

Boldness distinguishes food called City Cuisine

"City Cuisine" by Susan Feniger and Mary Sue Milliken, William Morrow and Co., 1989, \$19.95.

"City Cuisine is food that speaks to you with assertive flavors, textures and colors," according to authors Susan Feniger and Mary Sue Milliken.

These two women chefs are co-owners of the Borders Grill and City Restaurant in Los Angeles. Both are considered highly successful by food authorities such as Alice Waters, Jacques Pepin and Maida Heatter, who have graciously endorsed Feniger and Milliken's first cookbook.

"The discipline rules of haute cuisine are bent in our kitchen," say the authors, and it's quite obvious as one reads through the book. Feniger, a Culinary Institute of America graduate, and Milliken, a Washburne Trade School graduate, also have studied in Thailand, Mexico, India and Japan.

At first glance, "City Cuisine" is one of the most handsome books to be published in quite a while. The look is high-tech, from the jacket design to the marbled paper, throughout the 250 pages of text.

IN THE OPENING pages of this cookbook, the chefs suggest following five points when cooking: the flavor, the look, the taste, the ingredients and health. "We are drawn to strong, bold flavors and exotic seasonings," they say.

For the right look, they suggest a combination of textures, shapes, heights and colors, to make a plate appealing. Chefs Feniger and Milliken also recommend the use of powerful seasonings to reduce the dependency on cream butter and oil.

Well, if you agree with their philosophy, you will love the recipes in "City Cuisine." Among my favorite recipes are Chicken and Baba Ghanoush Sandwich, and Lamb with Sautéed Eggplant and Onion Marmalade Sandwich.

There are interesting vegetarian entrees, such as Chantrelle Risotto or Eggplant Spinach Curry. Other creative combinations — for in-

Several easy steps to salad

AP — You will wow spring dinner guests with this spectacular salad. Despite its impressive look and taste, it's not hard to make because you can divide the preparation into several simple steps. Hours ahead of time, prepare the platter of greens, shake together the dressing and shape the cheese patties. Cover and chill them all. Fry the cheese patties just before serving.

SIZZLING CHEESE SALAD
4 cups torn mixed greens
1/4 cup pitted ripe olives
6 tomato wedges
2 teaspoons sliced green onion
1/4 cup salad oil
1/4 cup tarragon vinegar
2 tablespoons water
2 teaspoons Dijon-style mustard
1 egg
1 tablespoon water
2 tablespoons cornmeal
1 tablespoon fine dry bread crumbs
2 teaspoons sesame seed, toasted
2 teaspoons grated Parmesan cheese
4 ounces Neufchâtel cheese, cut up
1 cup shredded gjetost cheese (4 ounces)
2 tablespoons margarine or butter

On a platter arrange greens, olives and tomatoes; sprinkle with green onion. Cover, chill. For dressing, in a screw-top jar combine oil, vinegar, 2 tablespoons water and mustard. Cover and shake. Chill.

In a small bowl combine egg and 1 tablespoon water. In shallow bowl combine cornmeal, bread crumbs, sesame seed and Parmesan cheese.

In a small mixer bowl beat Neufchâtel and gjetost cheeses with an electric mixer until combined. Shape mixture into 12 equal balls; flatten to form 2-inch patties. Dip each into egg mixture; coat with cornmeal mixture. Cover and chill.

At serving time, in a 10-inch skillet melt margarine. Add patties; cook on medium heat 3 to 5 minutes or until golden, turning once. Arrange patties on top of the salad. Shake dressing and serve with salad. Serves 6.

Nutrition information per serving: 330 cal., 7 g pro., 15 g carb., 27 g fat, 78 mg chol., 169 mg sodium. U.S. RDA: 27 percent vit. A, 15 percent vit. C, 11 percent thiamine, 21 percent riboflavin, 14 percent calcium.



cook's books

Geri Rinschler

'The discipline rules of haute cuisine are bent in our kitchen,' say the authors, and it's quite obvious as one reads through the book.

