

You'll flip over pancakes from around the world

See Larry Jones' column on Taste front.

CANADIAN MAPLE PANCAKES

1 cup flour, sifted
2 tablespoons baking powder
1/4 teaspoon salt
1 egg, lightly beaten
1/4 cup milk
1 1/2 tablespoons melted butter
1/2 teaspoon maple extract
2 cups applesauce, warmed
1/2 cup heavy cream, whipped
stiff
6 tablespoons maple sugar

Sift together the dry ingredients. In another bowl, combine the egg, milk, butter and maple extract. Make a hollow in the flour and pour in the liquids, beating thoroughly to remove all the lumps. Heat a heavy griddle or large cast iron skillet and

coat its surface with a thin film of melted butter. When hot, pour on 2 tablespoons of batter for each pancake and when the surface bubbles, flip and brown. Top with warmed applesauce, whipped cream and sprinkle with maple sugar. Serves 4.

BUTTERMILK PANCAKES

1 egg
1 1/2 cups buttermilk
1 1/2 cups all purpose flour
1/4 cup melted butter or margarine
2 tablespoons sugar
1 teaspoon baking powder
dash salt
Combine all ingredients and beat well to get rid of any lumps. Heat griddle, grease lightly, use about 1/4

cup batter for each pancake. Makes about 12 pancakes.

NALESNIKI (POLISH PANCAKES)

Pancakes: 3/4 cup milk, warmed, slightly
1 egg yolk, lightly beaten
1 cup flour, sifted
1 tablespoon melted butter or margarine
1/2 teaspoon dry yeast
2 tablespoons lukewarm water
1 tablespoon sugar
dash salt
1 egg white, beaten stiff
Filling:
6 ounces cream cheese
1/2 cup sour cream
1/2 cup strawberry preserves
Mix flour and egg yolk. Stir in the milk and melted butter. Soften

yeast in the water. Add yeast, sugar and salt to the batter; mix thoroughly. Cover and let stand in a warm place for 8 to 12 hours or overnight. When ready to make pancakes, stir batter and fold in beaten egg white. Heat a heavy griddle over medium heat, coat surface with melted butter. Cook until bubbly, then flip.

Combine filling ingredients and mix well. Fill pancakes with the mixture. *Mamma Jones variation:* Omit the sugar in the recipe and fill pancakes with sauerkraut and top with a dollop of sour cream. Serves 4.

CHINESE PANCAKES (CHÜN QUEN)

1/2 cup sifted flour
1 tablespoon corn starch

dash salt
1 egg
1 cup water

Sift together flour, cornstarch and salt. Beat egg with the water and gradually add the flour, beating thoroughly. Heat a skillet with a thin coating of butter. When hot, pour 3 tablespoons of batter in center and tilt to cover the bottom of the skillet, when golden brown on underside only, transfer without flipping to paper towels and set aside.

Make your favorite filling using pork, bamboo shoots, water chestnuts, scallion tops, tiny shrimps and soy sauce. Roll like an egg roll. Serves 4.

DANISH PANCAKES

1/2 pound very lean bacon strips

6 eggs
2 tablespoons flour
1/2 cup milk
1/2 teaspoon salt
2 tablespoons chopped fresh chives

In a heavy skillet, crisp bacon slices. Drain on paper towels, and keep bacon warm. Meanwhile, drain all but 2 tablespoons of the bacon grease from the skillet. Beat eggs until light and fluffy. Add milk and salt; continue beating and sprinkle in the flour. Reheat the skillet with reserved bacon grease and pour in the batter, tilting the skillet so that the batter covers the entire surface.

Turn heat to low, cook until batter is firm, like a custard, about 15 minutes. Sprinkle with chives and garnish with bacon slices. Cut in wedges and serve hot. Serves 4.

Ugly winter vegetables beautiful additions to meals

See related story on Taste front.

CELERY ROOT AND PARSNIP PIE

1 red onion, peeled and finely chopped
1 celery root, 1/2 pound, peeled and halved lengthwise, then cut crosswise into 1/4-inch slices
3 parsnips, 1/2 pound, peeled and cut diagonally into 1/4-inch slices
1 1/2 cups chicken broth

1/2 cup apple cider
1 tablespoon fresh thyme
Sprinkle the red onion on the bottom of a shallow baking dish. Lay the celery root and parsnip slices in overlapping, alternate layers on top of the onion. Combine the chicken broth and apple cider and pour over the vegetables. Sprinkle with the thyme, and salt and pepper to taste. Cover with foil and bake for 30 minutes in a 400 degree oven. Remove the foil and bake about 30 minutes, basting often, until tender. Serves 4.

PARSNIP AND APPLE PUREE

1/4 cup fresh lemon juice
1/4 cup water
4 large Granny Smith apples
2 pounds parsnips, peeled and coarsely chopped
1/4 cup chicken stock
4 tablespoons unsalted butter
2 tablespoons light brown sugar
or
1 teaspoon ground coriander
Combine the lemon juice and water in a large bowl. Peel, core and cut apples into eighths, and drop

into lemon water. Place the parsnips in a shallow baking pan. Add the drained apples, and add 1/4 cup of the lemon water and the chicken stock.

