

# First you take a strawberry

See Larry Jones' column Taste Buds on Page 1B.

## STRAWBERRY VINEGAR

- 2 cups washed strawberries, stemmed and patted dry
- 1 quart white vinegar

Sterilize a 2-quart glass jar with boiling hot water. Fill with sliced berries. Add enough white vinegar to fill. Cover and store in a dark, cool cupboard for at least 1 month.

## STRAWBERRY SALAD DRESSING

- 3 ounces cream cheese
- 1 tablespoon strawberry vinegar
- 2 tablespoons strawberry jam or jelly
- ¼ cup cream

Mash cream cheese with a fork until smooth. Slowly add remaining ingredients, mixing well after each addition. Chill 1 hour before serving. For a different taste, stir in ¼ teaspoon curry powder.

## STRAWBERRIES ROMANOFF

- 2 quarts strawberries, hulled, washed, patted dry
- 1 pint vanilla ice cream or frozen yogurt
- 1 cup whipped cream or plain yogurt
- 6 tablespoons Cointreau (or any orange-flavored liqueur)

Prepare strawberries. Lightly sprinkle with sugar, or if desired artificial sweetener, and place in the refrigerator to chill. Meanwhile, whip ice cream slightly to soften. Fold in whipped cream and orange-flavored liqueur. Blend in strawberries, stirring with a fork until well blended. Serve immediately in fluted glasses.

## clarification

Nestle Foods Corp. wants to correct a statement that appeared in an article on chocolate chip cookies in the March 11 issue of the Taste section. The writer, Geri Hirschler, said that Nestle had lost its exclusive rights to the TOLL HOUSE trademark in 1983 and that the term is now a generic or descriptive term for cookies.

According to Nestle, TOLL HOUSE is still a registered trademark for cookies and is owned by the Nestle group of companies. As such,

it is not available for general use by the public and may be used only with the permission of Nestle.

In the early 1980s Nestle was involved in litigation concerning the TOLL HOUSE trademark. That litigation, a federal court case, was a preliminary decision adverse to Nestle's ownership rights in the TOLL HOUSE trademark. On appeal, that decision was ordered vacated by the Second Circuit Court of Appeals and Nestle's trademark rights remain unimpaired.

## clarification

The recipe for Lemon Bars, by Chef Eric Bunge of After the Hunt Pastry Shop in Bloomfield Hills, which appeared in the May 1 issue of Taste, called for an ingredient (for

the filling) of lemon zest ("from 5 each"). Actually, this means the zest from 5 lemons. The recipe indicates that 1 tablespoon of the zest is reserved for the mousse topping.

## Bakery carries many brands

Another thrift store has come to our attention since the April 8 article in Taste about bargain bakeries.

Lynn Millar has been operating Lynn's Budget Bakery in Livonia for nine years. Her old location was at Seven Mile and Inkster roads, and the store is now on Middlebelt Road, across from the Livonia Mall, in

Marlin Plaza. The store carries many brands including Schaefer, Buttermaid, Rosen's and Sunmald. All are at 50 percent off and more. Sanders cakes are 50 percent off. The store also carries Pepperidge Farm, Nabisco and a large assortment of fresh Sanders cakes, toppings and candies at discount prices.

- Encourage children to help or make their own nutritious snacks.
- For an informative recipe booklet entitled "Nutritious Snacks," send 75 cents, for postage and handling, to the Cooperative Extension Service, 1200 N. Telegraph Road, Pontiac 48241.
- For other food-and-nutrition-related questions call the Food and Nutrition Hotline, Monday-Friday, 8:30 a.m. to 5 p.m., at 858-0904.

## Help kids eat healthy

Here are a few tips from the Oakland County Cooperative Extension Service on how to help your child develop healthy eating habits early.

- Buy snacks that are low in fat, sugar and salt. Include plenty of fresh fruit and veggies, unbuttered popcorn, yogurt or whole grain muffins.
- Limit "fast food" meals and teach children to be selective even at fast food restaurants, opting for fresh salad, fruit and low-fat milk when available. Steer away from greasy hamburgers, fries and heavy dressing.
- Teach children to eat slowly by providing a relaxed atmosphere for eating.

## Alastair the Cook

Hot Juicy Roast Beef  
Tender Baked Chicken  
Green Beans  
Potato Salad  
Creamy Cole Slaw  
Relish Tray  
Fresh Baked Hamemade Bread  
Butter  
Homemade Cookies  
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# No-fail breakfast for Mother

See related story, Page 1B.

## FRESH FRUIT CUPS WITH CREAM CHEESE SAUCE

- 1 banana, peeled and sliced
- 1 seedless orange, peeled and segmented
- 1 small bunch seedless grapes
- 1 cantaloupe, split, seeds removed and cut into chunks
- 1 apple, cored, cut into chunks
- 1 cup strawberries, sliced

Combine all fruit in a bowl. Toss gently. Divide fruit evenly into wine glasses or serving bowls. Top with ¼ cup sauce. Refrigerate until ready to serve.

Chef's note: Depending on age, kids can do this part.

## Cream Cheese Sauce

- 8 ounces cream cheese, room temperature
- 1 cup powdered sugar
- 1 teaspoon vanilla
- 1 tablespoon buttermilk

Combine ingredients in bowl. Using a fork or low speed on electric mixer, beat until smooth. Pour ¼ cup over fresh fruit cups. Cover and chill remaining sauce.

