

taste buds
chef Larry
Janes

Get slim eating yogurt

With the tummy tuck-in season right around the corner, now is the time to utilize the little will power we all have. No need to go on a strenuous dietetic regime. By simply cutting out 150 calories per day, you can easily lose those extra pounds you put on this winter. The best part of all, the swimsuit or shorts you wore last summer will look and fit even better.

I'm a firm believer of "let those without sin cast the first stone," so rather than preach all the things you can do, I'll just refer to everything else in the article in first person singular (for those of you who missed English 101, that simply means "I").

Right off the top, I already know that eating more fish will help. I eat lots of fish, more than I will ever care to admit. In addition, I know that my health club membership was just renewed and, yes, I will return. (Where have they heard that before?)

So what's my secret?

THIS SPRING, I'm going to slide milk, cream, ice cream and real cheese out of my daily diet and replace it with 1/2 percent milk, yogurt, frozen yogurt and the new light cheese varieties. If what the American Dairy Association, my milkman, TCBY and Kraft are saying, if I keep up with these healthy habit replacements, you won't recognize me by the time summer's over.

Take yogurt for instance. Yogurt is fast becoming America's favorite food. Statistics show that in 1980, the average Joe consumed almost 2 1/2 pounds per person, per year. In 1987, that figure dramatically increased to almost five pounds per person, per year. It's no wonder, especially since the average grocery store today stocks yogurt in a frozen variety, as a drink, in lowfat and nonfat forms, in health-conscious-related candies and combined with any number of fruits.

Yours truly goes bookers over the Dannon low-fat vanilla-flavored yogurt, so much that the Janes gang easily downs two of the large-quart sized containers weekly. The kids love it stirred with granola, my wife and I crave it with fresh fruit and we frequently use it in place of cream in our soups and salad dressing. Anytime a recipe calls for sour cream, simply stir in an equal amount of plain, unflavored yogurt.

From a professional point of view, the subtle richness disappears but you pick up a tanginess that makes for an interesting taste, especially where most cream soups and salad dressings are concerned.

If cooking with yogurt doesn't help reduce your caloric intake, try substituting some of the new frozen yogurts that are out and about. TCBY is by far the most famous, but right on its heels is the delicate-tasting Colombo. Even the folks at 31 Flavors are getting into the act, with soft-serve frozen yogurt makers popping up in their stores throughout the country.

THE MAIN difference here, is not necessarily in taste and richness but in calories. Granted, the Haagen Daz people are gearing their advertising now to the folks who choose to indulge (not conceal), but when you come a premium ice cream coming in at 349 calories per serving compared to a serving of an equally flavored frozen yogurt coming in at just 245 calories, I'd rather kill two birds with one stone and indulge and lower my calories.

Please turn to Page 2

PASSOVER SWEETS

Making desserts is easy

By Nechama Bakst
special writer

FROM SUNSET Thursday (April 20) until the first three stars light up the sky Thursday, April 27, all leavened bread will be strictly forbidden in the traditional Jewish household.

With ordinary flour out of the picture come Passover, creating a festive holiday menu is no piece of cake.

So, you might say with good reason, this is not the time to be worrying about fancy desserts.

But surprisingly, despite the restrictions, a wealth of Passover recipes are available to the enterprising Jewish cook, and scores of Jewish women utilize them.

JEWISH WOMEN are not afraid of being "slaves in the kitchen," says Rabbi Elimelech Goldberg of the Young Israel of Southfield, even though Passover is a holiday that celebrates freedom.

According to Rabbi Goldberg, "The only way to appreciate freedom is to work for it."

"I look at it as a challenge to my creativity," says Leah Kohn, wife of Quality Kosher Catering's Paul Kohn and a gracious hostess in her elegant Southfield home.

"People know your ingredients are limited. So when you bring out a pretty dessert, they say, 'Wow, that's pesachdig (kosher for Passover)!'"

"You'd be surprised at how much you can do if you put your mind to it," she says.

KOHN, WHO STARTS preparing early in a special pesachdig (Passover) kitchen set up in her basement, bakes and freezes cakes made with potato starch instead of flour.

There are a variety of ways you can "dress up a plain sponge cake," Kohn says.

You might make a strawberry sauce by cooking fresh strawberries with a little potato starch as a thickener. Served with sponge cake, it gives the effect of strawberry shortcake.