Dot the parsnips and apples with the butter and sprinkle with brown sugar, coriander, and salt and pepper to taste. Cover the dish and bake in a 375-degree oven for 1 1/2 hours, stirring a few times during the baking.

Transfer the apples and parsnips with the cooking liquid to a food processor and puree until smooth.

Reheat, if necessary, in a covered dish in a 350 degree oven for 15 minutes. Serve garnished with fresh mint.

BOILED DINNER WITH TURNIPS AND HAM HOCKS

6 medium turnips, peeled and cut into 1-inch cubes
6 medium carrots, peeled and cut into 3/4-inch lengths
1 large onion, peeled and cut into 1/2-inch cubes
1 bay leaf
2 ham hocks
7 cups chicken broth
Combine ingredients in a large pot and bring to a boil. Reduce heat and simmer about 30 minutes, until vegetables are tender. Remove ham hocks from the broth. Cut meat from bone, trim off fat, and cut meat into thin strips. Ladle the broth and vegetables into soup bowls. Divide meat among the bowls, and garnish with crushed red pepper flakes to taste and minced cilantro.

ELWIN'S JICAMA SALAD WITH

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Tips for choosing, serving root vegetables

Winter vegetables are sometimes hard to find, because their prettier cousins are often given the best location in the produce aisle. Be persistent; they're worth looking or asking for.

Choose small- to medium-sized root vegetables. Large ones tend to be woody. Scrub with a vegetable brush, and peel. Usually, it's better to peel with a paring knife rather than a peeler. Any tops should be bright green and fresh looking.

Here are some serving ideas.

■ Celery root — Delicious in salads: julienne, grate or shred, cel-

ery root and serve with slices of beets, carrots and tomatoes with a vinaigrette sauce.

■ Jicama — Mexicans like jicama sliced, and sprinkled with chili powder, lime juice and salt. Chill and serve with drinks, or slice jicama and serve with dips as an alternative to crackers.

■ Kohlrabi — Strictly speaking, Kohlrabi isn't a root vegetable, but a swollen stem formed above the ground. If you're ambitious, you can stuff cooked kohlrabi shells. Otherwise, serve raw, in soups or stews, or stir-fry.

■ Parsnips — Delicate with a

sweet, nutty taste, serve parsnips raw or diced, and add to stews and soups during the last 15 minutes of cooking. Bake with apple wedges, a sprinkling of brown sugar and orange juice for 50 minutes in a 325 degree oven.

■ Rutabagas — Larger, rounder, denser and sweeter than turnips, serve rutabagas raw, or in soups and stews. Mash cooked rutabagas and season with butter, brown sugar and cinnamon.

■ Turnips — Cultivated as a staple food for about 4,000 years, serve turnips as a crudite with vegetable dips or mix shredded

raw turnip with salad oil and lemon juice accented with mint for a refreshing salad.

■ Ginger — They don't come much humbler than ginger, but you can't beat it for enlivening foods with its distinctive flavor. Knobby ginger root (actually a rhizome) has dull brown skin, fibrous flesh, and a spicy hot flavor when mature. To use ginger, rinse and scrub, peel with a paring knife. Thinly slice, slice, grate, or chop to use in stir-fries, marinades, salad dressings or wherever your taste dictates.

Baker's from page 1B

"My husband's co-workers say he's so tired to be married to a chef. But the truth is I don't have time to cook. I work six days a week, 5:30 a.m. to 7:30 p.m. When I cook it's something quick. We have an indoor barbecue grill, and use it a lot."

What's your favorite food?
"I really like cake with buttercream frosting. You'd think I'd get tired of it after 21 years of decorating cakes, but I still love it."

How have people's tastes in desserts changed?

"Customers want more pure products made with real butter,

eggs, vanilla, not artificial sweeteners and other chemicals. I see a return to basics. When they come in they'll buy one really good thing for a treat like a cream puff."

If you could bake a cake for anyone, who would it be, and what would you make?

"I would have liked to bake a cake for President Bill Clinton's inauguration. I would have probably done a sculpture of his face looking at the capitol with a flag in the background."

Have you ever had a cake disaster?

"Yes. It was the first wedding cake I ever decorated. Jerry was about 2, and my husband had washed the car and was drying it. I had just finished putting the biggest layer of the cake in the trunk when Charlie flipped his rug and it landed right in the middle of the cake. Luckily it landed on the plate, so the cake wasn't ruined."

What's the nicest thing that ever happened to you?

"I used to teach cake decorating to some kids at church. We entered a contest and everyone won. I was so proud, it's better than winning yourself."

winning yourself."

Hobbies

"I like to read historical romance novels. I like to get lost in them and not think. I also like to watch old black and white classic movies."

Cooking tip:

"The biggest mistake people make is they don't take care of the product. Don't let a cake set for hours; cover it up. When you make buttercream frosting, cover it before you put it in the refrigerator. It's a delicate product and will pick up any flavors in the fridge."



Ski Time! Get on track with THE Observer & Eccentric Cross-Country Ski School.

Cross-country skiing is a fun, exciting, and healthful way to enjoy the outdoors this winter. Learn to cross-country ski at the Observer & Eccentric Ski Schools listed below. Because there is limited space availability, pre-registration is required. For more registration information, call Monday through Friday at least one week in advance of the lesson.

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c/o Rochester Avon Recreation Authority
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651-1900

Addison Oaks County Park
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