

Fruity muffins good for you

See related story on Taste front.

CRANBERRY OAT BRAN MUFFINS

2 1/4 cups oat bran
1/4 cup chopped walnuts
1 cup cranberries, washed, coarsely chopped
2 teaspoons baking powder
1/2 teaspoon salt (optional)
1/4 cup brown sugar
1/4 cup orange juice
1/4 cup honey
2 tablespoons Puritan oil
3 egg whites, lightly beaten

Preheat oven to 425 degrees. Line 12 muffin cups with paper liners. In a large bowl, combine oat bran, nuts, cranberries, baking powder, salt and brown sugar; mix well. Combine remaining ingredients; mix well. Stir into the dry ingredients, stirring just until moistened. Fill prepared muffin cups until almost full and bake in the middle of the oven for 15 to 17 minutes. Do not overcook or they will become dry. Beat served warm. Makes 12 large muffins.

You can use other berries such as blueberries in which case you would gently fold the berries into the batter last in order not to crush them.

(One muffin per serving: Calories 150, Protein 5 g, 29 percent fat (2 percent saturated fat), Carbohydrate 23 g, Dietary fiber 5 g, Cholesterol 0 mg, Sodium 174 mg, Calcium 45 mg, Iron trace.)

Recipe from "High Fit — Low Fat

Cookbook," by Lizzie Burt and Nelda Mercer (Favorite Recipes Press, 1989).

BLUEBERRY MUFFINS

1 egg
1/2 cup skim milk
1/4 cup canola oil
1 1/4 cups flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup fresh or frozen blueberries or raspberries

Preheat oven to 400 degrees. Spray bottom of muffin cups with cooking spray. Beat egg. Stir in milk and oil. Sift flour and blend with dry ingredients. Stir in berries. Stir batter until flour is moistened. Do not over mix. Batter should be lumpy. Fill muffin cups 3/4 full. Bake 20 to 25 minutes depending on size of muffin tin or until golden brown. Makes 12 muffins.

(One muffin per serving: 146 Calories, Protein 5 g, Fat 6 g, Carbohydrate 22 g.)

Recipe from "The No Red Meat Cookbook, a low fat approach to healthy eating," by Amy Underdown, (1992, Amy Underdown).

ZUCCHINI-LEMON MUFFINS

2 1/4 cups all-purpose flour
1/2 cup granulated sugar
2 teaspoons double-acting baking powder
1 teaspoon baking soda
1 1/2 cups shredded zucchini
3/4 cup thawed frozen egg sub-

stitute
1/4 cup vegetable oil
2 tablespoons lemon juice
1 teaspoon grated lemon peel

Preheat oven to 350 degrees F. Line 12 — 2 1/4-inch muffin-pan cups with paper baking cups; set aside.

In large mixing bowl combine flour, sugar, baking powder, and baking soda; set aside. In medium mixing bowl combine remaining ingredients, stirring to combine; add to flour mixture and stir until moistened (do not beat or over mix).

Fill each baking cup with an equal amount of batter (each will be about 3/4 full). Bake in middle of center oven rack for 20 minutes (until muffins are golden and a toothpick inserted in center comes out dry). Remove muffins from pan to wire rack and let cool. Makes 12 muffins.

(One muffin per serving: 167 Calories, 4 G. Protein, 5 G. Fat, 27 G. Carbohydrate, 47 MG. Calcium, 161 MG. Sodium, 0 MG. Cholesterol, 1 G. Dietary Fiber.)

Recipe from "Simply Light Cooking," (Weight Watchers International, Inc., 1992)

BANANA WHOLE-WHEAT MUFFINS

Vegetable-oil cooking spray
1 cup all-purpose flour
3/4 cup whole-wheat flour
1/2 cup sugar
2 teaspoons baking powder
1 teaspoon baking soda

1 cup low-fat or nonfat plain yogurt
1 cup mashed ripe banana (approximately 2 medium)

2 tablespoons vegetable oil
1 extra-large egg (one large egg may be used in place of extra-large)

1 teaspoon vanilla extract
1/4 teaspoon grated lemon zest
1/4 cup chopped walnuts, pecans or hazelnuts

Preheat oven to 400 degrees F. Spray muffin pans with vegetable-oil cooking spray. In a large bowl, combine the flours, sugar, baking powder and baking soda; stir to blend.

