Chef Larry gives 2 recipes to try

PESTO TRAPANESE

6 garlic cloves
1 teaspoon salt
1 cup fresh basil leaves
1 cup blanched almonds, chopped
4 ripe tomatoes, peeled and chopped
½ cup olive oil
black pepper
1½ pounds spaghetti

In a mortar, pound the garlic, salt and basil into a paste. Add the almonds, little by little, then add the tomatoes. When all the ingredients are reduced to a pulp, add the oil and the pepper. (This can be done in a blender, in which case add the oil in the beginning.) Cook the pasta in boiling salted water, drain and toss in a serving bowl with pesto until well distributed. Serve at once.

From "Pomp and Sustenance; Twenty Five Centuries of Sicilian Food" by Mary Tyler Simeti (Knopf, $25).

GREEK LAMB STEW

1 large eggplant, peeled and cut into 1-inch cubes
8 tablespoons olive oil
1 tablespoon butter
3 pounds lean boned shoulder of lamb, cubed and patted dry
salt, pepper, flour and sugar
2 cups finely minced onion
3 cloves garlic, minced
one 28-ounce can plum tomatoes, drained and chopped
1 tablespoon tomato paste
1 large sprig fresh oregano
1 bay leaf
1 teaspoon cumin
2 cups lamb or beef broth
2 tablespoons chopped oregano

Arrange eggplant in a single layer on a double thickness of paper towel. Sprinkle with salt and let sit 1 hour. Rinse, dry thoroughly, set aside.

Position rack in the center of the oven and preheat to 350 degrees. Heat some oil and butter in a heavy skillet, add lamb in batches and brown on all sides, removing with a slotted spoon and adding oil and butter to skillet as necessary. Season to taste with salt and pepper and then sprinkle lightly with flour and sugar. Continue sauteing until lamb is nicely glazed, *for 3 minutes. Transfer to* a casserole dish. Add a little more oil and butter to the skillet. Add onion and minced garlic and saute till vegetables are soft. Add canned tomatoes, tomato paste, oregano, bay leaf and cumin and bring to a boil. Pour over lamb and stir in broth. Cover and braise until lamb is fork tender, about 1½ hours.

Meanwhile, heat more oil and butter in skillet, add eggplant and saute until nicely browned on all sides. Drain well on paper towel. Chop. Stir eggplant into lamb. If necessary, thicken with a little more flour dissolved in broth.

Low-fat sauce tops fettucine

AP — Thank goodness we now recognize how good pasta is for us. It contains complex carbohydrates for the fuel our bodies need but no fat. Top pasta with a low-fat sauce like this one made with skim milk and a small amount of margarine for flavor.

SHRIMP FETTUCCINE

3 ounces fettuccine
one 8-ounce package frozen peeled and deveined shrimp
2 cups loose-pack frozen broccoli, carrots and onion
1 tablespoon margarine or butter
1 tablespoon cornstarch
½ teaspoon instant chicken bouillon granules
¼ teaspoon bottled minced garlic
⅛ teaspoon lemon-pepper seasoning
¾ cup skim milk
2 tablespoons dry white wine or skim milk
2 tablespoons grated Parmesan cheese

In a large saucepan cook pasta in 4 cups hot water for 8 minutes. Add shrimp and frozen vegetables. Return to boiling; reduce heat. Simmer gently for 1-3 minutes or until shrimp turns pink and pasta is tender. Drain and return to saucepan.

Meanwhile, in a small saucepan melt margarine. Stir in cornstarch, bouillon granules, garlic and lemon-pepper seasoning. Add ¾ cup milk. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Stir in wine or 2 tablespoons milk. Pour over pasta mixture. Toss to combine. Top with Parmesan cheese. If desired, garnish with tomatoes and parsley. Makes 3 servings.

Nutrition information per serving: 281 cal., 21 g pro., 34 g carb., 6 g fat (20 percent of calories from fat), 114 mg chol., 492 mg sodium. U.S. RDA: 141 percent vit. A, 35 percent vit. C, 20 percent thiamine, 21 percent riboflavin, 22 percent niacin, 24 percent calcium, 20 percent iron.

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New shop has saucy appeal

Continued from Page 1

On any given day in Get Sauced, sample tastes are available from 20 or so different offerings, tangy tastes of Flower of Flames or Inner Beauty hot sauces, a unique peanut sauce by Larry Forgione of Petoskey, Amaretto Divinity from San Diego and a host of other delectables.

Prices range from $2.99 for a bottle of Schnitzuis Red Pepper Sauce, once used in cowboy stews and favored by the Comanche Indians, to $6.99 for a jar of Helen's Tropical Exotics Passion Fruit Sauce, reportedly good enough "to die for."

Gourmet baskets, self-descriptive Michigan, Sampler, Sweets and Steak Lovers baskets that make excellent gifts, range in price from $12.95 to $39.95. Newly created Easter baskets will include marinades for wild game and rarebit, dessert sauces and other selections of choice.

A Get Sauced newsletter, featuring and describing individual items, is available on request. Future issues will include new additions, recipes and helpful hints.

Get Sauced is open 10 a.m. to 9 p.m., Monday-Thursday, 10 a.m. to 11 p.m., Friday-Saturday and noon to 7 p.m. Sunday. For more information, call 961-3643.

new products

● Game playing

For ages 12 to adults, The Game of Good Cooking is entertainment for 2-4 players. Each of the 75 recipe cards in the game contains a recipe from the kitchen of McCormick/Schilling Spices. The game has a suggested retail price of $20, and is available in selected game, gift and gourmet food outlets.

Make chocolate-banana dessert

AP - Need an instant treat for the dessert lovers around your table? Prepare this layered dessert, then store it in the freezer for nights when you need dessert for guests, *want to make dinner a special occasion*, or are just running late.

CHOCOLATE-BANANA DESSERT

1 cup finely crushed vanilla wafers (22 wafers)
¼ cup margarine or butter, melted
¾ cup margarine or butter
two 3-ounce packages cream cheese
1½ cups sifted powdered sugar
2 tablespoons unsweetened cocoa powder
1 egg
2 medium bananas, sliced
one 4-ounce container frozen whipped dessert topping, thawed
½ cup broken pecans

For crust, in a mixing bowl stir together crushed wafers and ¼ cup melted margarine or butter. Press mixture onto the bottom of an 8-by-*8-by-2-inch baking pan.*

In a small bowl beat together ¾ cup margarine or butter and cream cheese until smooth. Add powdered sugar and cocoa powder. Beat until smooth. Add egg and beat until fluffy. Spread cream cheese mixture over crust. Arrange sliced bananas on cream cheese mixture. Spread dessert topping over all. Sprinkle with nuts. Cover and freeze for 5-24 hours or up to 2 weeks. Makes 16 servings.

Nutrition information per serving: 263 cal., 2 g pro., 19 g carb., 21 g fat, 28 mg chol., 192 mg sodium. U.S. RDA: 25 percent vit. A.

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