"I love spooning my homemade applesauce over plain sponge cake," Kohn says. She makes applesauce by cooking peeled, cut-up apples with a little sugar and a cut-up lemon for about 30 minutes. Then she puts the apples through the blender.

If you don't like the pureed effect, she says, you can cook the apples longer and then chop them with a potato masher.

"PAUL'S MOTHER, who was an outstanding cook, used to make a



JERRY ZOLVINSKY/staff photographer

Loah Kohn of Southfield recommends using sponge cake recipes to make jelly rolls for Passover. The jelly rolls can be prepared many dif-

ferent ways, including filling them with apricot, raspberry or chocolate mousse, or coating them with chocolate.

wonderful Hungarian dessert called borsato (boh-shah-tow). This is a beated wine sauce you prepare right before you serve, and pour over

sponge cake.

"Borsato was always a treat when we celebrated the holidays together," Kohn says.

Sponge cake recipes make good jelly rolls, she says, adding that "jel-

Please turn to Page 2

Sze-Chuan's spices Canton scene

A few years ago, this writer unearthed a gem of a restaurant in Western Wayne County.

The food had a spicy bite. The check was entirely painless.

The restaurant made no pretense whatsoever at decoration. It was a hole in the wall in a strip shopping center just across Four Mile from a Meljers. It was the essence of Canton.

Today, Canton has become somewhat respectable and, alas, so has Sze-Chuan's. There is a pretense at decoration. It's not as cheap. The food, though still superior, is no longer the revelation it was when you thought you had uncovered the best dive in the area. So much for progress.

The restaurant has seating for 110 (up from 44 "close friends") and has beautifully apertured walls and peach-colored tablecloths with glass-like covers. The atmosphere is bright and comfortable, and if you are there for lunch or in early evening, the vertical blinds are likely to be open. The view, admittedly, is of the parking lot, but it's still refreshing to enjoy Oriental food in daylight.

THE MENU is extensive, and exclusively Chinese. If one person in your party will only eat American, try somewhere else, or feed them



fortune cookies while you enjoy the spicy Szechuan fare.

House specialties range from Happy Family (scallops, shrimp, chicken and ham on top of assorted vegetables) and General Tso's Chicken (the dark meat in a special sauce) to deluxe stew tofu and pan fry noodles — and, of course, Peking Duck (which must be ordered two days in advance). You can choose from four "spice" ratings: spicy but not hot, slightly hot, medium hot and full strength.

Most first-timers go for "medium," says owner/chef Sonny Wang. On their next visit, they "upgrade or

downgrade," depending on their taste, he says. Actually, he recommends starting light and asking for a stronger sauce on the side.

We found the medium hot just the right blend of hot spicy. The Sze Wel Shrimp, served with baby corn, straw mushrooms and broccoli, is out of this world. The chicken with hot pepper and peanuts is equally good.

Whatever your entrée, start your meal off with the hot and sour soup. It's delicious and true to its name. Other interesting choices are a seafood soup (for two) or cold noodles with spicy sesame sauce. And now that Sze-Chuan's has a liquor license, customers can temper their meals with something other than tea — preferably beer.

FORGET DESSERT. It doesn't really mix with this type of meal, and Sze-Chuan's will likely be out of it anyway. The service is good, though a little overly enthusiastic. Our meals arrived shortly after we ordered, but our plates were taken away the moment we finished our last bites.

This restaurant is more polished than a few years ago. It's no longer a jewel in the rough. That's progress. Details: Sze-Chuan's, 45186 Ford Road, west of Canton Center. Canton Township, phone 459-3969. Hours: Mondays-Thursday 11:30 a.m. to

9:30 p.m., Fridays-Saturdays 11:30 a.m. to 11:30 p.m. and Sundays noon to 10 p.m.

Prices: Most dinners are \$7.25-\$9.50. Lunches are \$4.25-\$5.75. Visa and Mastercard accepted.

Reservations: Only for large groups.

Carryout: Yes. Extensive menu.

Call ahead. Value: Excellent Szechuan for a reasonable price.



BILL BREBLER/staff photographer

Walter Tom Lin carries a tray of food at Sze-Chuan's. Specialties include Sze Wel Shrimp and Sesame Beef.