

## Fabulous dessert fruity, chocolaty

"Often when I am creating a new dessert, especially something with chocolate, I think of the name first," said award-winning chef Marcel Desaulniers. "And I have a lot of fun making something that lives up to a good name."

Home cooks will have equal pleasure preparing and serving Desaulniers' elegant new holiday creation, Red Fruit Fanfare. It is a sparkling combination of chocolate cream and berry compote that matches its musical namesake, with a flourish of tastes and textures that rings out to dessert lovers everywhere.

For Desaulniers, co-owner and executive chef of The Trellis Restaurant in historic Williamsburg, Va., his "name first" creative process is a sure success, as it has brought him national notoriety for wickedly indulgent and wittily titled after-dinner chocolate delights.

He's been dubbed Dr. Chocolate by fans of such temptations as "Chocolate Devastation," "Chocolate Demise," and "Double Mocha Madness."

And his second recipe book, the unforgettable "Death By Chocolate," garnered this year's prestigious James Beard Award

for Best Baking and Dessert Cookbook.

The joys of chocolate are well-known to Desaulniers, an admitted "chocolatier."

"Something pleasurable is experienced by the palate as soon as chocolate starts melting in the mouth," he explains. "It's instant gratification."

But the inspiration for "Red Fruit Fanfare" and other multi-layered delights is in preventing more "interest" for the palate.

Three different berries contribute distinctive voices to his Fanfare, and Desaulniers loves the "synergy" between strawberries, raspberries, cranberries and chocolate ganache cream.

### MARCEL DESAULNIERS' RED FRUIT FANFARE

3 cups cold water  
2 cups cranberries, chopped  
1 cup cranberry juice cocktail  
¾ cup plus 2 tablespoons sugar  
1 pint strawberries, sliced  
1½ cups fresh or frozen raspberries  
3 envelopes unflavored gelatin  
12 ounces semi-sweet chocolate chips



KNOX GELATIN

1 cup whipping or heavy cream  
2 tablespoons unsalted butter

In 3-quart saucepan, bring 2 cups water, cranberries, cranberry juice, and ¾ cup sugar to a boil, stirring occasionally. Continue boiling 10 minutes, stirring occasionally.

Add strawberries; continue boiling an additional 5 minutes. Add raspberries; remove from heat.

Meanwhile, in large bowl, sprinkle unflavored gelatin over remaining ¼ cup water; let stand 5 minutes. Add hot fruit mixture to gelatin, stirring until gelatin is

Shimmering dessert: Vibrant in color, with fruit and chocolate singing in perfect harmony, Red Fruit Fanfare will sound a high note at any holiday celebration.

completely dissolved. Pour mixture into 8 dessert dishes; chill until firm, about 2 hours.

Place chocolate in large stainless steel bowl; set aside. In 3-quart saucepan, combine cream, butter, and remaining 2 tablespoons sugar. Stir over medium-high heat until sugar is dissolved. Bring mixture to a boil, then pour over chocolate; let stand 5 minutes. Stir until smooth; cool to room temperature. Evenly pour chocolate over fruit mixture in dishes; chill until ready to serve. Garnish, if desired, with strawberries and raspberries. Serves 8.

Recipe was taste tested by The Knox Kitchens.

## Scallop kebabs tasty pickups

AP — Your guests will love these tasty pickup sticks, cooked in minutes in your microwave oven. Because metal does not work well in microwave ovens, be sure to use wooden skewers.

You can even thread the skewers ahead of time and refrigerate them for up to four hours before cooking.

### SCALLOP KEBABS

24 fresh or frozen sea scallops (about 8 ounces) or one 8-ounce package frozen lobster-flavored fish (chunk-style)  
8-ounce can pineapple chunks (juice pack)  
2 tablespoons soy sauce  
2 tablespoons dry sherry  
1 tablespoon sliced green onion

1 teaspoon sesame oil  
¼ teaspoon ground ginger  
¼ teaspoon garlic powder  
24 fresh mushrooms  
1½ teaspoons cornstarch  
1 red and/or green sweet pepper, cut into 1-inch pieces

Thaw scallops or fish, if frozen. Drain pineapple chunks, reserving the juice for marinade. Set pineapple chunks aside.

For marinade, in a non-metal bowl combine reserved pineapple juice, soy sauce, sherry, green onion,

sesame oil, ginger and garlic powder; add scallops and mushrooms. Cover and let stand at room temperature for 30 minutes, stirring occasionally.

Use a slotted spoon to remove scallops and mushrooms from marinade, reserving marinade. Transfer marinade to a 2-cup glass measure; stir in cornstarch. (If desired, cover and chill until serving time.)

On twelve 6-inch-long wooden skewers alternately thread one scallop or fish chunk, sweet peppers, mushrooms and pineapple. Place a second scallop or fish chunk on the ends of each skewer. Arrange half of the kebabs in a 12-by-7½-by-2-inch microwave-safe baking dish. (If desired, cover and chill for up to 4 hours.)

For sauce, stir cornstarch mixture. Cook, uncovered, on 100 percent power (high) for 2 to 3 minutes or until thickened and bubbly, stirring twice.

