

Food prices lower, celebrate holidays Swedish style



KEELY WYGONIK

Believe it or not, the price to purchase and prepare a traditional turkey dinner has gone down slightly from 1990. Joe Sarafa, executive director of the Associated Food Dealers of Michigan, said that 10 people can stuff and roast a turkey and the stomachs for about \$3.72 a person, with plenty of leftovers for holiday snacking. This cost includes all the traditional trimmings: stuffing, mashed potatoes, gravy, yams, cranberry sauce, rolls and even wine (or other beverage) and

pumpkin pie. "We've added a fresh fruit salad and green salad to our 1993 menu to reflect healthier eating habits and even with the extras, the total cost was still less in 1993 than it was three years ago," said Sarafa. That's something to be thankful for. Celebrate the holidays Swedish style 10 a.m. to 3 p.m. Saturday, Dec. 4, by attending the annual Christmas Bazaar hosted by Swedish Women's Educational Association International Inc. at Beautiful Savior Lutheran Church, 3631 N. Adams Road, Bloomfield Hills, between Long Lake and Square Lake Road. Exit I-76 at Square Lake and Adams

Road. Admission is adults \$2, children free. Bring your family to taste the authentic food and glass, shop at Swedish import and craft tables, and enjoy the Lucia pageant 11 a.m. to 1 p.m. You'll also find imported food items, Swedish breads and cookies. Shoppers at Shopping Center Markets in Livonia, Northville and West Bloomfield, Market Square in Birmingham and Merchant of Vino in Troy, are eating up Mrs. Olson's Norwegian Style Potato Lefse bread. This soft, flat unleavened bread made with potato, wheat flour, milk, salt and shortening is delicious spread with jam or rolled

into sandwiches. It ranges in price from \$2.89 to \$1.39. "It's a great product, it tastes almost exactly like the Lefse my mother made," said Hans Sorenson who introduced the product to metro Detroit stores and markets. Here's a recipe for those turkey leftovers from "Thanksgiving Dinner," by Anthony Dias Blue and Kathryn K. Blue, (Harper-Collins Publishers, 1990)

KILLER TURKEY HASH
2 tablespoons unsalted butter
1 onion, chopped
2 garlic cloves, minced
3 cups 1/4-inch-dice cooked turkey
3 cups crumbled stuffing or 1/4-inch-dice boiled potatoes

1 cup leftover gravy
3/4 cup cooked corn
2 tablespoons minced fresh parsley
1 teaspoon salt
Freshly ground pepper
3 eggs, well beaten
3/4 cup grated Parmesan cheese
4 tablespoons bread crumbs

Melt the butter in a skillet and saute the onion and garlic until transparent, stirring frequently with a wooden spoon. Add the turkey and stuffing, stirring to blend. Add the gravy, corn, parsley, salt and pepper to taste.

Place the hash under the broiler until the bread crumbs begin to brown, about 7 minutes. Serve immediately. Serves 6-8.

In a small bowl combine the eggs and cheese. Preheat the broiler.

Keely Wygonik is editor of the Taste and Entertainment sections of the Observer & Eccentric Newspapers. She welcomes your calls and comments, 953-2105, fax 691-7279, or write: Observer & Eccentric Newspapers, Inc. 36251 Schoolcraft, Livonia, MI 48150.

Succotash chowder vegetarian delight

We left a can of corn out of the recipe for Succotash Chowder on Nov. 15. Here's the corrected recipe.

DONNA THOMAS'S SUCCOTASH CHOWDER
6 tablespoons butter or margarine
2 medium celery stalks, minced
1 medium onion, minced

1 large green pepper, diced
1/2 cup all-purpose flour
2 cups water
1 7/8 to 2 1/2 ounce can of tomatoes
1 1/2-ounce or 17-ounce can of lima beans
1 1/2-ounce or 17-ounce can of corn
2 cups half-and-half
1 tablespoon chopped parsley

About one hour before serving, in a five-quart Dutch oven or saucepot, melt butter or margarine over medium heat. Add celery, green pepper and onion. Cook until vegetables are tender, stirring occasionally. Stir in flour until blended. Gradually stir in water. Cook, stirring frequently until thickened, about 10 minutes.

Drain tomatoes; pour liquid into soup mixture. Chop tomatoes and add to soup. Add corn with liquid, lima beans with liquid and half-and-half. Cook over medium heat until mixture is heated through, stirring occasionally. Sprinkle with parsley. Makes about 10 cups or 14 servings. Recipe submitted by Jennifer Thomas.

Festive touches make meals special

AP — Food that looks as great as it tastes makes it seem that much more delicious. For special occasions, it's really worth a little extra time to add easy yet festive touches. Even your kids will be eager to help with these quick tricks.

