

# Canola oil used in salad recipe

**WHITE BEAN, RADICCHIO, CHEVRE SALAD**  
Serves 4

3 cups leaf, Boston or bibb lettuce, torn, ribs removed  
1 cup red radicchio leaves, torn, ribs removed  
1 cup small, white Michigan or white kidney beans, well drained  
3-4 tablespoons mustard vinaigrette dressing  
Freshly ground pepper  
Salt  
1 1/2 ounces Chevre cheese, crumbled

Rinse lettuce leaves, pat dry and chill.

# Books serve up winning recipes

AP — "The Foods of Vietnam" by Nicole Routhier has been selected as "Best of the Year" for 1989 by the IACP-Seagram Food & Beverage Book Awards. The cookbook, also won the International category.

A jury of 36 food and beverage writers, editors and cooking authorities participated in selecting the best books in 13 categories, which included American Regional, Wines and Spirits, Baking and Desserts, and Entertaining. Routhier, who was born in Saigon, said the award was especially meaningful because the cookbook, published by Stewart, Tabori & Chang (\$35), contains recipes passed on to her by her mother.

She says she learned North Vietnamese cooking from her mother, who was raised in Haiphong and from her nanny, who was from Hue in Central Vietnam.

Routhier, who was graduated from the Culinary Institute of America in Hyde Park, N.Y., in 1985, has catered, taught French-Vietnamese cooking classes and worked in various Manhattan restaurants. She is now working on a new cookbook.

"The Foods of Vietnam" contains 150 recipes for appetizers, soups, salads, fish and meat entrees, rice, noodle and vegetable dishes; and an array of desserts designed for American kitchens. The book contains more than 50 full-color photographs by Martin Jacobs, with a foreword by Craig Claiborne.

The IACP-Seagram Awards are the country's only major program of awards for books on foods and beverages. They are presented by the 1,200 member International Association of Cooking Professionals (IACP) and sponsored by Joseph E. Seagram & Sons, a producer and marketer of wines, spirits and colognes.

- OTHER WINNING BOOKS:**
- General and Basic: "La Varenne Pratique" by Anne Willan (Crown Publishers).
  - American Regional: "Cooking from Gull Country" by Marcia Adams (Harper & Row).
  - European: "Bistro Cooking" by Patricia Wells (Workman Publishing).
  - International: "The Foods of Vietnam" by Nicole Routhier (Stewart, Tabori & Chang).
  - Entertaining: "Crabtree & Evelyn Cookbook" by Crabtree & Evelyn, Ltd. (Stewart, Tabori & Chang).
  - Single Subject: "Seafood" by Alan Davidson (Simon & Schuster).
  - Fruits, Vegetables, Herbs & Spices: "Cooking with Herbs" by Emilie Tolley and Chris Mead (Clarkson N. Potter).
  - Special Methods: "Microwave Gourmet Healthstyle Cookbook" by Barbara Kafka (William Morrow).
  - Wine: "The Essential Cook" by Charles Delmar (Hill House).
  - Wines & Spirits: "Vintage: The Story of Wine" by Hugh Johnson (Simon & Schuster).
  - Special Diet: "The American Heart Association Low-Fat, Low-Cholesterol Cookbook" by Scott Grundy (Times Publishing).
  - Healthy & Light: "The Gourmet Gazette Cookbook" by Ellen Brown (Bantam Books).
  - Baking & Desserts: "A Passion for Chocolate" by Maurice & Jean-Jacques Bernachon, translated by Rose Levy Beranbaum (William Morrow).

CERTIFICATES WERE presented to the runners-up in each category. In the General & Basics category, "The New Basics Cookbook" by Julie Ross and Sheila Lukins (Workman) was runner-up; and Julia Child's "The Way to Cook" (Alfred

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# Oysters were a rite of passage

See Taste Buds column by Larry Janes on Page 1B.

Here's a sampling of oyster species, with their distinctive flavors, that are most readily available in the Detroit area.

**ALABAMA GULFS:** Coming up from the bayous with a medium size and mild, meaty flavor.

**BELON:** This writer's favorite, grown on both coasts with round, flat shells, rather large in size and a pronounced metallic flavor.

**BLUEPOINTS:** Now a generic name for mid Atlantic oysters, this is the inexpensive (?) answer for most restaurants.

**CHESAPEAKE BAY:** Small to medium in size with a flat, round shell, sweet with a distinctive aftertaste.

**COUTIT:** Medium to large oysters with a plump body and a fairly salty flavor.

**EMERALD POINTS:** From Emerald Point, Miss., these small oysters are mild and have a creamy taste.

**HOG ISLAND SWEETWATERS:** Heralding from Tomales Bay, Calif., have a fluted, deep, cuffed shell, and are plump and creamy with a sweet, smoky flavor.

**OLYMPIAS:** Robust flavor with a mild coppery aftertaste.

**WILLAPA BAYS:** Plump with a multi-colored shell, flavor is slightly salty, clean and sweet.

**If you can't stomach the thought of eating a raw oyster, try these great baked recipes.**

If you can't stomach the thought of eating a raw oyster, try these great baked recipes.

**OYSTERS ROCKEFELLER**

3 green onions, minced  
1 rib celery, finely diced  
4 tablespoons butter  
1 cup fresh spinach, chopped  
2 tablespoons fresh bread crumbs  
Dash Tabasco  
1/4 teaspoon Worcestershire  
1/2 pound butter, softened  
3 strips bacon, fried crisp, crumbled  
Salt to taste  
24 oysters

Preheat oven to 450 degrees. Sauté onions in 4 tablespoons butter with celery. Add chopped spinach, cook 1 minute; remove from heat. Add breadcrumbs, Tabasco, Worcestershire and salt. Blend together with softened butter and bacon. In a shallow baking pan, place enough rock salt or crumbled tin foil to keep oysters from tipping over. Top each oyster with 1 tablespoon of prepared topping. Bake 10 minutes.

**OYSTERS CASINO**

4 slices bacon, chopped  
1 rib celery, chopped  
1 small onion, chopped  
4 tablespoons butter  
1 teaspoon lemon juice  
1 teaspoon salt  
Dash pepper, Worcestershire and Tabasco  
1/4 cup chopped parsley  
24 oysters

Preheat oven to 400 degrees. Fry bacon until partially crisp. Add celery, onion and butter; cook until tender. Add lemon juice, salt, pepper, Tabasco and Worcestershire. Mix well. Stir in parsley. Arrange oysters on a bed of rock salt or crumbled foil. Spread hot bacon mixture over them and bake for 10 minutes or pop under broiler till bubbly.

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