

# Saffron adds flavor to bouillabaisse

See Larry James' Taste Buds column on Taste front.

## BOUILLABAISSE

(makes dinner for 6-8)

1 cup chopped onion  
2 cups minced leek, white only  
2 cloves garlic  
1/2 cup olive oil  
Combine all and cook slowly in large soup pot 'til tender.  
1 lb. ripe tomatoes or 1 1/4 cups canned, chopped  
Stir into the onion mixture.  
Then, bring all of this to a boil with the tomato, onion, milk:

10 cups fish stock  
1 bay leaf  
1/2 teaspoon basil  
1/2 teaspoon saffron  
1/2 cup chopped parsley  
salt and pepper to taste

Once the soup is boiling add the following fish (firm fish first) then the tender varieties:  
firm flounder  
lobster  
crabs  
monk  
cod

Boil 5 minutes 'til fish is tender. Do not overcook. Lift out the fish, arrange on a platter or serve all in a large, sprinkled with fresh chopped parsley and served with french bread to dip up the broth with.

## PERSIAN MEATBALLS

(Makes 32)  
2 pounds ground beef  
1 egg  
1 cup finely chopped onion  
1 tablespoon minced glazerroot

2 teaspoons salt  
1 teaspoon saffron  
Mix well. Shape into 1 inch balls. Brown the meatballs in 1/2 cup butter over medium heat, turning frequently. Top with yogurt and serve over hot noodles or pasta.

## ARROZ CON POLLO

(chicken with rice) (serves 6)  
1/2 cup olive oil  
4 pounds chicken, cut into serving pieces  
salt and pepper to taste  
2 medium onions, sliced thin  
1 clove garlic, chopped  
2 chile peppers, chopped  
1/2 teaspoon ground cumin  
1/4 teaspoon ground saffron  
4 cups chicken stock  
2 cups rice  
6 tomatoes, peeled and sliced  
Heat the oil in a skillet. Season the

chicken pieces with salt and pepper, then saute in the hot oil until golden. Place the chicken in an ovenproof casserole with a lid. In the same oil, saute the onions, garlic and add to the chicken with everything except the rice. Saute the rice in the remainder of the hot oil, adding more if necessary. Don't burn, just saute for about 3 minutes. Add to chicken casserole, less gently, cover and bake at 350 degrees for about 50 minutes or until the chicken is cooked and the rice is fine.

## CHEF'S HINTS:

Try adding a pinch of saffron to your next pound cake recipe to give it a subtle flavor and a golden color! When making plain rice, dissolve a pinch of saffron in some dry white wine or chicken broth and add to the rice while cooking for a great color and flavor!

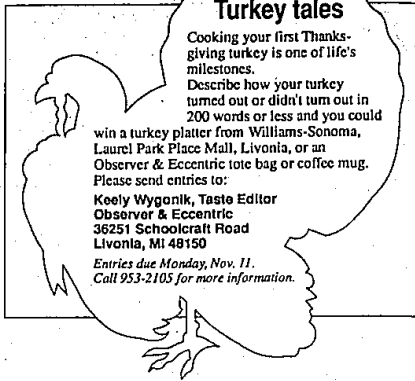
## Turkey tales

Cooking your first Thanksgiving turkey is one of life's milestones.

Describe how your turkey turned out or didn't turn out in 200 words or less and you could win a turkey platter from Williams-Sonoma, Laurel Park Place Mall, Livonia, or an Observer & Eccentric tote bag or coffee mug. Please send entries to:

Keely Wygonik, Taste Editor  
Observer & Eccentric  
36251 Schoolcraft Road  
Livonia, MI 48150

Entries due Monday, Nov. 11.  
Call 953-2105 for more information.

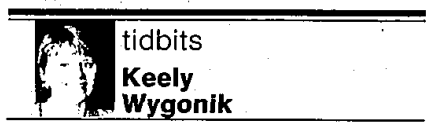


# Readers share sourdough starters, tips

Thank you readers for the sourdough starter recipes I received over 15 calls, and gave the information to Marlene Allen of Redford who requested it.

Becky MacIntyre of Troy passed along these sourdough tips. Use your starter often. Don't tuck it away in the refrigerator and forget about it. Sourdough that is allowed to sit unused for a month or two will spoil and have to be discarded.

A freshly fed starter can be frozen for 1 1/2 to 2 months. The fermenting action is considerably slowed during



## tidbits

Keely Wygonik

freezing, so you'll need to let the starter thaw at room temperature, then put in a warm place for about 24 hours or until bubbly.

