Larry Janes gives recipes with corn

EASY CORN ON THE COB
8 ears of corn, as fresh as possible

Husk and remove silk from ears. Place corn in a large pot with just enough water to cover. Cover pot and heat over high heat to boiling for 2-3 minutes. Drain and serve hot with butter and salt.

CORNBREAD
1¼ cups all purpose flour
¾ cup cornmeal
¼ cup sugar
2 teaspoons baking powder
½ teaspoon salt
1 cup milk
¼ cup vegetable oil
1 egg, beaten

Preheat oven to 400 degrees. Lightly grease an 8-or-9-inch glass baking pan. Combine dry ingredients. Stir in milk, oil and eggs, mixing until dry ingredients are moistened. Pour batter into a prepared pan and bake for 20 minutes or until golden brown.

CHICKEN CORN SOUP
6 cups good chicken broth
⅓ teaspoon saffron
2 cups shredded cooked chicken
1 cup fresh or frozen corn kernels
1 cup egg noodles
2 hard-boiled eggs, chopped
salt and pepper to taste
2 tablespoons minced parsley

Heat the chicken broth in a saucepan and stir in saffron. Bring to a boil and then lower the heat to a simmer. Add the chicken and the corn. Raise temperature to a slow, rolling boil, then add the noodles. Cook over medium heat for 10 minutes or until noodles are tender. Remove from heat and stir in the chopped hard-boiled eggs. Correct seasonings with salt and pepper. Ladle into soup bowls and top with parsley.

Chef's suggestion: This is one of Momma's old recipes that, when I made it, I thought it was better with a dash of Tabasco and the juice of ½ lemon added in for a little extra zing.

Side dishes from the grill

Continued from Page 1

little, if anything, to impart flavor. The herbs will burn, and the only thing that will affect the flavor of the vegetables will be the black soot. Trust me, you *don't* want that.

ANYONE WHO has ever tasted fresh-grilled corn on the cob can appreciate the taste a grill adds, when the corn is properly prepared. You can leave the corn right in the husk (it's best to remove the silk beforehand). Allow the corn to soak in plain water for at least an hour. The soaking will help keep the product moist and "steam" the cobs right in their own husks.

Over good, hot coals, figure on at least 30 minutes for this delectable treat. If you are in a hurry or choose to make a more showy presentation, the corn can be shucked and cut into chunky cobs and then skewered for grilling. Since the husks have a tendency to keep the corn moist, skewered corn on the cob will require frequent basting and turning to keep from drying out.

A summertime vegetable that has a tendency to be shunned because most folks are a little intimidated is the amazing eggplant. It is bountiful and inexpensive during the summer. Just slice it and plop it on the grill, keeping it moist with a herbed marinade or baste. Just before serving, shower it with a handful of parmesan cheese, and your dinner guests will ask for more.

As with most summer vegetables, cooking times vary, depending on thickness and density. General rule for cooking times is to continue the cooking process until a fork or knife, inserted, pulls out easily. Skewered vegetables will cook faster, especially when the skewers are metallic and conduct heat more readily. Of course, the temperature of the coals and heights of the rack vary greatly from grill to grill, so when cooking your summertime veggies be sure to have a long-handled barbecue fork to avoid singed arms.

CAESAR MARINADE OR BASTE FOR VEGETABLES
3 large eggs
2 tablespoons dijon-styled mustard
2 cloves garlic, smashed
2 teaspoons Worchestershire
2 strips anchovies, mashed
1 cup olive oil
juice from one fresh lemon
dash tabasco
2 tablespoons fresh grated parmesan cheese

In a glass bowl, combine egg with mustard, garlic, Worcestershire and anchovies. Mix well. Slowly drizzle in olive oil, whisking constantly. Add lemon juice, tabasco and parmesan cheese. Mix well. Use as a marinade and marinate vegetables in mix for at least two hours or use as a baste, basting frequently during cooking.

GRILLED ZUCCHINI WITH RICOTTA FILLING
4 medium zucchini, split lengthwise
½ cup cottage cheese
½ cup ricotta cheese
1 egg
½ cup parmesan cheese
paprika to taste

Scoop out a small amount of pulp from the zucchini, making a "boat." Set aside. Combine remaining ingredients and mix well. Stuff zucchini boats with mixture and place on grill and cook, until zucchini are tender, about 20 minutes. Cover with foil for the last five minutes to help melt filling

GRILLED TOMATOES
4 firm, ripe tomatoes
¼ cup oil (olive, vegetable or sesame)
1 teaspoon fresh chopped dill or ½ teaspoon dried dill weed
¼ cup parmesan cheese

Core tomatoes and slice in half. Drizzle each half with oil and sprinkle with dill. Cook, uncovered on the grill, until tomatoes begin to shrivel, about 5-10 minutes. Sprinkle with parmesan cheese just before serving. Caution: tomatoes cook fast because of their high water content.

cooking calendar

APPLE PIE

As part of its 50th anniversary celebration, the Michigan Apple Committee is mounting a search for the perfect apple pie. The All-American Apple Pie Contest will be held at 2 p.m. Monday, Sept. 4 — Labor Day — at the Michigan State Fair in Detroit.

Prizes will be awarded for the top three finishers: first place — $100 cash prize, second place — $75 cash prize, third place — $50 cash prize. Each of the three award-winning bakers also will receive a limited-edition apple print.

Contestants may enter by providing a complete recipe on a 3-by-5 card with their name, address and phone number on the reverse side and mailing it to: All-American Apple Pie Contest, Michigan State Fair, Attn: Community Arts, 1120 W. State Fair Ave., Detroit 48203. Deadline for entries is 5 p.m. Wednesday, Aug. 23.

A panel of experts will judge the double-crust apple creations on taste and appearance to determine the state's best apple pie recipe.

new products

STROH'S YOGURT

Continuing the expansion of its frozen dessert line, Stroh's Ice Cream Division in Detroit is introducing Stroh's Low-Fat Frozen Yogurt. The 98 percent fat-free frozen yogurt has 90-110 calories per three-ounce serving. Sold in half-gallon square packages, it is offered in six flavors — vanilla/chocolate, strawberry/banana, strawberry, peach, blueberry and raspberry. Also for those who want to eat light, Stroh's has a Light Frozen Dairy Dessert line.

WITH NUTRASWEET

The first non-fat, soft-serve frozen yogurt sweetened with NutraSweet brand sweetener recently was introduced by Elgin-Honey Hill Corp., a Chicago-based manufacturer and distributor of dairy products. Deserve The Frozen Yogurt was originally developed exclusively for Deserve The Sampler Cafe, a new restaurant developed by the NutraSweet Co. that opened last November in the Chicago area. The yogurt has 60-70 calories per 3.5-ounce serving. Flavors available are Dutch chocolate, vanilla, strawberry and black cherry.

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