

Lover plans a meal

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with a warm cardamon vanilla sauce? (Excuse me while I wipe away the sweat from my brow.)

"How do you feel, my little cabbage?" I inquired as the preparation began to turn what was left of the Mink I applied three hours earlier.

"Fine" she replied as she delicately wiped the last of the vanilla cream sauce from her moist lips.

The trip to the living room (is that why they call it living?) was filled with plenty of oob-la-las and annotated nibbles on my left earlobe. We romanced to the couch. She gazed into my steamy brown eyes, and just then I remembered the General Foods International coffees.

I politely excused myself, stoking the fire in the fireplace and pressing the remote control exactly when the crescendo of the Ravel's "Bolero" came over me. By the time I boiled the water and returned with the watermelon, I found her in a state of anesthesia from the last five hours of sampling my cuisine. I guess this is what happens after 12 years of marriage and two kids.

CHAMPAGNE BAKED OYSTERS
12 oysters, checked, on the half shell
1 "spili" champagne
1/4 cup fresh grated Gruyere cheese

Place oysters on the half shell on a non-stick baking pan. Sprinkle with champagne and lightly cover with Gruyere cheese (any good imported Swiss will do).

Pop under the broiler for 4-5 minutes or until cheese is melted and tops are golden brown. Enjoy immediately.

Chilled fresh fish and smoked varieties were always considered an aphrodisiac in Ancient Roman times. Emperor Augustus ordered his female attendants to eat fish at least twice daily to give "strong physical support" to the troops.

CHILLED TROUT
WITH SPICY DIPPING SAUCE
2 whole trout, steamed and deboned
1/4 cup soup cream
2 tablespoons horseradish
4 drops Tabasco
1/4 teaspoon Worcestershire

clarification

The name of the new union developed by Bloomfield Hills resident Jim Huston of Huston's Produce is Chille Sweet. It was incorrectly spelled in the story that appeared in Taste on Feb. 6.

Got a recipe to contribute?

Readers' recipes will be featured in a cookbook to be published by the Observer & Eccentric. If you've got a recipe to contribute, send it to: Taste Cookbook, the Observer & Eccentric, 36251 Schoolcraft, Livonia 48150.

Be sure to include your name, address and phone number.

Recipes will be in such categories as appetizers and hors d'oeuvres, soups, salads, main dishes, vegetables, breads and rolls, and desserts.

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1/4 teaspoon dry mustard
1/4 teaspoon salt

Place trout decoratively on platter. Chill in refrigerator. Combine remaining ingredients. Mix thoroughly. Use as a dip for fish. Excellent with other varieties of fish, too.

The Swiss have an interesting tradition regarding fondue. If, in the course of dipping, your bread falls off the fork and into the pot, you kiss the person to your right or you run the risk of becoming impudic.

CHEESE FONDUE
1 cup white wine
1 1/2 teaspoons dry mustard
1/4 teaspoon salt
2 pounds Swiss cheese, shredded
fresh grated nutmeg

Dredge cheese with the flour. Combine wine and Worcestershire in fondue pot. Heat to almost boiling. Add remaining ingredients and stir till smooth.

These spicy cashews are used as an aphrodisiac when consumed with sweet red wine.

SPICED CASHEWS
2 cups raw cashews
1/4 tablespoons butter
1/4 teaspoon cayenne
1/4 teaspoon cumin
dash salt

Cook cashews in butter until golden brown. Drain on paper towels. Combine salt, cayenne and cumin. Toss.

One of my favorite recipes is for Guacamole. Traditionally, in Mexico, guacamole is served with all en-

tree except dessert to ward off evil spirits.

GUACAMOLE
2 avocados
juice of 1 lemon
1 tomato, chopped
3 green onions, chopped fine
1 small clove garlic, smashed
1 small can green chilies, chopped

Combine all ingredients and mix well. Salt can be added if desired. Cover and chill and serve with veggie and corn chips.

This special soup is made for lovers only — only because you'll have to be madly in love with someone to want to kiss them after trying it.

CREAM OF GARLIC SOUP
2 cups chicken broth
2 cups beef broth
2 large heads garlic, peeled, minced
1 tablespoon butter
1 tablespoon flour
2 cups heavy cream, scalded
2 large egg yolks, beaten

In a large saucepan, combine chicken and beef broths and garlic. Bring to a boil and boil for 5 minutes. Strain into another saucepan through sieve. Press garlic with back of spoon to extract juices. Discard garlic and return broth to a boil. In a small dish, mix butter and flour together to make a paste; beat into boiling broth, using a wire whisk. Continue whisking until broth is slightly thickened. Stir in hot scalded cream. Whisk 1/4 cup hot soup into egg yolks, return egg yolk mixture to soup pot, whisking till thick but do not boil. Season to taste with salt and pepper. Makes 1 1/2 quarts.

The recipes analyzed by Sinai's Center for Cardiovascular Health actually improve on the American Heart Association stand-

New gourmet menus are heart-healthy, too

Continued from Page 1

to Arizona connection became cumbersome. So the friends, who grew up in the same northwest Detroit neighborhood, turned their focus back to Michigan.

"I WENT TO THE Michigan State University food science department and they were very encouraging," said Devine. Food production for the airline and hotel industry is one long-term objective the duo is exploring.

Looking for a way to implement a healthy gourmet menu at Brasserie Duglass, Devine contacted Dr. Melvyn Rubenfire, chief of cardiovascular medicine at Sinai Hospital in Detroit. A receptive Rubenfire offered his staff to analyze the menus.

The effort was sometimes tiresome. "It was a nightmare," Devine recalled. "I followed Loug around the kitchen. He'd make 10 gallons of soup — the recipe would have to be deciphered for one person. I'd go home and type up the recipes to submit to a dietitian."

Some of the menu samplings will be offered permanently, like the meatless lentil chili, oat bran muffins with fresh fruit, dill rolls and onion bread.

The results, tastewise, according to Devine, are entrees that "could fool 75 percent of the people, except for a person who wants something dripping in cheese."

The recipes analyzed by Sinai's Center for Cardiovascular Health actually improve on the American Heart Association stand-

ards, according to Dr. Rubenfire.

"We have a center for cardiovascular health to promote wellness, preventive cardiology," he said. "The average patient is middle class to upper-middle class in a business environment with health on their minds. They can't go out to eat because there's no place to go. I talked to a lot of people. Why not get restaurants to change? When restaurants and food distributors begin to change, people will begin to change their lifestyles."

Aware of some fast-food chains that do offer diet menus, Rubenfire said most of that translates to "Egg-Beater-type omelettes and turkey sandwiches — boring. This (gourmet dining) makes it more palatable."

Rubenfire says wine is a positive thing because, "It adds flavor to the dinner and a modest amount, one or two glasses, has a positive effect on cholesterol." Other helpful tips for

diners — broiled foods are good; a wok is a good way to heat foods; deep coldwater fish like salmon, pickerel and mackerel are healthy choices, and meat portions should be about four ounces.

"Ask what's in the sauce," he said. "And cakes and pies with eggs are out."

WHILE CHOCOLATE is usually bad, Duglass has created a special chocolate for his soufflé.

Said Duglass: "The work and results have been rewarding, with the realization that we can meet the dietary requirements and still have food that tastes wonderful."

Lunch on the heart-healthy menu, dubbed delightful dining, is \$10; dinner is \$25. Brasserie Duglass is at 22269 Southfield Road, north of Twelve Mile Road. Call 424-9244 for reservations.

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