Vegetable Fan — Make a vegetable fan by partially slicing whole baked vegetables for a stylish side dish. For example, thinly slice a baking potato, making sure that the potato is still intact at one end. Lay the potato on a baking sheet, fanning out the slices. Brush the potato liberally with cooking oil while baking to keep it moist and crisp. You can also fan-cut baby carrots and unpeeled small zucchini.

Leaf Underliner — Make a leaf underliner. Belgian endive leaves cradle cooked vegetables such as sliced carrots, baby corn on the cob or sweet peas especially well. For four to six servings, buy just one head of cone-shaped Belgian endive; trim 1/4 inch off the stem and separate the endive into

leaves and place two or three Belgian endive leaves on each dinner plate. Arrange cooked vegetables over leaves. Garnish with a small sprig of parsley or any fresh herb.

Lemon Twist — Lemon rings neatly cradle such vegetables as steamed green beans or broccoli spears. Thinly slice a lemon, then use a small knife to cut out the centers, leaving just a ring of peel. Slip rings oversmall clusters of vegetables.

Shape Up Rice — Get rice into shape. Individual rice or stuffing molds are an attractive alternative to the usual spoon-style serving method. Just after your rice or stuffing is cooked, press it into small buttered molds. After about 30 seconds, unmold it onto a platter or dinner plates. Top each molded mound with a few pieces of sliced green onion and pimiento strips.

Scoop Out Squash — Colorful winter squash shells form nifty containers for cooked vegetables, stuff the potatoes or poultry stuffing. Use smaller squash, such as

Jack-be-little, acorn, golden nugget, kabocha or buttercup squash. Bake squash just until tender, then scoop out the seeds. Use the center cavity to hold your vegetables. If necessary, trim a thin slice off the bottom so the squash sits flat on a plate.

Arrange Artichoke Leaves — Artichoke leaves attractively fringe platters, vegetable dishes or salads. Cook artichokes, then cool and pull off leaves. Use to line

bowls or platters as you would lettuce leaves. Make a Star of Fruit — A slice of carambola or starfruit slips easily over the rim of a wine or champagne glass for a classy finish. Starfruit is a bright yellow, oval fruit with deep ridges; thinly slice it crosswise and you'll have star-shaped fruit slices. Make a slit halfway into the center of each slice, then decorate your glass.

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 & Eccentric, 36251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

COMMUNITY CENTER
Get ready for the holidays at the Community Center, 24076 Farmington Road, Farmington. Easy and Elegant Appetizers, 7-9 p.m. Wednesday, Dec. 1, Kid's Christmas Kitchen Crafts, 4-9 p.m. Monday, Dec. 14. For registration information, call 477-8404.

CHEF LARRY
Healthy Holiday Seasons Eatings Class and party, 7 p.m. Wednesdays, Dec. 1 and Dec. 8 at Stevenson High School in Livonia. Class sponsored by American Healthy Fitness. Call 537-7343 for information.

KITCHEN GLAMOR
Learn how to make some great holiday recipes using Cuisineart products, 7 p.m. Monday, Nov. 22, (Novi), 1 p.m. Tuesday, Nov. 23 (Redford), and 11 a.m. Saturday, Nov. 27 (West Bloomfield) Kitchen Glamor stores. Michigan chef series feature Rick Halberg of R.I.K.'s, 6:30 p.m. Monday, Nov. 29. Call 537-1300 for registration information.

LENORE'S NATURAL CUISINE
Lenore's Natural Cuisine, 22899 Inkster Road, Farmington Hills is offering a variety of cooking classes. Call 478-4455, 10 a.m. to 5 p.m. weekdays for information.

WEIGHT WATCHERS
Cooking demonstrations, 7 p.m. and 8:30 p.m. Monday, Dec. 6 at B. Dalton Bookeller in Livonia Mall, 29514 Seven Mile Road. Call 1-800-487-4777 for more information.

Audition for 'The Wiz' children's musical revue

Editor's note: Things are hectic around here with the holidays. Here are two audition notices for Nancy Gurwin Productions that I don't want you to miss out on. Open auditions for adults (singers and actors) for Nancy Gurwin's presentation of Charlie Smalls musical hit "The Wiz" will be held 7 p.m. Monday, Nov. 22, in Room 333 at the Jewish Community Center in West Bloomfield. Call 354-0546 or 352-

2797 between 9 a.m. and 5 p.m. for an appointment. Tedd E. Bear Productions (A subsidiary company of Nancy Gurwin Productions) announces open auditions for singers and dancers for "Tedd E. Bear Does Broadway," a musical revue, 1 p.m. Sunday, Nov. 28. Ages 8-17 needed, there is a \$5 audition and processing fee, call 354-0546 or 352-2737, weekdays, 9 a.m. to 5 p.m.