

'Gold' in those soybean fields

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THE SOYBEAN Association of America is campaigning to spread the word that soybeans and products manufactured from soybeans are a healthy alternative to the highly disputed palm and coconut oils.

Food manufacturers are taking note of the demand by consumers for healthy food choices. In a recent supermarket survey conducted by the American Soybean Association, a noticeable shift away from saturated vegetable oils (palm and coconut) was noted.

Sunshine, Archway, Weight Watchers, Mrs. Paul and Frito-Lay are a few of the companies that have switched to poly-unsaturated oils, including soy oil.

The best-known soy product is tofu. Long used by the Chinese and vegetarians, tofu is fast becoming a common staple in households.

CLARA ZERBO-ADAMS, proprietor of Zerbo's Health Food Store on Plymouth Road in Livonia, notices a continual increase in people shop-

ping for tofu and other soy products. She cites the main reasons as allergies and progress in technology.

"A lot of children are allergic to milk and are using soy," Zerbo said.

Numerous dairy products are made from soy. Among these are cheeses, milk, ice cream and sour cream. Soy cheeses are even used on pizzas.

Tofu takes on any flavor when used in cooking. Therefore, it is used in many recipes and can be added to soups, stews and sauces as an additional source of protein.

One favorite of Zerbo is to marinate tofu in soy sauce for a few minutes and then saute it with onion and green pepper in sesame oil.

SOYBEAN BRAN, which is expensive, brings down cholesterol faster than oat bran. Zerbo said the soy bran weighs more, and therefore less is normally used.

Extra protein can be added to breads, muffins and pancakes by adding a couple of tablespoons of soybean flour to a recipe.

1/2 cup soy flour
1 cup oatmeal
3 teaspoons baking powder
1/2 teaspoon baking soda

Preheat oven to 175 degrees. Grease 8-inch-by-4-inch loaf tin. Cream butter and sugar in large bowl. Add egg gradually and beat well. Add lemon juice to mashed banana and beat into butter mixture. Fold in walnuts. Sift flours, baking powder and soda. Fold into mixture. Tip into prepared tin and bake 1 hour. (For sugar-free loaf, increase banana to 1 1/2 cup and omit sugar.)

From "Wheatless Cooking" by Lynette Coffey

FISH AND ONION PIE
1 pound white fish fillets
2 tablespoons chopped parsley
1/2 cup finely chopped onion
sea salt to taste
1 1/2 cups soy milk

Preheat oven to 375 degrees. Wash fillets and cut into pieces. Lay a few pieces in an oiled pie plate. Sprinkle with chopped parsley, onion and a little salt. Repeat layers until all is used. Add soy milk over top. Combine nearly all the oil with potato and spread potato over fish and ripple the surface with the back of a fork. Sprinkle with remaining oil and bake 30 minutes.

From "Good Food, Milk Free, Grain Free" by Hilda Cherry Hills.

BANANA NUT LOAF
4 ounces butter
1/2 cup sugar
2 eggs beaten
1 cup mashed banana
1 teaspoon lemon juice
1/2 cup chopped walnuts
1/2 cup rice flour

Preheat oven to 175 degrees. Grease 8-inch-by-4-inch loaf tin. Cream butter and sugar in large bowl. Add egg gradually and beat well. Add lemon juice to mashed banana and beat into butter mixture. Fold in walnuts. Sift flours, baking powder and soda. Fold into mixture. Tip into prepared tin and bake 1 hour. (For sugar-free loaf, increase banana to 1 1/2 cup and omit sugar.)

From "Wheatless Cooking" by Lynette Coffey

TOFU BURGERS
1 pound noodles
1 tablespoon sesame oil
3 cups sliced mushrooms
2 1/2 cups thinly sliced onions
2 cloves of garlic, minced
1/4 pound tofu
1/4 cup yogurt
1/2 cup cottage cheese
3 tablespoons tamar
Cook noodles, al dente, drain and rinse.

In large skillet heat oil, mushrooms, onions and garlic over medium-high heat until onions are tender and mushrooms release their liquid (about 6-8 minutes). Combine tofu, yogurt, cottage cheese and tamar in food processor. Combine noodles and onion until heated through, and serve. Garnish with poppy seeds on top. 367 calories, 20 g. protein, 61 g. carbohydrates, 5 g. fat.

