

Hearty pasta dish chases chills away

Pasta comes in all different shapes and sizes for one simple reason: to complement the sauce it accompanies. The Olive Garden Italian Restaurant suggests these hints for matching pastas and sauces.

Match ribbed pasta or pasta with indentations (fusilli and rotelle) with less thick sauces (these tend to "hold" the sauces).

Match tubular, rounded pasta with smooth surfaces, and often with holds, (penne and rigatoni) with thick, chunkier sauces that will "cling" to the smooth exterior. Chunkier ingredients like meat and vegetables can lodge themselves in the holes.

Long, thin pasta (spaghetti and linguini) goes best with soupy, shellfish sauces, olive oil-based sauces, herb sauces and butter or olive oil-based tomato sauces because they absorb the juices without becoming soft. Also, the strands wrap and hold these sauces well.

Broader flat noodles (fettuccini and lasagna) are better for richer sauces based with meat,

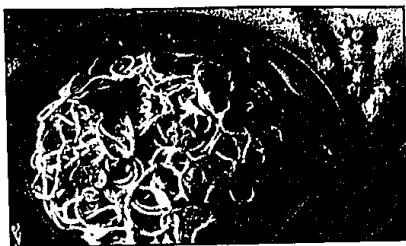
butter, cheese and creams. It coats their surfaces.

The shapes of other ingredients used in pasta should be cut to match the pasta. For example, julienne the vegetables when they're being used with spaghetti or linguini; cut in chunks when served with the box shaped pastas like shells and ravioli.

Here's a recipe from the Roman Pasta Holiday menu, available through Nov. 22.

SPAGHETTI CARBONARA

Ingredients:
Bechamel Sauce:
1/4 cup flour
1/4 cup butter or margarine
1 quart milk
1/2 teaspoon black pepper
1/2 teaspoon salt
Remaining ingredients:
24 slices bacon, extra-thick
1/4 cup olive oil
3 cups (8 oz. by weight) mushrooms, sliced
6 tablespoons green onions, finely chopped
1 pound Olive Garden fresh



Pasta holiday: Spaghetti Carbonara with bacon, mushrooms and shallots in a cream sauce is one of the featured dishes during The Olive Garden Italian Restaurant's Roman Pasta Holiday menu event through Nov. 22.

spaghetti, uncooked
2 teaspoons fresh parsley, finely chopped
1/2 cup Parmesan cheese, freshly grated

To make Bechamel Sauce: Melt butter or margarine in a 4-quart heavy saucepan over medium heat. Stir in flour and cook for 1 minute. Add milk, salt and pepper and stir vigorously with wire whisk until mixture barely comes to a boil. Reduce heat and simmer 5 minutes, whisking frequently while sauce thickens. Keep warm.

Procedure: Cook the bacon until fully cooked. Drain on paper towels. Cut into 1/4-inch pieces and stir into the Bechamel Sauce. Heat the olive oil in a large saute pan over medium heat. Add the sliced mushrooms and minced onions and saute until golden.

Add to the Bechamel and bacon mixture. Cook fresh spaghetti according to directions. Drain well and add to the sauce with the parsley. Blend well and transfer to a serving dish. Sprinkle with freshly grated Parmesan cheese and serve immediately. Serves 6-8.

Easy Sloppy Joes cook in microwave

AP — Most kids today are familiar with the microwave oven. They begin by preparing after-school snacks or quick breakfasts. As they get older, they can use easy-to-prepare main dishes, such as the recipe below, included in "Betty Crocker's Boys and Girls Microwave Cookbook" (Prentice Hall, \$15).

EASY SLOPPY JOES

1 pound ground turkey or ground beef
1 medium onion
2 teaspoons Worcestershire sauce
3 drops red pepper sauce
One 10 1/2-ounce can condensed tomato soup
6 sliced hamburger buns

With your fingers, crumble ground turkey or beef into small pieces in a 2-quart, microwave-safe casserole.

With a sharp knife and a cutting board, peel and chop the onion.

Sprinkle it over the ground turkey or beef.

Cover the casserole with waxed paper. Cook on high (100 percent power) for 3 minutes. Using a long-handled spoon, stir to break up the meat. Cover the casserole again

with waxed paper. Cook on high for 3 or 4 minutes or until the meat is no longer pink.

Using potholders, carefully remove the casserole from the microwave. To let the steam out, carefully lift the edge of the waxed paper that is the farthest away from you. Remove the waxed paper.

Put a colander over a container to hold any fat from the meat. Ask an adult to carefully pour the meat into the colander. Put the drained meat back into the same casserole. Stir in the Worcestershire sauce, red pepper sauce and condensed tomato soup.

