



cook's books

Gerl  
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## It's still the best for meals on grill

By Geri Rinschler  
special writer

"The Complete Book of Outdoor Cookery" by James A. Beard and Helen Brown, Harper & Row, paperback, 1989, \$9.95.

James A. Beard and Helen E. Brown help us enjoy the pleasure of open-air cooking with their timeless book, "The Complete Book of Outdoor Cookery," second edition. For those of us who already own a copy of the original 1955 edition, we're thrilled to see it reprinted. But, on the other hand, it's disappointing that the large, cloth version with a vast collection of color photos was not reprinted.

After reviewing this tome and scrutinizing it, I'm amazed that this outdoor cookery book is still the best. And what does it take for a 35-year-old book to keep its vitality and timelessness?

First begin with an author or authors who have a love and experience for the subject. The 23 chapters of Beard and Brown's "The Complete Book of Outdoor Cookery" cover every detail of outdoor cooking. They start with an explanation of the basics, including descriptions and uses of grills and the equipment.

THERE is advice on the fire and fuel and other necessary technicalities. There are recipes for all the food groups: meat, fish, veggies and breads. And there's more super, classic recipes to accompany grilled dishes such as Mexican rice, potato cakes and asparagus salad.

I should point out, though, many of the recipes are written loosely, leaving much to personal interpretation, and only suggest ingredients

without giving specified amounts. For instance, to make an apple and green pepper salad, mix together "slices of unpeeled apples and rings of green pepper, French dressing and chutney. What could be better with pork chops?"

One of my favorite chapters, Skewer Cookery, lists 81 different combinations for cooking on skewers including recipes for nine varieties of teriyaki. Have you ever tried duck teriyaki, venison teriyaki or teriyaki made with quab? Here's your chance.

Last, but not least, the authors include a chapter on camp cookery. Beard and Brown explain how to build a fire and what to pack, along with campfire recipes.

In between the many recipes in this classic are interesting and fun-filled anecdotes, including personal friends of both Beard and Brown.

There is no limit to what you can cook outdoors. As Jeremiah Tower points out in the forward, about food authority, the late James Beard and his good friend and co-author, Helen Brown, "They are the best, and the quality shines through."

### CHINESE BROILED DUCKLING

Allow 1 Long Island duckling for each 2-4 persons, depending on the size of the bird and the appetites of the "convives." Split or quarter the duckling and rub with a mixture made with 2 egg yolks, ¼ cup of soy and ¼ cup of honey. Broil, cut side down, for about 45-60 minutes, over a low fire, turning a few times. Toward the end of the cooking, raise the fire in order to crisp the skin. Serve with charcoal-broiled pineapple, rice and a fine white wine - maybe Chardonnay or a Pinot Blanc.

beans, the celery and the onion. Reserving eight whole shrimp, cut the remaining shrimp crosswise into thirds. In a large heavy skillet cook the garlic and the red pepper flakes in 3 tablespoons of the oil over moderate heat, stirring, for 30 seconds, or until the garlic is very fragrant, and add the reserved whole shrimp and the cut shrimp, and cook the mixture, stirring, for 2-3 minutes, or until the shrimp are just cooked through.

Transfer the whole shrimp with a slotted spoon to a small bowl and add the remaining shrimp mixture to the bean mixture. Drizzle the salad mixture with the lemon juice and the remaining 3 tablespoons oil, sprinkle it with the parsley, the minced oregano, and salt and pepper to taste, and toss it well. Arrange two of the lettuce leaves on each of four plates, divide the salad among the plates, and garnish each serving with 2 of the whole shrimp and the oregano sprigs.

In a bowl toss together gently the

# Summer foods are refreshing

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prevent dehydration.

THE FOODS we choose to eat are essential in maintaining summer cool and comfort. For example, the nutrient potassium is depleted through perspiration and water loss. Bananas are an excellent source of potassium. To replenish this important nutrient and refresh yourself at the same time, try a "Super Shake-up." And when you are suffering from the afternoon slumps, a cup of sparkling soup is bound to pick you up.

You can stay cool this summer if you plan for it and include light, easy refreshers into your day.

### SUPER SHAKE UP

Serves 1  
¼ medium banana, sliced  
¼ cup whole frozen strawberries  
¼ cup plain yogurt  
vanilla extract and sugar substitute

In blender, place banana, strawberries and yogurt; cover and whirl until smooth. Pour into a tall glass and add vanilla and sugar substitute to taste.

Each serving provides: 1 ½ Fruit Exchange, 1 Milk Exchange.

Per serving: 147 calories, 7 grams fat, 27 grams carbohydrates, 81 milligrams sodium.

Source: Weight Watchers Low-Calorie Sweet Treat, 1987.



Lite success

Florine Mark

Calorie Sweet Treats Magazine, 1987.

