

MONDAY, JULY 12, 1993

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TASTE BUDS



LARRY JONES

Search for authentic French cookies ends

My Voice Mailbox has gotten pretty full. Susan Mikarski of Troy requested a recipe for authentic French Gaufrettes, those thin rolled cookies you see stuck in desserts. Mikarski said she searched high and low. I did, too. I searched my files, the library, and even called my old high school French teacher. The good folks at Kitchen Glamour directed me to "Larousse Gastronomique," a French cookbook which supplied the following recipe.

In order to be truly authentic, you will probably want to search out a French Gauffrette iron, but a pizzelle maker should do the trick.

FRENCH GAUFRETTES

2 1/4 cups all purpose flour
1 generous cup of sugar
A pinch of salt
A dash of vanilla, cinnamon and/or orange or lemon zest
1 egg white
Generous 1/2 cup softened butter

Combine all ingredients as listed. Shape the dough into a ball and cook on a pizzelle iron as directed. Eleanor Graham of Livonia wrote and told me about her red currant bush that is bustling forth with a bumper crop of red currants this year.

She went on to say that she has made all kinds of jelly and can't bear the thought of making more so could I please find her some recipes for using fresh red currants? Glad to oblige Eleanor, hope you enjoy the following.

RED CURRANT PIE

1 1/2 cups sugar
2 tablespoons flour
1 quart red currants
1 prepared 9-inch pie pastry

Combine the sugar, flour and the currants. Mix and squeeze the currants with the back of the spoon while mixing. Pour into a prepared pie shell and bake at 450 degrees for 10 minutes, then lower the temperature to 350 degrees and cook for 30 minutes or until the crust is golden.

Jeanette Alder of Livonia couldn't wait to try the recipe that appeared several weeks back for a French Strawberry Torte, but couldn't locate white baking chocolate for the recipe. Once again, the folks at Kitchen Glamour in Redford came through with a supply.

Shirley McCullen of Livonia called to say she enjoyed my recent article on soup stocks, but wondered why she occasionally ends up with a cloudy batch of stock. I suggested she lower the heat a bit when making stocks so that everything in the pot is not bouncing around in a furious jumble.

If you're looking for some fun reading and a few great recipes, check out the July 1993 issue of "Gourmet" magazine. Laurie Colwin, a great food writer who passed away last year, has a deposition on "Deserts that Quiver" that is most reading for anyone who cooks and loves Jell-O.

The Jones Gang took a trip to the Eastern Market Saturday, and if you have yet to discover the Vietnamese market on Russell between Bert's Place and the State Street Market, check out their fresh squid, homemade spring rolls, sticky buns and wontons.

An anonymous reader from West Bloomfield called to say he misplaced a recipe for brownies that ran a few years back. I've changed computers since then, so I visited my local library and took a trip through past articles via Microfilm and located what was by far one of the best brownie recipes I have ever come across. Here it is.

BLOOM'S BROWNIES

16 ounces unsweetened chocolate
16 ounces butter
7 eggs
1 tablespoon plus 1 splash vanilla
1/4 teaspoon salt
2 tablespoons cocoa
4 cups sugar
1/2 cup raspberry jam
3 tablespoons raspberry liqueur, optional
2 1/2 cups flour
2 teaspoons baking powder

Preheat oven to 325 degrees. Melt the chocolate and the butter on the top of a double boiler. Line a large cast iron skillet with double layers of foil and lightly grease to prevent brownies from sticking. Using an electric mixer, mix together the eggs, vanilla, salt, cocoa, sugar, jam and liqueur. Fold in butter and chocolate mixture. Stir flour and baking powder into the chocolate mixture and mix well. Pour into the lined cast iron skillet and bake for 60 minutes. Cool in the pan as brownie will rise and fall. Wrap in foil and keep refrigerated. Best eaten at room temperature.

I tried this recipe and found that the brownie needed to cook a little longer than 60 minutes.

See Larry Jones' family-tested recipes inside. To leave a message for Chef Larry, dial 953-2047 on a touch-tone phone, then mailbox number 1886.



There are a lot of angels who can cook at Christ Child Society and St. Hugo of the Hills Church. When the Christ Child Society and Altar Guild of St. Hugo of the Hills decided to publish cookbooks they shared their heavenly recipes.

By GENE RINSCHLER
SPECIAL WRITER

Looking for inspiration to create the Christ Child Society cookbook was not a problem for editor Pat Hardy. She was surrounded by inspirational quotes for every day of the week to accompany 365 recipes in this newly released recipe collection.

According to past Christ Child Society president, Kathy Sheehan, Hardy presented the idea of a cookbook, that would include an inspirational quote from each of the members contributing recipes, a few years ago. The proceeds would help raise money to keep the Christ Child House, a residential treatment center for neglected and abused children in Detroit operating.

"Angels can fly because they take themselves lightly" by Gilbert Keith Chesterton inscribed on the opening page of the cookbook along with a whimsical angel drawn by illustra-

tor Jon Buechel is Hardy's favorite quote.

"We couldn't have found a more perfect way to begin," she said. Recipes are divided by seasons and accompanied by a chapter of menus for special occasions such as "A friendship coffee" for May or June by Peg Harber. "A country picnic for a wedding or shower" by Bernie Muench, and "A Polish Christmas dinner" by Sharon Otlewski.

