

Pork ribs have German accent

There's a change in the air — days are shorter, nights cooler and fall fruits and vegetables are showing up at the market.

"This is the perfect time of year to start cooking with a German accent," said Anne Roberts, director of consumer affairs for the Michigan Pork Producers Association.

What began in 1810 as a royal wedding celebration in Munich has become an annual festival celebrated around the world. Today, whether you're in Munich or a nearby German-American neighborhood, you'll find people celebrating Oktoberfest in the same way — dressed in lederhosen, singing beer-hall songs and enjoying plenty of food and drink.

"Pork has always been a delicious part of the tradition," said Roberts. "Ribs make a tasty transition from summer grilling to fall meals. For an authentic German flavor, try simmering them with some sauerkraut, onions, apples and brown sugar."

For more recipes featuring today's lean pork send a business-sized, self-addressed stamped envelope to: Delicious Duzen, c/o Michigan Pork Producers Association, 4265 Okemos Road, Suite C, Okemos, MI 48864.

Here are some recipes to try.

OKTOBERFEST RIBS

- 2 pounds pork spare ribs
- 2 jars (32-ounce) sauerkraut, drained
- 2 yellow onions, peeled and cut in half
- 2 tart green apples, cored and wedged
- ¼ cup brown sugar
- 8 juniper berries or 1 tablespoon caraway seed (optional)

Layer ingredients into a large Dutch oven in this order: sauerkraut, onions, apples, brown sugar (sprinkle evenly over) and ribs. If using juniper berries or caraway seed, bury them evenly in the sauerkraut layer.

Bring to a boil, lower heat, cover and simmer gently for 2-3 hours, until ribs are very tender. Serves six.

GERMAN POTATO SALAD

- 3 cups cooked red potatoes, cooled and diced
- ½ cup finely chopped celery
- ¼ cup finely chopped parsley
- 4 slices lean bacon, diced
- ½ cup chopped onion
- ¾ cup water
- 1 tablespoon flour
- ¼ cup cider vinegar



German fare: It's an Oktober-fest! Pork ribs and sauerkraut are as much a part of the Oktober tradition as fine German beer and wine.

- 2 tablespoons sugar
 - ½ teaspoon salt
 - ¼ teaspoon dry mustard
 - 2 teaspoons poppy seed
- In medium bowl, combine potatoes, celery and parsley. In large non-stick skillet, cook diced bacon, removing and discarding fat as it accumulates in pan. Add onion and saute until onion is

crisp-tender.

In small bowl combine water, flour, vinegar, sugar and seasonings; stir into onion mixture. Continue cooking over medium heat until mixture thickens. Remove from heat. Pour sauce mixture over potatoes. Toast gently to combine. Serve warm or at room temperature. Serves 6.

COOKING CALENDAR

To get your classes or events listed in this column, send items to be considered for publication to: Keely Wygonik, Taste Editor, The Observer & Eclectic, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

COOKING DEMONSTRATION

The women at St. Kenneth Parish, 14951 Haggerty, Plymouth — present Chef Larry Jones in a program featuring quick, healthy holiday appetizers, 7:30 p.m. Oct. 12. Limited seating. Call 420-3335 or 464-2598 for reservations.

KITCHEN GLAMOR

Chef Fabrizio Battoro, Cuisinart's talented Italian chef, will prepare delicate rolls, Gnocchi with chunky tomato sauce, Caesar salad and other flavorful foods using Cuisinart products, 7 p.m. Tuesday, Oct. 12-15 at Kitchin Glamor stores. There is no fee for

this class. Chef Larry Jones will teach a Fundamentals of Poultry class at the Novi store, 11 a.m. Saturday, Oct. 16, the cost is \$26. To register for these classes, or more information, call 537-1300.

SCHOOLCRAFT COLLEGE

Schoolcraft College in Livonia is accepting registrations for culinary arts classes that begin in October. Call 462-4448 for information. Offerings include: Basic Charcuterie for the professional chef with Chef Milos Cihelka, and hands on gourmet cooking with chef Jeffrey Gabriel.

