

Family shares favorite recipes

See Larry Jones' taste buds coming on Taste front.

MASHED POTATO SOUP

1 small onion, diced
2-3 cloves garlic, minced
4-5 medium Russet potatoes, peeled and diced
2 1/4 cups chicken broth
3/4 cup butter
1/2 cup salt
1/2 cup paprika
1/2 cup pepper
1/2 cup white vinegar
1/2 cup water
2 bay leaves
1/2 chicken bouillon cubes (optional)
3/4 cup sour cream (optional)
2-3 tablespoons cornstarch and 1/2-1 cup water mixture (optional)

Saute in a medium large pot onion and garlic in fat over medium heat until transparent or light brown. Stir in paprika. Immediately add chicken broth and 1/2 cup water to fill pot half full. Add bouillon cubes to pot. Add salt, pepper, bay leaves and 1/2 chicken bouillon cubes to taste. Reduce to medium heat and cook for 30 to 40 minutes. Take out bay leaves. Remove pot from heat and use hand masher to mash potatoes fine into soup. Add vinegar. Stir in cornstarch mixture to thicken if you prefer a creamy soup and cook an additional 4-5 minutes. optional. Add 3/4 tablespoons

sour cream and mix well. Serves 4.

MOM'S FRIED CHICKEN

2 1/2 TO 3 1/2 pounds whole cut-up fryer
seasoned salt
1 cup flour
1/2 cup bread crumbs
1 teaspoon black pepper
1/2 cup paprika
sunflower oil or vegetable oil for frying

Rinse chicken parts well. Season each piece on top and under the skin with seasoned salt. Mix in bowl flour, bread crumbs, paprika and pepper. Roll each piece of chicken into mixture until covered well. Pour oil into large heavy frying pan until it is full. Heat oil until hot on high heat. Place each piece of chicken skin side down into pan and reduce heat to medium high. Check after 4-5 minutes and turn chicken over when bread crumbs turn medium brown in color. Fry for another 4-6 minutes and slice the breast to see if it is cooked through. Remove breasts when done (dark meat requires more time). Check dark meat after 12-14 minutes. Dark meat must be sliced to the bone to check if it is cooked all the way through and the center is no longer pink. Using a slotted spoon, remove each piece of chicken from oil letting excess oil drip back into pan or



Millie Udo of Canton Township (left) shares her favorite recipe in "Mom and Pop Udo's Favorite Old Country Recipes From Eastern Europe," a cookbook written by her daughter, Rita (right).

onto paper towels placed on a serving plate. Serves 4.

GERMAN APPLE CAKE

2 large eggs
2 cups sifted all purpose flour
1/2 cup sugar
1 cup sunflower or vegetable oil
2 teaspoons cinnamon
1 teaspoon pure vanilla extract
1/2 cup baking soda
1/2 cup salt

Preheat oven to 350 degrees. In a large bowl, beat eggs into oil until creamy. Add flour, sugar, cinnamon, vanilla extract, baking soda and salt and mix well. Fold in apples. Pour into greased 13x12 inch pan and bake for 45-50 minutes or until done. Cool, slice and serve. Serves 8-12.

Chicken-tomato sauce makes potatoes a meal

AP — Best-loved among microwave foods is the piping hot baked potato.

POTATOES CACCIATORE

4 medium baking potatoes (6 to 8 ounces each)
1 medium zucchini
1/2 cup chopped onion
1 clove garlic, minced
2 tablespoons water
One 9-ounce package (2 cups) frozen chopped cooked chicken
One 8-ounce can stewed tomatoes, cut up
One 8-ounce can tomato sauce
1/2 teaspoon dried Italian seasoning, crushed
1/2 cup shredded mozzarella cheese (2 ounces)

Scrub potatoes; prick several times with a fork. Arrange potatoes on a microwave-safe plate. Cook, uncovered, on 100 percent power (high) for 13 to 16 minutes or until tender, rearranging once. Let stand while cooking sauce. Cut zucchini lengthwise into quarters, then into 1/4-inch-thick

slices (about 2 cups). In a 1 1/2-quart microwave-safe casserole combine zucchini, onion, garlic and water. Cook, covered, on 100 percent power (high) for 3 to 5 minutes (low-wattage oven: 6 to 8 minutes) or until vegetables are tender, stirring once. Drain.

Stir in chicken, stewed tomatoes, tomato sauce and Italian seasoning. Cook, covered, on high for 7 to 9 minutes (low-wattage oven: 7 to 9 minutes) or until heated through. Split open potatoes, mash potato centers slightly with a fork. Season to taste with salt and pepper. Spoon sauce atop. Top with cheese. Makes 4 servings.

Nutrition information per serving: 404 cal., 30 g pro., 60 g carbs, 1 g fat, 82 mg chol., 620 mg sodium, 1,583 mg potassium, 7 g dietary fiber, U.S. RDA: 17 percent vit. A, 86 percent vit. C, 30 percent thiamine, 21 percent riboflavin, 96 percent niacin, 21 percent calcium, 25 percent iron.

cooking calendar

WEIGHT WATCHERS

Gourmet Secrets Cooking Series
Learn gourmet cooking secrets from the Star Chefs of Detroit. Area's finest restaurants Feb. 1, 8, 15, 22 and 29. Chef Lorraine Platin of Sweet Lorraine's Cafe in Southfield kicks off series 11:30 a.m. to 1 p.m. Saturday, Feb. 1, featuring "A Tropical Eat 'Wave'" at Weight Watchers Test Kitchen, 2555 Orchard Lake Road in Farmington Hills. Admission one bag of non-perishable groceries per session (minimum \$10 value), to be donated to Dieter's Food for the Hungry, a non-profit organization which distributes food dona-

tions to local food banks. Call 487-4777 ext. 324 for reservations.

KITCHEN GLAMOR

Cuisinart Cooking Italian Style demonstration, 7 p.m. Thursday, Jan. 23, at the Novi Kitchen, 7 p.m. Friday, Jan. 24 at Rochester kitchen. Cost \$3, register at the store. Pastry Chef Paul Masse of the Ritz Carlton, San Francisco teaches Design for chocolate lovers, 6:30 p.m. Monday, Feb. 3 and 6:30 p.m. Tuesday, Feb. 4 at the Novi kitchen. Cost is \$50 a class or \$90 for the two-part series. Enrollment limited to 20 students. Call 537-1300 for information.

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