Cover the casserole with a lid. Cook on high for 3 minutes. Stir. Cover again; cook on high 1 to 3 minutes or until hot. Using potholders, carefully remove the casserole from the microwave. To let the steam out, remove the lid by lifting it from the side away from you. Fill the hamburger buns with the mixture. Makes 6 servings.

Note: If you like cheeseburgers, you can try a slice of American cheese on top of your Sloppy Joe.

Recipe from: "Betty Crocker's Boys and Girls Microwave Cookbook." Prentice Hall General Reference and Travel, \$15. October 1992.

Author celebrates 'Foods of Tuscany' in cookbook



KEELY WYGONIK

Think about it. "The most important events in life take place around food," said Italian cookbook author Giuliano Bugialli. What would a bat mitzva, christening, wedding or wake be without a dinner

after the ceremony? Food is comfort, a reward, a way of saying "I love you." Certain foods like squash and apples

taste better in the fall, and tomatoes and cucumbers taste better in the summer.

For Giuliano Bugialli, author of the newly published "Foods of Tuscany," (Stewart, Tabori & Chang, New York \$50) food is "an expression of art, a way of living, a way of eating."

Bugialli and I talked at Jacobson's in Livonia recently about food, and his newest book. "Foods of Tuscany," features more than 150 recipes, organized by course, with 150 beautiful color photographs of Tuscan landscape, customs and food by

award-winning photographer John Dominis.

Even if you don't like to cook, you'll enjoy reading this book. It leads readers on a culinary tour of Tuscan landscape, customs, and food.

"I'm so sick and tired of cookbooks that list recipes, that's it," said Bugialli. "It's so old-fashioned. A cookbook should be some kind of traveling companion, as well as show food the way it's supposed to be eaten in one season, and not another."

Bugialli said he wants people to know that Italian food isn't just

about tomato sauce and garlic. In "Foods of Tuscany," he writes about the region he knows and loves. It's where he grew up.

Today, he divides his time between homes in New York and Florence, and travels extensively. Bugialli insists on absolute authenticity in reproducing Italy's cuisine. You won't find any recipes that use packaged pasta, he shows you how to make your own. Here's a recipe from the book.

CHICKEN WITH POMEGRANATES

1 chicken (about 3 1/2 pounds)
1 tablespoon (1/2 ounce) sweet butter
Salt and freshly ground black pepper
5 tablespoons olive oil
1 cup dry white wine
A large pinch of cinnamon
Freshly grated nutmeg
1 to 2 cups chicken broth,

preferably homemade

Plus
2 large pomegranates
To Serve
A large pinch of ground ginger

Cut the chicken into quarters. Rub the quarters with the tablespoon of butter and sprinkle them with salt and pepper.

Heat the oil in a medium-sized casserole over medium heat and, when the oil is warm, place the chicken in a single layer in the bottom of the casserole. Sauté for 2 minutes, then turn the chicken over and sauté for 2 minutes more.

Add the wine and let it evaporate for 10 minutes. Season with salt and pepper, then add the cinnamon and a large pinch of nutmeg. Start adding the broth, a little at a time, turning the chicken two or three times and adding more broth as needed.

Meanwhile, peel the pomegranates, removing all the seeds and discarding the skins.

When the chicken is almost cooked, about 25 minutes from the moment you started adding the broth, add the pomegranate seeds to the casserole, mix very well, cover and cook for 5 minutes more, stirring occasionally to be sure the seeds do not stick to the bottom. Taste for salt and pepper.

Just before serving, sprinkle the ginger all over the chicken and pomegranates, mix very well and transfer to a large serving platter. Serve hot. Serves 4.

Betty Crocker tip of the week: Vanilla is one of the most common flavorings used in baking because it both enhances flavors and tends to blend other flavors together. Keely Wygonik is Taste and Entertainment Editor. To leave a message, call 953-2105.

Special dinner features wine tasting

Robert M. Parker Jr. will lead a tasting of 1990 Bordeaux at 5:45 p.m. Wednesday, Nov. 18, at the Hellenic Cultural Center, 28099 Joy Road, between Wayne Road and Newburgh Road in Westland. The inclusive price is \$120 per person. For reservations, call the Golden Mushroom 559-4230. The event will commence at

5:45 p.m. with an hors d'oeuvre reception.

A sit-down tasting of 16 Bordeaux begins at 6:30 p.m., and a four-course dinner prepared by the Golden Mushroom of Southfield, featuring the wines of Chateau Pichon Lalande starts at 8:15 p.m.

The dinner will feature veal and duck sausage, roast rack of lamb, cheese gateau and lemon and raspberry Bavarians. Robert Parker will be available to autograph his books, which will be for sale. A selection of Riedel Crystal and accessories for the wine aficionado will also be available for purchase.

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