Slice chicken thinly across grain. Arrange slices over Baba Ghanoush and top with thinly sliced tomatoes and romaine lettuce. Serve warm. Can also be served on homemade buns.

BABA GHANOUSH

1 1/4 pounds eggplant
2 tablespoons tahini (sesame seed paste)
1 tablespoon fresh lemon juice
1 tablespoon extra virgin olive oil
1 tablespoon puréed garlic
1 teaspoon cayenne pepper
dash of tabasco
salt and freshly ground pepper to taste

Preheat broiler. Place eggplant on a baking sheet and broil, turning occasionally until charred all over and softened, about 40 minutes. Set aside to cool.

When cool enough to handle, peel eggplant and roughly chop, reserving liquid. Transfer to a large bowl. Mix in remaining ingredients and season to taste with salt and pepper. Serve chilled or at room temperature. Can also be served as a dip with pita bread.

GRILLED CHICKEN AND BABA GHANOUSH

Makes four sandwiches

Preheat grill or broiler. For 4 sandwiches, season 4 boneless chicken leg and thigh pieces (with skin) with salt and pepper. Grill about 5 minutes per side. Lightly butter 4 pita breads and toast on grill. Cut off and discard about 2 inches off top of each pita. Spread 1/4 cup Baba Ghanoush inside each pita.

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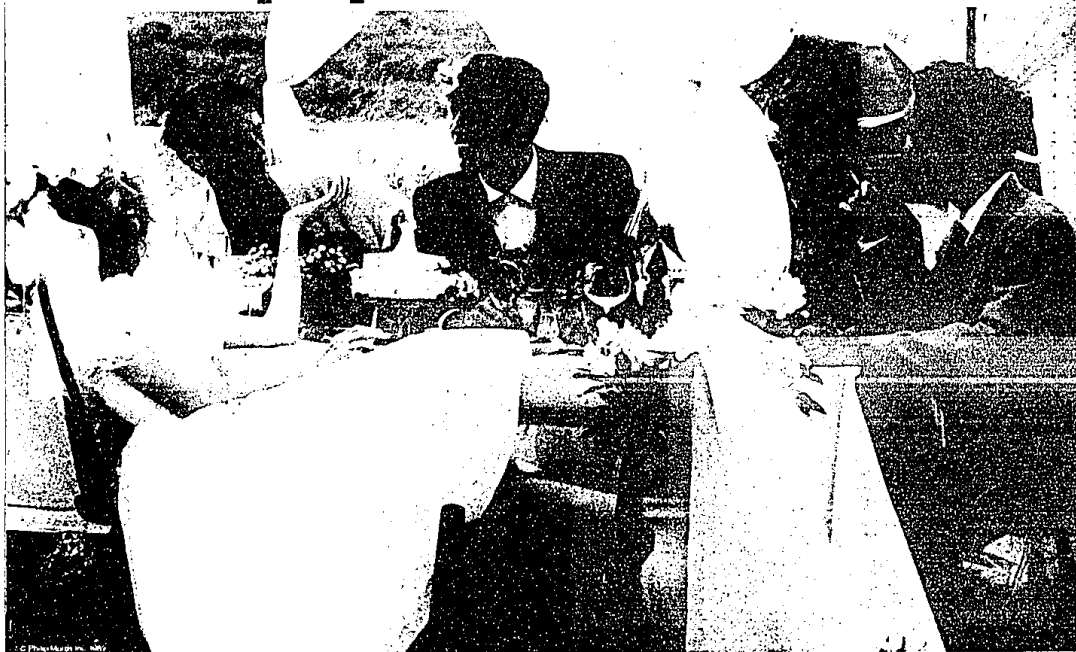
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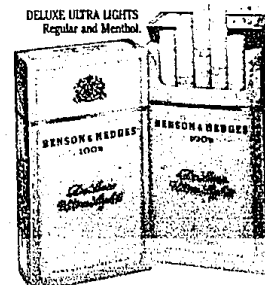
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