From "Starting Over" by Delta Quigley and Polly Pitchford

Cookbook serves up new soups

By Ethel Simmons staff writer

You won't find recipes for your already-favorite soups in "Lee Bailey's Soup Meals: Main Event Soups in Year-Round Meals."

Author/designer Bailey said, "I decided not to use traditional recipes. I just made up all of these. I had a year to experiment and test on my friends."

Of the soups in his book likely to become new favorites, "Everybody agrees that Carrot and Dill Soup," Bailey said.

Carrot and Dill Soup, along with Sweet Potato Vichyssoise, and Cauliflower and Cress Soup, were served at a recent tasting in the Gift Gallery at Saks Fifth Avenue, Somerset Mall, Troy. Chris Angelosante of the Appetizer in Birmingham prepared the soups.

BAILEY DESCRIBES himself as an amateur cook, not a food author. In coming up with creative recipes, "I usually use the same technique as a designer, which I am primarily."

Talking about how he put together Carrot and Dill Soup, he said,



'Soup Meals' turns soup course into main event

"Carrots have a sharp aftertaste. I thought of combining a little sweet potato and white potato, along with dill. It really did balance it nicely."

He broke his rule of only innovative soups by including a recipe for a classic gumbo. "I really do love gumbo," said Bailey, who is from the South. "I told various ways (in the book) it could be made."

Researching his book, he discovered, "Most soups are cooked too long. They are cooked to death and wind up with flavor, but it's just one flavor."

Bailey said his soups are very healthy. Most of the vichyssoise has cream in it, but the others are made with stock.

"Soup Meals" is published by Clarkson N. Potter, 176 pages, \$19.95.

CARROT AND DILL SOUP

The combination of carrots and dill is a marriage made in heaven. Add as much dill as you like:

- 2 tablespoons (1/4 stick) unsalted butter
- 6 ounces onion, coarsely chopped
- 1 1/2 pounds carrots (weigh after removing tops)
- 3/4 pound sweet potato
- 3/4 pound baking potato
- 5 cups rich chicken stock
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground white pepper
- 1 tablespoon fresh lemon juice
- 2 generous tablespoons finely

chopped fresh dill
sour cream, creme fraiche, or yogurt

Preheat oven to 400 degrees. Melt butter in a medium skillet and saute onion until light golden and just beginning to brown. Carefully scrub carrots and cut into rings, unpeeled. Steam until soft. Meanwhile, place sweet and white potatoes in oven and bake until soft, about 1 hour.

Scrape sauteed onion into a food processor, deglaze pan with a little of the chicken stock, and add this to the onion. Add carrots and puree. Scoop out potato pulp and add to processor along with salt, white pepper, and lemon juice. Puree until thoroughly mixed and very fine. Pour mixture into a saucepan, then add dill and stock. Simmer over very low heat for about 15 minutes.

Soup may be thinned with additional stock, milk, or cream. Correct seasoning, and serve warm with a dollop of sour cream, yogurt, or creme fraiche on top. Serves 8-8

Salads come with edible containers

ASSORTED MUSHROOM SALAD

IN AVOCADO HALF SHELLS
3 avocados
4 boiled eggs, yolks only
4 tablespoons chopped green onion
4 teaspoons fresh minced parsley
8 teaspoons olive oil
4 teaspoons red wine vinegar
splash garlic-flavored oil
salt and pepper to taste

4 cups (1 pound) assorted sliced mushrooms

Cut avocados lengthwise, remove seed and peel. Put one avocado and egg yolks through a medium sieve or chop well with a fork. Blend gently with onion, parsley, oil, vinegar and garlic oil. Add salt and pepper to taste. Pour mixture over mushrooms

and toss gently to coat. Place avocado halves on a platter and top with mushroom mixture, dividing evenly.

SHRIMP SALAD STUFFING

3/4 pound shelled cooked shrimp
1 cup assorted mushrooms, thin sliced
1/2 cup shredded carrot

3/4 cup small cauliflower and broccoli flowerettes
6 tablespoons homemade Italian dressing

Combine all ingredients in a glass bowl and toss gently to coat. Cover and refrigerate for at least 1 hour. Place stuffing in assorted edible shells.

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