In another bowl or large glass measuring cup, combine the yogurt, banana, oil, egg, vanilla and lemon zest; whisk to blend. Pour the wet ingredients over the dry ingredients, stir just until blended. Do not over-mix. Spoon into the prepared pans, filling each cup about three-fourths full. Sprinkle the tops evenly with the chopped nuts.

Bake until muffins are lightly browned and a toothpick inserted in the center comes out clean, 20 to 25 minutes. Cool slightly in pans. Turn out and cool on a wire rack. Makes about 12 muffins.

(One muffin per serving: 169 Calories, 6 G. Protein, 28 G. Carbohydrate, 144 Mg. Sodium, 23 Mg. Cholesterol.)

Recipe from "The Light Touch Cookbook," by Marie Simmons, (Chapters Publishing, Ltd. 1992)



QUAKER OATS

Moist muffins: Warm Pralines 'n' Cream Muffins are moist and tender with just the right amount of buttery pecan flavor.

Pralines and cream muffins win prize

So many top notch bakers entered the 3rd annual Quaker Oats "It's The Right Thing To Do" recipe contest, the judges' job was a difficult one. After hours of delicious tasting, a moist muffin with the flavor of pralines and cream was awarded honors in one of the contest categories.

Martha Davis of Iman, S.C., a veteran baker, mailed her recipe for Warm Pralines 'n' Cream Muffins the first day the contest opened because she thought it might be a winner. Her favorite ice cream flavor — pralines 'n' cream of course — served as inspiration for this prize-winning muffin.

She combined whole wheat flour with either quick or old fashioned Quaker oats and all-purpose flour for a wholesome flavor and tender texture.

WARM PRALINES 'N' CREAM MUFFINS

1/2 cup firmly packed brown sugar
1/2 cup (5 1/2 tablespoons) margarine
One 3-ounce package cream cheese, softened
1/2 cup milk
1 egg
1 teaspoon maple or vanilla extract

1 cup Quaker oats (quick or old fashioned, uncooked)
1/2 cup all-purpose flour
1/2 cup whole wheat flour
1 tablespoon baking powder
1/2 teaspoon salt (optional)
1/4 cup chopped pecans, dried

Heat oven to 400 degrees. Grease bottoms only of 12 medium muffin cups or line with paper baking cups. In medium bowl, beat brown sugar, margarine and cream cheese until creamy. Add milk, egg and maple extract; mix well. Add combined dry ingredients and 1/2 cup pecans; stir just until dry ingredients are moistened. Fill prepared muffin cups 3/4 full. Sprinkle with remaining 1/4 cup pecans. Bake 20 to 22 minutes or until golden brown. Cool; serve slightly warm. Yield 12 muffins.

To freeze muffins, wrap securely, seal, label and freeze.

To reheat frozen muffins, unwrap muffins; microwave at High about 45 seconds per muffin.

Nutrition Information: One muffin per serving. Calories 220, Protein 4 G, Carbohydrate 22 G, Total Fat 14 G, Cholesterol 25 MG, Dietary Fiber 2 G, Sodium 205 MG

Muffins from page 1B

In the beginning class series participants learn how to prepare balanced natural meals. The fee for the muffin class is \$25; the beginning cooking class series is \$110 for four classes.

When you're making muffins, Baum recommends mixing the wet ingredients separately, and then folding them by hand into the dry ingredients until moistened. She uses an ice-cream

scoop to fill paper muffin liners with batter.

Before serving, Baum lets the muffins cool completely on a baking rack. She stores leftovers in a glass jar or freezes them. She de-frosts muffins in the refrigerator, and steams them for a few minutes on an oven rack to reheat.

If you don't have time to bake your own muffins, read labels when you shop for them at the grocery store.

