

# Fruity scone cuts fat, not flavor

A tender, fruit-filled scone with golden honey and honey crunch wheat germ won the \$5,000 grand prize in the first Kretschmer Wheat Germ "Healthy Made Easy and Delicious" recipe contest.

Although she is an experienced baker, winner Patricia Schroedl of Jefferson, Wis., had never thought of baking with wheat germ. "I've been eating a lot less fat and sugar, cooking more instead of eating out, and walking every day," said Schroedl who lost 60 pounds during the past year.

Her Apple 'n' Honey Scones recipe calls for skim milk, an egg, and just enough margarine to make them tender in combination with gentle handling of the dough. (Overmixing scones and biscuits can make them tough.) By substituting wheat germ for a portion of the flour, Schroedl added a "nutrition boost" in the form of six essential vitamins and minerals, including vitamin E. Honey, apples and a light sprinkle of cinnamon-sugar combined with additional wheat germ provide just the right amount of sweetness.

## APPLE 'N' HONEY SCONES

2 cups all-purpose flour  
½ cup Kretschmer wheat germ, any flavor

2 teaspoons baking powder  
1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
¼ teaspoon baking soda  
¼ teaspoon salt (optional)  
½ cup (5 tablespoons plus 1 teaspoon) margarine, chilled  
1¼ cups finely chopped apple (about 1 large)  
½ cup skim milk  
¼ cup honey  
1 tablespoon Kretschmer wheat germ, any flavor  
1 tablespoon sugar  
¼ teaspoon ground cinnamon

Heat oven to 400 degrees F. Lightly spray large cookie sheet with no-stick cooking spray or grease lightly. Combine first seven ingredients cut in margarine until mixture resembles coarse crumbs.

Add combined apple, milk and honey, mixing just until dry ingredients are moistened. Turn dough out onto lightly floured surface; knead gently 5 to 6 times. Pat dough into 9-inch circle. Mix together remaining 1 tablespoon wheat germ, sugar and cinnamon; sprinkle over dough.

Cut dough into 10 wedges; place ½-inch apart on prepared cookie sheet. Bake 16 to 18 minutes or until light golden brown. Serve warm with additional honey, if desired.



KRETSCHEMER WHEAT GERM

**Winning recipe: Great taste and tender texture earned Apple 'n' Honey Scones the grand prize in the Kretschmer Wheat Germ "Healthy Eating Made Easy and Delicious" recipe contest.**

Nutrition information (per scone): Calories 220, calories from fat 63, total fat 7g, saturated

fat 1g, cholesterol 0mg, sodium 210 mg., carbohydrate 34g, dietary fiber 2g, protein 6g.

# Matzo omelet tasty

AP — What do you do with all that matzo after the Passover Seder? One favorite Passover breakfast is matzo brei, a matzo and egg omelet, served with cinnamon or fruit preserves.

"So delicious, you will kvell, or cry for joy, which is only right when celebrating such a joyous and liberating holiday," says Steven Kaplan, associate hospitality management instructor at the Culinary Institute of America. The following Passover recipes are from the Culinary Institute.

## MATZO BREI

4 eggs  
1 teaspoon grated onion (optional)  
¼ teaspoon salt  
¼ teaspoon pepper  
3 to 4 tablespoons olive oil (or as needed for frying)  
4 matzos  
Ground cinnamon as needed  
4 tablespoons strawberry jam (or as needed)

Beat eggs and mix in onion (if used). Add salt and pepper.

Heat oil in a skillet. There should be about ¼ inch covering the bottom of the pan.

Place matzos in bowl of cold water. Squeeze and drain. Crumble into egg mixture.

When oil is hot, pour the batter into skillet. Brown on one side, then turn, and brown on the other side. Garnish with cinnamon and strawberry jam. Makes 4 servings.

## KNAILDLACH

2 eggs, separated

½ cup matzo meal  
Pinch of salt

Beat the egg yolks until thickened and pale yellow. Blend the matzo meal into the yolks. Chill thoroughly in the refrigerator.

Just before cooking, bring a pot of salted water to a full boil. Beat the egg whites until stiff and then fold into the yolk mixture. Form this dough into balls about 1 inch in diameter. Drop them into the boiling salted water. Cook for about 20 minutes, or until the balls float to the surface of the water. Remove from pot, and serve in chicken soup or brown in the oven as an accompaniment to roasts. Makes 16 knaidlach (8 soup servings).

## CHOCOLATE ALMOND MACAROONS

3 ounces ground blanched almonds  
3 ounces baking chocolate, grated  
¼ cup sugar  
3 egg whites, beaten to stiff peaks

Preheat oven to 325 degrees F. In a food processor, mix almonds, chocolate and sugar into a paste.

Fold in stiffly beaten egg whites. Line a cookie sheet with waxed paper. Drop the batter from a teaspoon onto the lined sheet about 1 inch apart. Bake in a 325-degree F oven for 30 minutes. Makes 16 macaroons.

## 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, 32251 Schoolcraft Road, Livonia 48150. Or fax to 591-7279.

### BOYTSFORD HOSPITAL

Cooking demo, antioxidants, beta

carotene Vitamin E and C. Tuesday, March 22. Call 477-6100 for registration information.

**LES SAISONS**  
Specialties of Tom's Oyster Bar. 6-9 p.m. Wednesday, March 23. New Italian Style entrees with Master Chef Jeff Gabriel of Schoolcraft College in Livonia. 6-8 p.m. Wednesday, March 30. Les

Saisons is on the corner of Fourth Street and Washington, downtown Royal Oak. Class \$25 per person or three classes for \$65. Recipes and tastings included. Call (810) 545-3400 to make a reservation.

**LENORE'S NATURAL CUISINE**  
Healthful Cooking Classes in Farmington Hills. Call 478-4455

to learn about upcoming classes.

### FOR KIDS

Half pints in the kitchen, a cooking class for little chefs ages 5-8 will be offered at the YMCA, 248 Union Street, Plymouth, 9:30-11 a.m. Saturdays beginning April 16 to May 21. Cost is \$25 for YMCA members, \$35 for nonmembers. Call 453-2904 to register.



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## Helpful tips

Here are some cooking tips from Betty Crocker.

■ The best way to roast a turkey is uncovered in a 325 degree F. oven. This allows the turkey to turn golden brown. If turkey begins to brown too quickly, loosely tent turkey with aluminum foil. Tightly covering the turkey causes it to be steamed instead of roasted.

■ Make bountiful soups by taking advantage of frozen foods. Bags of mixed vegetables combined with canned beef or chicken broth quickly become vegetable soup.

■ There is no substitute for Hoisin Sauce in Chinese cooking.

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## Easter Specials

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