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To enhance the citrus flavor of the bread, Majewski uses pure orange oil. He uses golden raisins, because he prefers the flavor.

Like their father, Matthew and Mark are drawn to the physical part of making bread — cracking eggs, grating lemon and orange peel, and kneading the dough. "My participation is eating," said Judy.

"I like the kneading, the smells. It still amazes me everytime I watch the yeast grow," said Majewski, his sons nodding in agreement.

Majewski, like many other Polish Americans, still colors his Easter eggs in a natural dye made from yellow or red onion skins, or beet peelings.

One of his favorite childhood memories is an Easter game that involved tapping Easter eggs with his brothers and sisters. You and another person tap eggs. If your egg doesn't crack, you're the winner. "The eggs dyed in onion skins were the strongest," he said.

Another Polish tradition is for the oldest person in the house to greet each guest with a wedge of blessed hard-cooked egg and wish him or her good health and happiness.

Wedges of hard boiled eggs are often eaten with a little bit of horseradish as a reminder of the bitter suffering of Jesus Christ.

On Saturday, Majewski and his family will pack bread and other Easter food into a basket to take to their church, St. Edith's in Livonia, to be blessed. Many suburban churches offer this service. Italian Americans also take Easter foods to church to be blessed.

To learn more about Polish Easter traditions attend the Swiconka Easter Luncheon Sunday, April 10 at the American Polish Cultural Center, 2975 E. Maple Road (15 Mile Road at Dequindre in Troy). Doors open 1 p.m., luncheon served 2 p.m. The cost is \$18 adults, children five to 12, \$9. Proceeds will benefit a newly established college scholarship fund. Call (810) 689-3636 for tickets.

Before the luncheon Polish folk artists, including Marcia Lewandowski who serves on the board of directors of the center, will demonstrate palm weaving, Easter egg decorating, paper cutting and other crafts. The luncheon menu includes traditional Polish Easter foods — hand roast pork loin, roasted sausage.



Braiding bread: Dr. Robert Majewski helps his son, Mark, braid Easter bread dough.

Polish Easter bread perfect for breakfast

See related story on Easter bread on Taste front.

- POLISH BAKKA BREAD**
- 1/2 cup sugar
  - 1/2 teaspoon salt
  - 1/2 cup butter or margarine
  - 1 cup milk, scalded
  - 1/4 cup water
  - 2 packages yeast
  - 6 to 7 cups flour (may need a little more)
  - 4 eggs beaten (or use 2 eggs plus 4 egg whites)
  - 1 tablespoon orange rind, grated
  - 1 tablespoon lemon rind, grated
  - 1 cup raisins (golden raisins are best)
  - 1 tablespoon vanilla or amaretto
- Dissolve 2 tablespoons sugar

and yeast in the water, heated to 105 to 115 degrees F. Melt the butter and dissolve the remaining sugar in the scalded milk.

Add one half of the flour to the milk, butter, sugar mixture and mix well.

Beat the eggs, adding the salt and vanilla.

Combine the milk and flour mixture, the eggs and the yeast. Mix well, adding the raisins and the orange and lemon rinds. Add remaining flour.

Knead dough for 5 to 10 minutes, adding flour to keep it from getting sticky. Let rise, until doubled in bulk. Punch down the dough.

Form into loaves — traditional form is a braid; one tube or bundt pan works well also.

Place dough into well-greased pans. Let rise again, until dou-

bled in bulk. Bake in 350 degree F. oven for 45 minutes. After 15 to 20 minutes, check loaves; if the tops are browning too quickly, cover with aluminum foil. Also, brushing the loaves with melted butter adds a nice glaze.

Beat the eggs, adding the salt and vanilla.

Combine the milk and flour mixture, the eggs and the yeast. Mix well, adding the raisins and the orange and lemon rinds. Add remaining flour.

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Southern from page 1B

By eliminating the oil for the roux, 56 grams of fat was omitted. Substituting turkey sausage for andouille sausage saved 22 grams of fat. Andouille sausage is a spicy hot sausage that has a strong garlic flavor. Many southern cooks use it, especially in Cajun recipes.

After visiting New Orleans in October, I became addicted to Cajun food. There is nothing else like it. And, from what I am told, New Orleans has some of the best restaurants in the United States. The only restaurant I really wanted to eat at was K. Paul's. It is owned by chef Paul Prudhomme. There is no way to describe how wonderful his food is. But it is very high in fat. Fortunately for all us Ca-

jun lovers, he has published a new book called "Pork In The Road," (Morrow, New York 1993). These are favorite Cajun recipes with the fat reduced. If you do check out this book, I highly recommend trying two recipes — New Shrimp Remoulade and Shrimp Bascom. Both are absolutely incredible and fun to make.

For a complimentary issue of the "Laura's Fat Free Kitchen" newsletter, send a self-addressed, stamped envelope to H.W. Publications, P.O. Box 9324, Livonia 48151-1924. Subscription price is \$12 a year. Send recipes to be considered for makeovers to Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, Mich. 48150.

Dip into artichokes

See Larry Jones' Taste Buds column on Taste front.

favorite that brags repeating. It's not only tasty, but also easy to prepare.

- ARTICHOKE DIP**
- 4 artichokes
  - 1 lemon, halved
  - 1 tablespoon vegetable oil
- Cut off and discard the stems of the artichokes with a stainless steel knife. Break off the tough outer leaves and cut off the top 1/4 of the artichoke.
- Strip off the thorny tips of the artichoke leaves with scissors and rub the edges with half the cut lemon. Arrange the artichokes in one layer in a large saucepan and add enough water to come halfway up the sides of the artichokes.
- Drizzle the artichokes with the remaining lemon juice and the oil. Sprinkle with salt and pepper to taste. Bring the liquid to a boil, covered, then reduce the pan to a good simmer and simmer the artichokes for 25-45 minutes or until base is tender.
- If you've been to a party in the area, you've probably enjoyed this artichoke dish without even knowing what you were eating. It's an old

Tips for a safe egg hunt

"Decorated Easter eggs need to be treated carefully if they are to be eaten later," cautions Sylvia Treitman, home economist for the Michigan State University Extension — Oakland County.

The hard cooked eggs should be stored in the refrigerator before decorating, after decorating, and after the Easter egg hunt. When hiding Easter eggs, a two hour time limit is the safest recommendation to avoid food poisoning.

"It's also a good idea," adds Treitman, "to make yourself a map of where eggs are hidden. It is easy to forget the whereabouts of a couple of eggs until it's too late to use them safely!"

If you find that the Easter egg hunt will take more than two hours, it is best not to consume the eggs.

Some simple tips to help you have a safe Easter egg hunt:

- Wash hands carefully before handling and coloring eggs.
- Use only clean, uncracked eggs. Do not color, hide or eat cracked eggs.
- Cook eggs by putting in cold water in a single layer. Bring to a boil, reduce heat and keep water at a low simmer for 15 to 17 minutes.

Seafood hotline

The Food and Drug Administration offers a toll-free consumer hotline, 1-800-FDA-4010, to answer your questions about seafood storage, preparation, safety, handling and nutrition.

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WED.	10-5
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