### FRIZZY FRUIT COOLER

Serves 4  
1 ½ cups chilled low-calorie cranberry juice  
¼ cup chilled orange juice  
1 ½ cups chilled seltzer  
sugar substitute (optional)  
1 small orange, cut into 4 equal slices, to garnish

In medium pitcher, stir together juices and seltzer. If desired, sweeten to taste with sugar substitute. Fill four tall glasses with ice; pour cooler equally into glasses; garnish each with an orange slice. Serve at once.

Each serving provides: 1 Fruit Exchange.

Per serving: 52 calories, 5 grams protein, 2 grams fat, 13 grams carbohydrates, 4 milligrams sodium.

Source: Weight Watchers Low-Calorie Sweet Treat, 1987.

SPARKLING SOUP

Serves 4

1 cup diced, seeded, pared cucumber  
1 cup grated carrot  
¼ cup chopped fresh mint leaves or  
2 tablespoons crushed dried mint  
1 garlic clove  
1 teaspoon coarse (kosher) salt  
4 cups plain yogurt  
cucumber slices to garnish

In large bowl, combine first three ingredients. On sheet of wax paper or foil, mash garlic and salt together until paste; add to cucumber mixture. Whisk in yogurt; cover and chill. When ready to serve, stir in seltzer and garnish.

Each serving provides: 1 Vegetable Exchange, 2 Milk Exchange.

Per serving: 160 calories, 12 grams protein, 4 grams fat, 20 grams carbohydrates, 709 milligrams sodium.

Source: Weight Watchers Low-Calorie Fast & Easy Cookbook.

## Ice cream makers have seen the light

Continued from Page 1

Melody Farms has a dairy in Lansing and a 250-employee plant in Livonia, where ice cream, cottage cheese and milk are packaged. Corporate offices are in Farmington Hills.

CUSTOMER RESPONSE has encouraged manufacturers to expand their choices of low-fat frozen desserts, but they certainly aren't ignoring dieters who have to have the premiums.

Stroh's Brewery, which began making ice cream during Prohibition, is launching a line of frozen lowfat yogurt this month. Melody Farms, which sells 18 regular ice cream flavors, now is touting its premium Prestige label. At 12½ percent butterfat, the Prestige line offers luxurious flavors such as white chocolate, raspberry fudge and strawberry cheesecake sorbet.

Light ice cream "can never duplicate Haagen Dazs," George said. "In

Matching the enthusiasm of local ice cream manufacturers is Lou DeCillis, owner of Savino Sorbet Inc.

some cases, it's defeating the purpose."

Matching the enthusiasm of local ice cream manufacturers is Lou DeCillis, owner of Savino Sorbet Inc.

Sorbet is a sweet, fruit-based dessert also known as Italian ice. Sorbet — unlike sherbet, which it resembles in texture — contains no milk, so is fat-free.

"When I first started, I would tell people that sorbet contains no fat and is cholesterol-free," said DeCillis, 39, of Southfield, a chef and graduate of the prestigious Culinary Institute in New York.

"They would say, 'So what?' Now their eyes light up. Our time has come."

Sorbet, made from water, fruit or

juice and sugar, is a typical Italian confection. DeCillis, originally from New York, was a boy when he ate his first lemon ice from an Italian sweet shop in Brooklyn.

DE CILLIS savored that sweet-but-tangy, refreshing taste of sorbet. Around 10 years ago he came to Michigan and started his sorbet business. His recipes were tested by the HeartSmart program at Henry Ford Hospital's Heart and Vascular Institute.

Sorbet has around 160 calories per

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

four-ounce scoop. Savino sorbets are available at several restaurants and ice cream parlors. Five flavors, sold in pint cartons, include lemon, tangerine, Michigan cherry, chocolate and red raspberry.

Currently Savino's are manufactured, packaged and distributed by Stroh's. DeCillis has a sales office in Plymouth.

Savino's have turned up on the tables of some pretty influential people. They were served to King Gustav of Sweden when he visited the Detroit area, and President George Bush sampled some on a local campaign stop.

Stroh's Ice Cream is available at most major supermarket chains. Both Melody Farms and Savino Sorbets are sold in larger independent food chains and specialty stores.

It's quick. It's easy. And it's the law.

## Shrimp, white beans pair in summer salad

This recipe is from the article "A Summer Supper" in the August issue of Gourmet magazine.

### SHRIMP AND WHITE BEAN SALAD

Serves 4

2 19-ounce cans cannellini beans or other white beans, rinsed to a collander and drained well (about 4 cups)  
1 ½ cups thinly sliced celery  
¼ cup thinly sliced red onion  
1 ½ pounds (about 36) shrimps, shelled and, if desired, deveined  
1 tablespoon minced garlic  
¼ teaspoon dried hot red pepper flakes  
6 tablespoons olive oil  
¼ cup fresh lemon juice, or to taste  
¼ cup minced fresh parsley leaves, or to taste  
1 tablespoon minced fresh oregano leaves or 1 teaspoon crumbled dried plus, if desired, fresh oregano sprigs for garnish  
8 lettuce leaves for lining the plates

In a bowl toss together gently the

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