LENORE'S NATURAL CUISINE

Sauerkraut and quick meals are some of the classes being offered this fall at Lenore's Natural Cuisine, 22899 Inkster Road, Farmington Hills. Call 478-4465, 10 a.m. to 6 p.m. weekdays for information.

Test your spice IQ

AP — A spice-and-herb chart posted in your cupboard proves handy when you're flavoring a dish, but don't let it limit your creativity. Once you feel comfortable with the classic seasoning combos, try something different.

For example, pair dill and nutmeg in a cheesy pasta sauce, or ginger and fennel seed in a meaty soup. And just for fun, test your spice IQ below.

1. Which is the world's most expensive spice?
 - a) basil; b) saffron; c) anise.
2. Vanilla is the fruit of what plant?
 - a) poppy; b) orchid; c) carnation.
3. The favorite spice used in pizza is?
 - a) coriander; b) fennel; c) oregano.
4. The spice that can be identified by its licorice flavor is?
 - a) anise; b) clove; c) cinnamon.
5. It's the bark of a tree and one of the oldest spices known.

- a) ginger; b) cinnamon; c) cloves.
6. It's part of the nutmeg plant but is also a spice.
 - a) mace; b) allspice; c) coriander.
7. What spice was used to crown the Greek Athletics?
 - a) cardamom; b) basil; c) bay leaves.
8. This herb is also known as Chinese parsley.
 - a) cilantro; b) coriander; c) basil.
9. This is called the "Queen of Spices."
 - a) saffron; b) thyme; c) cardamom.
10. What is the world's most popular spice?
 - a) garlic; b) red pepper; c) black pepper.

Answers: 1. b) saffron; 2. b) orchid; 3. c) oregano; 4. a) anise; 5. b) cinnamon; 6. a) mace; 7. c) bay leaves; 8. a) cilantro; 9. c) cardamom; 10. b) red pepper.

Use your noodle to cook quick Chinese

AP — Some Chinese people eat more noodles than rice. In fact, noodles originated in China. There are as many different styles of noodles as there are ways of cooking them.

One method involves adding noodles right to the wok. This 1990s takeoff does just that. With fast-cooking Oriental noodles, they take about the same amount of time to cook as the vegetables. When you're ready to add flavor, toss in the seasoning packet, along with a little sweet-and-sour sauce. Now that's using your noodle!

- 1 pound skinless, boneless chicken breast halves, cut into bite-size strips, or two 5-ounce cans chunk-style chicken, drained
- 3-ounce package Oriental noodles with chicken flavor
- 1 cup water
- 1 small zucchini or yellow summer squash, halved lengthwise and bias-sliced
- 2 stalks celery, thinly sliced
- 2 cloves garlic, minced
- ¼ cup bottled sweet-and-sour sauce
- 2 tablespoons coarsely chopped peanuts
- 11-ounce can mandarin orange sections, drained

If using chicken strips, pour oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry chicken, half at a time, about 3 minutes or until no longer pink; remove. (Do not stir-fry canned chicken.)

Break Oriental noodles into bite-size pieces (see flavor packet aside). Add noodles, water, zucchini, celery and garlic to wok. Bring to boiling; reduce heat. Cover and simmer for 3 to 5 minutes or until noodles and vegetables are tender.

tents, sweet-and-sour sauce and peanuts; heat through. Serve at once. Top each serving with orange sections. Makes 4 servings.

Nutrition information per serving: 268 cal., 7 g fat, 72 mg chol., 29 g pro., 22 g carb., 3 g fiber, 242 mg sodium. RDA: 10 percent iron, 31 percent vit. C, 17 percent thiamine, 14 percent riboflavin, 90 percent niacin.

Stir in cooked or canned chicken, the flavor packet con-

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1 tablespoon cooking oil

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