The best choices are those made without fat, said Nelda Mercer, a registered dietitian and assistant director of preventative nutrition at the University of Michigan MedSport Preventative Health Program. The second-best choice is a muffin made with unsaturated fat like safflower or sunflower oil.

Mercer co-authored the "Shopping Center Guide" with Dr. Carl Orringer, director of the prevention

cardiology and cardiac rehabilitation programs and clinical assistant professor of internal medicine at the University of Michigan.

The book lists aisle-by-aisle 6,000 food items by brand name, all rated as acceptable or not recommended based on their total fat and saturated fat content. First published in 1988, the book has been revised, and is in the process of being revised again for release in the fall of 1993 to include new products, and to re-examine products which are no longer available or that have revised their recipes. The book is \$18.95, and available at Borders Book Shop.

They also offer the "High Fit — Low Fat Cookbook" for \$14.95. To order by mail, make check payable to University of Michigan and mail to The University of Michigan Press, P.O. Box 1104, Ann Arbor, MI 48106. Add 4 percent sales tax, plus \$1 shipping and handling for first book and 25 cents shipping and handling for each additional book.

See recipes inside.

Chef trailblazer for women



KEELY WYAGONIK

grown sons, the teacher many area chefs told me about, and cookbook author.

"I say things that seem totally outrageous, and 10 years later it's common," she said during a luncheon at the Rattlesnake Club in Detroit. According to Kamman it will take a little longer, probably about 15 years, before women are given the same opportunities as men to succeed in the culinary arts field. It's true what they say — most of the best chefs are men, and when they go home their wives cook them dinner.

March is Women's History Month, a time when women reflect on their accomplishments. Kamman wasn't visiting Detroit to talk about the lack of respect women chefs are given, or their accomplishments, she was here to explain what she and Beringer Vineyards are doing together to develop the skills of young chefs.

Kamman is in her fifth year as director of the School for American Chefs at Beringer Vineyards in the Napa Valley of California. During her slide presentation, she proudly pointed to students, some of them women, who have since opened restaurants or been promoted.

Their successes, are her successes. After listening to Kam-

man for a while, you realize that her career has not been a ladder to be climbed, but a journey to develop her potential, and do what she wanted to do.

It wasn't easy. Born in Paris and educated at the Sorbonne, Kamman was introduced to the world of food at the age of nine in her aunt's restaurant in Loire Valley. In 1960 she married Alan Kamman and moved to Philadelphia.

"I realized there was a need for learning in this country," she said. "I taught my neighbors how to cook, and when I found out that the adult education department at the school was looking for a French cooking teacher, I applied."

Besides teaching, Kamman was busy raising two sons. In 1979 the family moved to Detroit where she established Modern Gourmet, a professional school for chefs. "The Making of a Cook" (Atheneum Publishing) was published in 1971.

Two more books will be published in 1994 — "The Chicken and Other Poultry Home Companion," (William Morrow) and a revision of "The Making of a Cook," (Atheneum Publishing).

Although her name is not a household word, Kamman has done a lot, and influenced many well-known area chefs including Jimmy Schmidt and Elwin Greenwald.

Kamman operated a catering service, restaurant, cooking school in France, and had her own TV series "Madeline Cooks," 62 shows which aired on PBS.

In her cooking classes, Kamman said she told her students they weren't housewives, but household executives. "It's a big

endeavor to feed children, budget. An awful lot of thinking goes into running a household."

Kamman said she tells women to not be jealous of successful, strong women like Hillary Rodham Clinton, but to look up to them as role models.

Kamman is proof that you can do or be whatever you want. For information about the School for American Chefs, write to Beringer Vineyards, 2000 Main Street, St. Helen, Calif. 94574. (707) 963-7115.

In celebration of Women's History Month, here a few fun food facts from "Mothers of Invention from the Bra to the Bomb, Forgotten Women and their Unforgettable Ideas," by Ethlie Ann Vare and Greg Pataek. I got them from Nancy K. Swanson, director of the Women's Resource Center at Schoolcraft College in Livonia.