## HONEY BUTTER

- 1 stick (½ cup) butter, room temperature
- 2 tablespoons honey

Combine ingredients in bowl. Using a fork or low speed on electric mixer, beat until smooth. Pour ¼ cup over fresh fruit cups. Cover and chill remaining sauce.

## TARRAGON MARINADE

- (For 2-pound, 2-inch sirloin)
- 3 tablespoons tarragon vinegar
- 2 large onions, sliced
- 1 lemon
- 3 garlic cloves, split
- 1 bay leaf
- ¼ teaspoon dried mustard
- ½ cup dry red wine
- 1 cup olive oil
- 1 teaspoon salt (optional)
- Freshly ground black pepper

Line a shallow glass baking dish or a wooden trough with some onion slices. Squeeze lemon juice over the onion, toss in the lemon rinds. Add garlic, spices, salt and pepper. Pour in vinegar, wine and oil. Lay the steak in the marinade and spread the rest of the onion slices on the steak. Marinate for 3 hours, basting frequently. Serve the marinated onions raw with the cooked steak.

## SORREL SOUP

- Serves 4
- 4 tablespoons butter
- ½ cup chopped onion
- 2 cups finely shredded sorrel
- 2 large potatoes

Melt butter in a large saucepan. Add chopped onion and cook until it wilts. Set aside a small handful of sorrel and add the rest to the pan. Add potatoes and stock, bring to a boil and cook until potatoes are tender. Pour mixture into blender container and blend at high speed until pureed. Return to saucepan and stir in milk, chervil or dill. Reheat slowly to serve hot, or refrigerate to serve cold. Top each soup bowl with reserved sorrel and croutons.

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Combine ingredients in a small bowl. Using a fork, mix well to combine flavors. Note: Butter will harden if placed in refrigerator. Another great job for the kids!

## SAVORY BUTTERMILK BISCUITS

- 2 cups flour
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 4 tablespoons (½ stick) cold butter
- ¼ cup vegetable shortening (such as Crisco)
- ¼ teaspoon baking soda
- ¼ cup plus 2 tablespoons cold buttermilk
- ¼ teaspoon dried dill weed and chopped chives

Mix flour, baking powder, salt and sugar in a bowl. Using a fork, cut in butter and shortening until mixture resembles crumbs. Combine baking soda with buttermilk. Pour into crumb mixture. Stir until soft dough forms. Place this mixture on a lightly floured, clean cutting board and add dill and chives. Knead gently for a count of 15 to form a ball. Do not overhandle. Pat ¼-inch thick. Using a plastic cup, cut into circles and place on a cookie sheet lightly greased with butter. Bake for 12 minutes in a 450-degree oven. Makes about 12 biscuits.

## FRESH-SQUEEZED ORANGE JUICE

- Seedless oranges
- Juicer (hand operated or electric)

Cut orange in half, not from the stem end but from around the middle. Hold plastic juicer over bowl and press each orange half down over juicer, turning to extract juice.

## CASSEROLA FRITTATA

- 8 slices whole grain bread, torn into chunks
- 1 cup cooked breakfast meat (such as bacon, sausage or ham)
- 1 cup cheddar cheese, grated
- 8 eggs
- 1 cup buttermilk
- Dash pepper and/or Tabasco
- Butter

Lightly grease a cake pan with butter, making sure to get the corners and top well greased. Tear bread into chunks and place in bottom of pan. Preheat oven to 350 degrees. Place precooked breakfast meat, cut into small chunks, on top of bread mixture. Top with shredded cheese. Combine eggs with buttermilk and pepper. Beat with a fork to scramble eggs. Pour egg mixture into cake pan. Place in preheated oven for 30-40 minutes or until eggs are cooked throughout.

## TIPS ON MAKING THE PERFECT CUP OF COFFEE

- Start with a clean coffee maker.
- Use fresh coffee and fresh cold water.
- Serve immediately after brewing.
- Allow 2 level tablespoons for each ¼ cup water.

## TIPS ON MAKING PERFECT TEA

- Whether you use loose tea or bags, the preparation is the same.
- Start with a clean teapot made of glass, china or earthenware.
- Add boiling water. Allow to stand for a few minutes.
- Heat cold water to a boil.
- Pour hot water over of teapot. Do not rinse or dry. Add tea or teabags. Pour boiling hot water over tea.
- Use ¼ cup boiling water for each bag or 1 teaspoon loose tea.
- Allow tea to stand for 5 minutes. Strain tea or remove teabags. Serve with lemon or milk.

## Homegrown herbs make tasty dishes

See related story, Page 1B.

Your hard efforts will be much appreciated when you serve the following:

## ARIZONA KID

Heat butter in a large saucepan. Add chopped onion and cook until it wilts. Set aside a small handful of sorrel and add the rest to the pan. Add potatoes and stock, bring to a boil and cook until potatoes are tender. Pour mixture into blender container and blend at high speed until pureed. Return to saucepan and stir in milk, chervil or dill. Reheat slowly to serve hot, or refrigerate to serve cold. Top each soup bowl with reserved sorrel and croutons.

## PESTO BASE

- Makes about 2 cups
- 4 packed cups basil leaves
- 4 small cloves garlic
- ½ cup olive oil

Put basil and garlic in blender, pour oil over and blend, scraping basil down from sides of jar, until mixture is smooth. Or use a food processor. Freeze.

To serve pesto with pasta for 4 people:

- 1 cup pesto base
- ½ to 1 cup freshly grated Parmesan cheese

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