crumbled |
| 2 tablespoons Kikkoman Soy Sauce | 1 pkg. (8 oz.) wide lasagne noodles, cooked as package directs, omitting salt |
| 2 cloves garlic | 3/4 pound Danish Creamy Havarti, thinly sliced |
| 1/2 cup chunked onion | |
| 1 tablespoon basil | |
| 1 can (8 oz.) tomato sauce | |

Combine parsley, oil, 2 tablespoons soy sauce, garlic, onion and basil in blender. Whir on-and-off fashion until smooth, scraping sides with rubber spatula when blender is off. Set aside. Combine tomato sauce, 2 teaspoons soy sauce and oregano. In the following order place 1/3 of noodles evenly in 1-1/2-quart baking pan. Spread all of pesto sauce over noodles. Top evenly with layers of 1/3 more noodles, 2/3 cheese, remaining noodles, tomato sauce mixture and remaining 1/3 cheese. Cover with foil; bake in 350°F oven 40 minutes. Let stand 5 minutes before serving.

Makes 4 to 6 servings.

SPICY GINGER PORK STIR-FRY

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| 1/2 pound boneless pork | 2 tablespoons vegetable oil, divided |
| 1 tablespoon cornstarch | 1 medium-sized zucchini, cut diagonally into 1/8-inch thick slices |
| 4 tablespoons Kikkoman Soy Sauce, divided | 1 medium tomato, chunked |
| 1 tablespoon sherry | 4 cups finely shredded iceberg lettuce (about 1/2 medium head lettuce) |
| 1 teaspoon minced ginger root | |
| 1 clove garlic, minced | |
| 4 teaspoons cornstarch | |
| 1/8 teaspoon crushed red pepper | |

Slice pork into thin narrow strips. Blend together 1 tablespoon each cornstarch and soy sauce, sherry, ginger and garlic in small bowl; stir in pork. Let stand 15 minutes. Meanwhile, combine 1/2 cup water, 4 teaspoons cornstarch, remaining soy sauce and red pepper; set aside. Heat 1 tablespoon oil in large frying pan or wok over high heat. Add pork and stir-fry about 3 minutes or until golden brown; remove. Heat remaining oil in same pan; add zucchini and stir-fry 1 minute. Stir in pork, tomato and soy sauce mixture. Cook and stir only until sauce boils and thickens. Stir in lettuce and heat through. Serve immediately.

Makes 4 servings.

HEAVENLY FRUIT RAFTS

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| 1 large head iceberg lettuce | 2 ounces Danish Blue Cheese, cut into 1/2-inch chunks* |
| 1 teaspoon grated lemon rind | 1 medium-sized apple, cut into thin wedges |
| 1/2 cup fresh lemon juice | 1 banana, cut diagonally into thin slices |
| 1/2 cup honey | 8 to 10 sliced strawberries, optional |
| 1/4 cup Kikkoman Soy Sauce | 1 small cantaloupe, cut into thin wedges |
| 1/2 teaspoon ground ginger | |

Core, rinse and thoroughly drain lettuce; chill in plastic bag or plastic crisper. Meanwhile, combine lemon rind and juice, honey, soy sauce and ginger in screwtop jar; shake thoroughly until honey dissolves. Set aside. Cut lettuce crosswise into "rafts" 1 inch thick. (Store remaining pieces in plastic bag for later use.) Place rafts on large platter or individual plates; divide and arrange cheese and fruit pieces equally on each raft. Thoroughly shake dressing and serve with rafts.

Makes 4 servings.

*OR, use 4 oz. Danish Natural Cream Cheese with Peach Melba, cut into 1-inch chunks.

ROAST BEEF SWIRLWICHES

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| 1/2 pound thinly sliced roast beef | 1/2 cup minced green onions and tops |
| 1/4 cup Kikkoman Teriyaki Sauce | 6 flour tortillas, 8 inches in diameter |
| 1 cup shredded Danish Creamy Havarti with Dill (about 4 oz.)* | 1-1/2 cups coarsely chopped iceberg lettuce |
| | 1 tablespoon vegetable oil, about |

Spread roast beef slices out in shallow pan; pour in teriyaki sauce. Turn beef slices over to coat each piece. Marinate 10 minutes; turn over occasionally. Sprinkle 2 rounded tablespoons of havarti and about 1 tablespoon green onions evenly on each tortilla. Remove beef from marinade; drain off excess marinade. On each tortilla, place equal amounts of beef slices and lettuce; roll up tortilla, jelly-roll fashion. Stick wooden pick vertically through center of roll. Place rolls, seam-side down, on rack placed on baking sheet or pan. Brush tops of rolls with oil. Bake in preheated 400°F oven 10 minutes, or until tops are crisp and edges are golden brown. Serve immediately.

Makes 6 servings.

*If Danish Creamy Havarti with Dill is not available, substitute with Plain Creamy Havarti and add 1 tsp. dill weed.

CREAMY PASTA-FILLED LETTUCE CUPS

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| 1-1/4 cups uncooked small shell macaroni, about 4 ounces | 2 tablespoons Kikkoman Soy Sauce |
| 4 ounces Danish Natural Cream Cheese with Herbs and Spices, softened | 1 stalk celery, finely chopped |
| 1/2 cup plain yogurt | 1 green onion and top, finely chopped |
| | 1 carrot, coarsely shredded |
| | 6 iceberg lettuce cups |

Cook macaroni according to package directions, omitting salt. Drain; rinse with cold water and drain well. Meanwhile, beat cream cheese with yogurt and soy sauce until smooth. Set aside. About 1 hour before serving, combine macaroni, celery, green onion and carrot in mixing bowl; pour in cream cheese mixture and toss to combine. Cover and chill. Serve in crisp iceberg lettuce cups.

Makes 6 servings.

Danish Cheese Celebrates a Century

Nineteen eighty two marks the 100th anniversary of the Danish dairy industry. Today, over 50 types of Danish natural cheeses are available in markets across the country. Some all-time favorites include:

• Danish Blue Cheese (Danablu): The king of Danish cheeses, Danablu is a blue-veined cheese with a sharp, distinctive flavor. It's excellent with fruit and in salads.

• Danish Natural Cream Cheeses: These soft and spreadable cheeses are available in a variety of flavors, including those with herbs and spices and natural fruit.

• Danish Creamy Havarti: This is a creamy full-flavored cheese, excellent for cooking or on cheese boards. Creamy Havarti can be identified by its creamy texture with numerous small holes and pale color.

Tips to Remember:

**For best flavor, bring cheese to room temperature before serving.

**When preparing Danish cheeses, remember that it's easier to slice and shred the harder cheeses when they're cold, and whip the natural cream cheeses when they're at room temperature. To cut Danish Blue Cheese, use a warm, thin, sharp knife.

**To prevent cheese from becoming stringy during cooking, cook either at a high temperature for a very short time, or at a low temperature for a longer time.