Brush kebabs with sauce. Cook kebabs, covered, on 100 percent power (high) for 2 to 4 minutes or until scallops are opaque or fish is heated through, giving the dish a half-turn and brushing with sauce after 2 minutes. Transfer to a serving platter. Repeat with remaining kebabs. Makes 12 appetizers.

Nutrition information per serving: 47 cal., 1 g fat, 6 mg chol., 4 g pro., 6 g carbs., 202 mg sodium.

## Add dimension to your Christmas feast with exciting side dishes

### LITE SUCCESS



FLORINE MARK

The foods you prepare to accompany your "main" holiday dishes should be just as delicious, glamorous and exciting as the main dish itself.

Side dishes add flavor and dimension to your holiday menu. If your traditional holiday menu is loaded with fat and calories, there are many ways that family favorites can be easily altered to fit into a healthier way of eating.

For example, instead of using sour cream, substitute with low-fat plain yogurt; when a recipe calls for eggs, replace one whole egg with three egg whites; and try applesauce instead of oil. It saves on calories while still giving foods the same consistency.

A regular feature on my holiday menu is sweet potatoes. They're a wonderful treat, but serve them

with all that butter, brown sugar, and marshmallows on top, and they become a wonderful "fattening" treat. Instead, prepare Stuffed Sweet Potatoes. It's a much healthier sweet potato recipe that I'm sure you'll enjoy equally, if not more.

Forgo the creamy mashed potatoes this year and try Confetti Pilaf. This dish goes far beyond plain white rice in terms of taste and appearance — it even looks festive! If you want to add a touch of elegance to your holiday dinner table, a wonderful dish you might want to try is Basil Roasted Vegetables.

This year, let your fabulous side dishes be the main attraction. Happy Holidays!

### STUFFED SWEET POTATOES

Two 6-ounce baked sweet potatoes, halved lengthwise  
½ cup drained crushed pineapple  
¼ cup raisins  
1 tablespoon plus 1 teaspoon reduced-calorie tub margarine

½ teaspoon pumpkin pie spice  
Dash salt

Preheat oven to 400 degrees.

Scoop out pulp from potato halves into mixing bowl, leaving ¼-inch shells. Mash pulp; reserve shells.

Add remaining ingredients to potato pulp; stir to combine. Spoon potato mixture evenly into reserved shells; place on baking sheet and bake until heated through, about 10 minutes. Serves 4.

Each serving provides: ½ Fat, 1 Bread, ¼ Fruit Per Serving: 128 calories, 2 g fat. "Weight Watchers Favorite Homestyle Recipes."

### CONFETTI PILAF

1 tablespoon plus 1 teaspoon margarine  
½ cup chopped red, green, or yellow bell pepper  
½ cup chopped onion  
½ cup drained canned sliced mushrooms  
4 ounces long-grain white rice  
1 teaspoon low-sodium instant chicken broth mix  
1 teaspoon Worcestershire sauce  
¼ teaspoon garlic powder  
½ teaspoon freshly ground black pepper

Preheat oven to 350 degrees. In small nonstick skillet, heat margarine. Add bell pepper, onion, and mushrooms; sauté until vegetables soften, about 2 minutes.

In ½-quart casserole, combine remaining ingredients and 1 cup

plus 2 tablespoons water; stir in vegetables. Cover and bake 35 to 40 minutes, until liquid is absorbed. Fluff with fork and serve. Serves 4. Each serving provides: 1 Fat, 3½ Vegetables, 1 Bread, 5 Optional Calories. Per serving: 156 calories, 4 g fat. "Weight Watchers Favorite Homestyle Recipes."

### ASIL ROASTED VEGETABLES

2 cups fresh basil leaves  
½ cup fresh parsley leaves  
1 tablespoon grated Parmesan cheese  
4 garlic cloves  
1 tablespoon balsamic vinegar  
¼ teaspoon salt  
½ teaspoon freshly ground black pepper

½ cup low-sodium vegetable or chicken broth  
4 cups broccoli florets  
2 cups quartered mushrooms  
1 cup green beans, cut into 2-inch pieces  
1 medium onion, thinly sliced and separated into rings  
½ cup chopped pimientos

In food processor, combine basil, parsley, Parmesan cheese, garlic, vinegar, salt and pepper; process until chopped. Add broth; process until combined.

Preheat oven to 425 degrees. Spray a 13 by 9-inch baking pan with nonstick cooking spray. Combine broccoli, mushrooms, green beans, and onion in prepared

pan. Add basil mixture; toss to mix well. Cover pan with foil. Roast vegetables 15-20 minutes, stirring frequently, until vegetables are tender. Cool vegetables completely; stir in pimientos.

Wrap vegetables in a double thickness of heavy-duty foil; close securely. Refrigerate overnight. To reheat vegetables, place foil packet in oven at 325 degrees; cook 10-12 minutes, until heated through.

Each serving provides: 2 Vegetables, 5 Optional Calories. Per serving: 55 calories, 1 g fat. "Weight Watchers Magazine," (October 1992).

## Holiday baking advice

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Preheat oven to 350 degrees. In small nonstick skillet, heat margarine. Add bell pepper, onion, and mushrooms; sauté until vegetables soften, about 2 minutes.

In ½-quart casserole, combine remaining ingredients and 1 cup

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