

Hockey association publishes cookbook

"Hockey In Our Heart" is a newly published collection of recipes from families of the Plymouth/Canton Hockey Association.

The 222-page, spiral-bound cookbook leads off with recipes called "Red Wing Specialties," reprinted with permission of the Detroit Red Wings. Included are Yermian's Fresh Blueberry Pie, Gallant's No Bake Cheesecake, Hanlon's Outdoor Delight and Stefan's Lover's Meatballs.

Other categories of recipes from hockey association families include Appetizers, Soups, Salads and Sauces, Breads, Side Dishes, Casseroles and Main Dishes, Desserts, Beverages, and Kid's Favorites. The cookbook costs \$10 and is available from the Plymouth Cultural Center and Ice Arena, the Cozy Cafe in Plymouth, or by calling Cheryl Feller at 451-0924 or Debbie Timberlake at 459-2275.

Here's a recipe that is one of the Kid's Favorites:

SAUSAGE AND PEPPERS
1 1/2 pounds Italian Sausage (sweet)

with fennel seeds), cut in 1/4-inch slices
1 1/2-2 green peppers cut in 1/4 inch slices
1 onion quartered
1/4 cup olive oil

Sauce:
one 15-ounce can tomato sauce
1/2 scant tablespoons oregano
1/2 teaspoon sugar
1/4 cup water (maybe a little less)
1/2 teaspoon parsley

Broil sausage on a cookie sheet with olive oil for approximately 10 minutes. Place green peppers and onions on cookie sheet and continue to broil for another 10 minutes, until brown. Meanwhile, combine ingredients for sauce and simmer for approximately 15 minutes. Put cooked sausage and peppers in 8- by 8-inch casserole, with some juice from cookie sheet (not all). Pour sauce over sausage and vegetables. Heat in oven at 325 degrees for about 1/2 hour. Serve with rice.

Scones for breakfast good in lowfat version

AP — Move over muffins, scones are the hot new breakfast bread. The low-fat version of this sweet treat is made with egg whites and skim milk, trimming both fat and cholesterol content. Serve them with reduced-calorie jam or jelly instead of margarine or butter, or enjoy them plain.

OATMEAL-RAISIN SCONES
1 cup all-purpose flour
3 tablespoons brown sugar
1 1/2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/2 cup margarine or butter
1 cup quick-cooking rolled oats
1/2 cup raisins, chopped
2 egg whites
2 tablespoons skim milk
skim milk

In a medium mixing bowl stir together flour, sugar, baking powder and cinnamon. Cut in margarine until mixture resembles coarse crumbs. Stir in oats and raisins. Add egg whites and 2 tablespoons milk; mix well. (Dough will be sticky.)

On a lightly floured surface roll or pat dough into a 7-inch circle. Cut into 12 wedges, dipping knife into flour as needed to prevent sticking. Place on an ungreased baking sheet;

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Thais serve rice with every meal

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from a Chicago-based import company that specializes in Thai goods because the Thai varieties, unique for their aroma, are not sold in most U.S. groceries or supermarkets.

JIE SAID, "STIR FRY, CURRY, vegetables, beef. No matter what it is, everything has to go with rice," partially to balance meats and vegetables that, when heavily spiced with

chili peppers, cause the eyes and nose to run.

"You would not want to eat very hot dishes without rice," he said with a laugh.

Ideally, Thai rice sticks together, either slightly so, as with semisweet, or very much so, although there is generally less demand for very sticky varieties.

Chanyawatnakul buys the highest grades of rice possible because indi-

vidual kernels are more uniform in size than lesser grades.

Aside from its aroma and sticky consistency when cooked, Thai rice varies in color, size and shape to Uncle Ben's long-grained varieties, according to Chanyawatnakul. The Thai variety is a water rice, grown in a region of Thailand deluged with monsoon rains. The product is noted for its pure whiteness that is easily

obtained with a minimum of washing.

The restaurateur also serves Thai-style fried rice, sticky rice seasoned with eggs, green onions, peas, pea pods and carrots.

Siam Spice, 2438 N. Woodward, Royal Oak, phone 545-4305, is open 11 a.m. to 2 p.m. and 5-10 p.m. Tuesday-Thursday, 11 a.m. to 2 p.m. and 5-11:30 p.m. Friday-Saturday, and 4:30-9 p.m. Sunday.

Rice browned Mexican-style

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Don Carlos Mexican Restaurant, a family enterprise founded in 1984 by Shaffran, husband Charles and three children, has grown into a small chain with outlets in Bedford, Garden City and four additional locations.

A seventh is scheduled to open soon in Ann Arbor. At each, cuisine is prepared by chefs who are trained by Maria Shaffran, using family recipes she has specially tailored for use in the restaurants.

"I know a lot about the kitchen," she said, in accented English, of the

array and variety of offerings. Shaffran is particularly knowledgeable about rice, a staple food served prior to most meals in Acaponeta, the city near the Pacific Ocean in Nayarit, Mexico, where she was born and raised. She arrived in the United States in 1957 as a new bride.

"WHENEVER YOU SIT down to eat in Acaponeta, a small bowl of conchame is served, followed by a serving of rice. Then the entree. It's nothing special," she said of the long-standing custom.

Although Texamiti, a long-grained, aromatic rice, is currently

enjoying increasing popularity among chefs of Mexican cuisine, Shaffran favors any long-grained rice, regardless of variety, so long as it is hard and has not been processed. She washes the rice thoroughly, first in cold water, followed by a comprehensive warm bath that transforms beige-colored kernels into snow white specimens. She then sautes the rice for 30 minutes in "very hot" oil that has been seasoned with chopped onion. The kernels turn into browned, transparencies ready for steaming.

The rice is simmered to full richness in chicken broth seasoned with Saffran's special tomato sauce laced

with basil, garlic, salt and pepper. Though decidedly Mexican in taste, it is not spicy hot.

"We eat a lot of hot peppers in Acaponeta," but not in traditional rice that is served before each meal, she said.

Don Carlos, 7034 Middlebelt, Garden City, phone 458-2900, is open 4-9 p.m. Monday-Thursday, 4-11 p.m. Friday-Saturday, and 3-8 p.m. Sunday. Don Carlos, 9565 Telegraph, Redford, phone 533-8000, is open 11 a.m. to 9 p.m. Monday-Thursday, 3-11 p.m. Friday-Saturday, and 3:30-9 p.m. Sunday.

Italian risotto grows in popularity

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balls chock-full of vegetables and mozzarella cheese that are gently fried and served with veal or beef.

"When I want to make something special, something that tastes really good, I make risotto," Bassonatti said in English laced with a thick Italian accent.

Originally from Naples, Bassonatti

studied the art of cookery some 25 years ago in Switzerland, shortly before arriving in the United States.

RISOTTO, LONG a traditional dish throughout Italy, remains a mystery to many American diners.

To be genuine, risotto must be firm, a variation on pasta that, when prepared correctly, is eaten with a fork, according to Bassonatti.

It should never, ever be served as a soup with a spoon, as too often happens, he said.

To create a perfect risotto, Bassonatti relies on short-grain rice, an Italian variety named Barretto that is noted for its flat contour and hardness.

"Barretto cooks slowly and never gets mushy," dual absolutes for scru-

pulous chefs preparing proper risotto, Bassonatti said.

Cafe Vincenzo, 29530 Ford Road, Garden City, phone 421-5020, is open 4:30-10 p.m. Tuesday-Thursday, 4:30-11 p.m. Friday-Saturday and 3-9 p.m. Sunday.

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