Rita Purdue of Livonia sent this recipe for sourdough starter, and friendship cake. Pass it along to your friends.

## SOURDOUGH STARTER

(fast & easy)  
1 package dry yeast  
1/4 cup warm water  
1 tsp. sugar  
2 cups buttermilk  
2 cups flour  
2 cups sugar

In a small cup stir yeast into warm water with sugar. Let stand 5 minutes or until bubbly. In a large bowl beat remaining ingredients together with an electric mixer, medium speed, until smooth. Beat in yeast mixture.

Pour into an 8-cup glass or plastic (not metal) container with loosely fitting lid. Set loosely covered container in large bowl in case the starter overflows. Overflow can be re-

turned to original starter. Within four hours, first bubbling activity is apparent & mixture should then be stirred down every hour for next 4 hours. Starter may be used after 8 hours. Replace with 1 cup each flour, water & sugar which equals 1 cup starter after standing an hour. Allow starter to stand 24 hours before using once replacement has been added to it.

## FRIENDSHIP CAKE

1 cup starter  
1 1/2 teaspoon baking powder  
3 large eggs beaten  
1 teaspoon vanilla  
1 cup buttermilk  
1/2-pound butter, melted  
1/4 teaspoon salt  
1/2 teaspoon orange extract  
1 cup chopped walnuts  
1/2 teaspoon baking soda  
1 cup sugar  
2 cups flour  
Dash nutmeg  
Sweet Orange Marmalade  
Thin Vanilla Icing (recipe below)

As listed, combine ingredients

beating well with each addition, using electric mixer, medium speed and large mixing bowl. Beat 5 minutes with last addition. Divide batter between two 9" greased foil cake pans, placed on cookie sheet, positioned on center rack of oven.

Bake at 350° F for 30 to 35 minutes or until nicely browned. Pierce each cake with toothpick in 20 or 30 places and drizzle at once with thinned vanilla icing, spreading each then with thin layer of Sweet Orange Marmalade, which is slightly warmed in small pan to a pouring consistency.

Over top of this, if you wish, sprinkle on 1 cup flaked coconut & place a thin slice of fresh orange in center of each cake for garnish. Wrap in foil. Take one to a friend along with a cup of starter & the recipe for it. Keep one cake for yourself. They freeze well to be thawed & served within a 6 month period. Makes two 9-inch cakes.

## THIN VANILLA ICING

2 tablespoons milk  
1 teaspoon vanilla  
10 tablespoons firmly packed powdered sugar

Using wire whisk & small bowl beat together ingredients until smooth. Use as directed

Cooking tip of the week, compliments of Betty Crocker. Pasta won't boil over if you add two tablespoons of oil to four quarts of cooking water.

## cooking calendar

### MICROWAVE COOKING

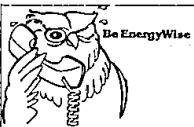
Microwave cooking class 7 p.m. Thursday, Nov. 7, at the Tupperware Office, 32783 Manor Park Drive in Garden City. Learn how to cook a full three-course meal in 25 minutes using the new Tupperware cookware. Lots of tips on microwave cooking. For reservations, call 522-9260.

### HEALTHY GIFTS

At 9:30 a.m. Wednesday, Nov. 6, Lois Theleke, home economist from the Michigan Cooperative Extension Service, Oakland County, will present a program on healthy gifts from the kitchen. At 1 p.m., Joseph Sarafa from the Associated Food Dealers of Michigan, will talk about consumer trends in the supermarket. Both programs will be at the Wayne County Extension & Education Center, 5454 Venoy Road in Wayne. The public is welcome to attend. Call 427-0179 for information.

### KITCHEN GLAMOR

Entertaining with Elegant Finger Foods! 11 a.m. Saturday, Nov. 9, at the Rochester store, Great Oaks Mall, N.E. Corner, Walton at Livonia. Pastries for Special Occasions, 11 a.m. Saturday, Nov. 9, at the West Bloomfield Kitchen Glamor, Orchard Mall, corner of Maple and Orchard Lake. Desserts for Entertaining, 1 and 7 p.m. Wednesday, Nov. 6, at the Redford store, 26770 Grand River, 1 and 7 p.m. Thursday, Nov. 7, in West Bloomfield, and 1 and 7 p.m. Friday, Nov. 6, at the Rochester store. For more information about classes, call 537-1300.



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