Drip coffee pots and filters were invented by Melitta Bentz in 1908. Margaret Knight invented brown paper bags in 1870. Ruth Wakefield accidentally created chocolate chip cookies in 1933 at the Toll House Inn. Ice cream cones were invented in 1904 by a woman who took a biscuit from an ice cream sandwich and wrapped it around the ice cream to keep it from dripping onto her dress.

Keely Wygonik is Taste and Entertainment Editor. She can be reached during business hours at the Livonia office, 953-2105.

COOKING CALENDAR

To get your classes listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, The Observer & Eccentric, 36251 Schoolcraft Road, Livonia 48150.

SCHOOLCRAFT COLLEGE
No Guilt Cafe, a course for people with special dietary needs who still want to enjoy delicious meals will be offered for three weeks. 6:30-9:15 p.m. beginning Tuesday, March 30. The fee is \$100. To register call, 462-4448.

SUGAR WORK
Sugar Work Demonstration 9 a.m. to 5 p.m. Sunday, April 4 in

Room J-293 at Oakland Community College in Farmington Hills. Learn about sugar blowing, pulling, poured sugar, bubble sugar, rock sugar and straw sugar. American Culinary Federation Continuing Education Points awarded. Course fee \$100. For information, call 471-7770.

TUPPERWARE
Venture Sales, an authorized distributor of Tupperware Brand Products, is offering a Microwave Cooking Class 7-9 p.m. Monday, April 6 at 32783 Manor Park Drive in Garden City. These classes are free. For more information, call 522-9260.

Manage Your Weight by Managing Your Emotions

If you're overweight and recognize that personal problems and life stresses are contributing to the problem, contact Dr. Ralph Keith, an experienced psychotherapist to help you regain control and live life more productively.

28336 Franklin Rd.
Southfield
746-0844

Sweet maple syrup spring treat

See Larry Jones' column on Taste front.

HOMEMADE CARAMELS

1 cup butter or margarine
1 pound (2 1/4 cups brown sugar)
dash salt
1 cup homemade maple syrup
1 1/2-oz. can sweetened condensed milk
1 teaspoon vanilla

Melt the butter or margarine in a heavy 3-quart saucepan. Add sugar and salt; stir thoroughly. Stir in syrup and mix well. Gradually add milk, stirring constantly. Cook and

stir over medium heat to a firm ball stage on a candy thermometer (245 degrees) for 12 minutes. Remove from heat and stir in the vanilla. Pour into a buttered 9 by 9 by 2-inch pan. Cool and cut into squares. Makes about 36 1-inch caramels.

CREAMY PRALINES

3 cups homemade maple syrup
1 cup light cream
1/2 teaspoon baking soda
1 1/2 tablespoons butter
2 cups shelled pecans

Combine the maple syrup with the cream and the baking soda.

Cook in a deep saucepan, stirring often until it forms a soft ball when dropped into cold water, or until it shows 234 degrees on a candy thermometer. Remove from heat and immediately stir in butter and pecans. Beat the mixture for 3 minutes or until it begins to thicken, then drop by teaspoonfuls onto waxed paper. Makes about 36 pralines 3-inches in diameter.

Recipe from "Stalking the Wild Asparagus" Field guide edition by Euell Gibbons, McKay Co. copyright 1962 by Euell Gibbons. The book also contains excellent step-by-step instructions for sugaring.

EASTER SPECIALS

EASTER SPECIALS

ORDER YOUR KOWALSKI GRANDMA K SPIRAL HAM AND KIELBASA BEFORE APRIL 2ND AND GET A 20¢ /LB. DISCOUNT. OFFER GOOD AT KOWALSKI DELI & BAKERY LOCATIONS LISTED BELOW.
MINIMUM 5 LB. ORDER, REQUIRED 50% DEPOSIT. NO COUPON NEEDED.

Party Trays

(starting at \$2.75 per person - 15 minimum)

Look for the sign of "Kowalski"

22030 FARMINGTON AT 9 MILE 474-9650
8028 MIDDLEBELT AT ANN ARBOR TRAIL 261-8320