There are recipes perfect for summer parties such as Peg Harber of Birmingham's menu which includes a Chilled Hungarian Berry Soup, Rose Geranium Bundt Cake, Lemon Tea Bread with a Lemon Glaze and Zucchini-Carrot Bread.

A number of cooks have also included tips for entertaining such as Detroit caterer Mary Ann Chutorah and Bloomfield Hills' Bernie Muench who says — "my advice for happy entertaining is to put your guests first, enjoy the day and use

something common in an unexpected way."

"There are so many wonderful recipes in the book," said Hardy. "For example, Peg Harber, one of our volunteers, loves to cook. Many of the recipes she submitted include herbs and flowers. People don't realize how to cook with herbs especially when they're incorporated into dessert recipes such as Peg's Rose Geranium Bundt Cake."

Although most folks don't grow their own herbs, many of the fresh herbs included in the cookbook can be purchased fresh at large gourmet produce markets and at local farmer's markets.

Other tempting summer dishes to be found in the cookbook for the month of July are Summer Squash Casserole, Shrimp Remoulade, and Jeff Baldwin's Chilled Pasta and Duck Salad with Cherries and Walnuts.

"The Christ Child Society Inspirational Cookbook" can be ordered by mail by sending a check or money order for \$18.60 to Sarah Koval, 2587 Blinbrook, Troy, MI 48064 — check payable to the Christ Child Society. Call 642-9780 for information.

The Christ Child Society volun-

teers are not the only angels who have been cooking and testing recipes for the past few years. Their competition so to speak have been The Altar Guild of St. Hugo of the Hills Church in Bloomfield Hills, who have published a collection of over 800 recipes in "Amazing Taste"

The cookbook which is presented in a vinyl covered three-ring binder is filled with recipes in every category which they have been collecting and testing for the past three years.

"Amazing Taste" can be purchased at the church office 644-6460 or by sending \$24.80 to St. Hugo Altar Guild 2215 Opdyke Road, Bloomfield Hills, MI 48304.

"We, too, wanted to publish a collection of family treasured recipes but we also realized when organizing the project that we had a wealth of cultural diversity within our church community which could be a great foundation for a recipe collection," said Denise Di Mambro one of the cookbook co-chairmen.

"When Theresa Mazur and I began our research for 'Amazing Taste' we discovered, that the first St. Hugo cookbook had been published

See ANGELS, 2B

Busy mom jazzes up side dishes, salads



By KEELY WYOGNIK
STAFF WRITER

Not enough time is not one of Dawn Rassel's reasons for not cooking dinner for her family. She never has enough time . . . she makes it.

"We think sitting around a table eating together is important. It gives us a chance to talk, regroup and review the day," said Rassel of Bloomfield Hills, a part-time marketing consultant, and chairman of "Jazzfest '93," to be held July 29-31 throughout downtown Birmingham.

Mom's helpers:
Dawn Rassel gets help making salad dressing from Lauren, 8, who is measuring out mustard, and Brian, 6, who is squeezing a lime.



PHOTO BY WILLIAM HANSEN

Festival passes are \$20 and festival patron passes which include a champagne afterglow at the Townsend Hotel, are \$50. To purchase a pass, call 433-FEST.

To cook dinner in a hurry, Rassel keeps a few basic ingredients on hand. Her husband Richard often cooks on weekends.

Rassel makes her own salad dressing often with help from Brian, 6, and Lauren, 8. Brian and his sister set the table, serve and clear, make dessert, and "sometimes help just by staying out of the way," said Rassel.

Besides Brian and Lauren, Rassel's helpers include her daughter, Lissie, 19, a sophomore at Albion College, and son Rick, 22, who graduated this

See BUSY, 2B



SUPER RECIPES

Serve rice and noodle pilaf with grilled pork chops and tossed green salad. The vinaigrette with lime juice is a favorite at the Rassel house. Let your kids squeeze the lime.

RICE AND NOODLE PILAF

3 tablespoons oil
3 ounces fine noodles, uncooked
1 1/2 cups rice, uncooked
3 cups chicken broth
freshly ground pepper and salt to taste
Pine nuts, sunflower seeds, nuts optional

Heat oil in large skillet and add noodles (and nuts, if desired) turning them frequently. When crisp and browned, add rice, salt and pepper, and 2 cups broth. Cover skillet and cook over low flame 10 minutes.

Add remaining cup of broth, taste and correct seasoning. Cook, covered, until all liquid is absorbed and rice is soft and fluffy, about 25 minutes.

Note: The total cooking time is similar to the total time on directions of rice used. Serves 4-6.

VINAIGRETTE

1 small clove garlic, crushed
1/2 teaspoon coarse salt
1/2 teaspoon Dijon mustard
juice of one lime
1 tablespoon dry vermouth
1/2 to 3/4 cup olive oil

Mash garlic with salt in small bowl or jar. Stir in mustard, lime juice and vermouth. Whisk in the oil. Shake or whisk before using. Serves 6 to 8. Serve dressing on a salad of mixed greens. Try mixing red leaf and bibb lettuce. Add sprouts, green onions and red pepper.

MEAT MARINADE

1/3 cup olive oil
1/3 cup lemon juice
1/3 cup wine, whatever is open and on hand
fresh rosemary sprigs

Put meat in a shallow dish. Cover with marinade. Refrigerate overnight.