

Savory beef brisket recipe answers readers' dreams

See related Larry Jones column on Taste front.
Here's a beef brisket recipe from Tonya Parravano, Consumer Information House Economist from the National Meat and Livestock Board in Chicago.
BEF BRISKET WITH SAVORY ONION SAUCE
3 to 3½ pound beef brisket
2 medium onions, thinly sliced
2 large cloves garlic, minced
½ to ¾ teaspoon coarse ground pepper
1 cup beer
½ cup onion sauce
2 pounds (about 10) small red potatoes
Trim excess fat from the beef brisket. Layer half the onion slices evenly in a 15 by 10 inch roasting

pan. Place beef brisket over onions. Sprinkle garlic and pepper over brisket. Place remaining onions over the brisket. Combine beer and chili sauce; pour evenly over the brisket. Cover pan tightly and cook at 325 degrees for 2 hours and 45 minutes. Stir sauce, spoon over brisket.
Place potatoes around the brisket, cover and continue cooking until potatoes are tender, about 45 minutes. Carve brisket diagonally across the grain into thin slices. Serve with potatoes and onion sauce from pan. Serves 6-8.
Beth Sorvitan and friends from Our Lady of Good Council Parent Group (who have a great chowder cookbook for sale) wanted to hear about my secret for making homemade chicken fingers.

HOMEMADE CHICKEN FINGERS
4 skinned and boneless breasts of chicken, cut into 1 inch strips
2 eggs, beaten with 4 table-spoons milk
½ cup flour
¼ cup cornmeal
½ teaspoon onion powder
½ teaspoon paprika

Place chicken strips in egg wash and mix well to coat. Set aside. Combine flour, cornmeal and spices and mix well. Drain chicken from egg roll in seasonings to coat chicken. Fry or broil immediately or cook, then freeze on waxed paper until firm and wrap tightly Serves 3-4

I couldn't find a Hawaiian bread for Margaret in Redford, but I did find a tasty recipe for Hawaiian muffins in one of momma's old, outdated cookbooks.

HAWAIIAN MUFFIN

One (14 ounce) package margarine
½ cup flaked coconut
1 cup canned crushed pineapple (liquid reserved)
1 egg, beaten
¾ cup milk
½ cup orange juice

Combine muffin mix with flaked coconut and orange juice. Add remaining ingredients and beat until until dry ingredients are moistened.

Fill grassed muffin pans or un-greased papers ¾ full with mixture. Bake at 400 degrees for 15-20 minutes or until done.

Chef's secret: combine 3 ounces cream cheese (about ½ cup) with reserved pineapple syrup and beat well. Serve this with the warm muffins.

Bob Bickman from Plymouth called and requested a recipe for Tapenade, a black olive spread that tastes like caviar. This recipe comes from the Williams-Sonoma Kitchen Library book on Hors d'oeuvres and appetizers.

TAPENADE

1 small clove garlic
2 ounces anchovy fillets, drained (about 3)

fresh ground pepper to taste
2 tablespoons good quality olive oil
1½ tablespoons capers, rinsed and drained
8 ounces large black olives, pitted

Pass the garlic clove through a garlic press held over a blender container or the work bowl of a food processor. Add the anchovies, pepper, and the oil and process to a thick puree.

Add the capers and process again. Add the olives and process quickly, once more to form a thick puree. Makes about 1 cup.

Chef's Secret try making this with Kalamata olives or traditional Niçoise olives for 2 different tastes.

Salsa has summer appeal

The best meals of summer are easy to prepare, bursting with fresh produce and great-tasting.
When it comes to meal or snack time, some like it hot (with fiery pepper heat) and others simply do not. The tongue-tingling taste that drives pepper lovers to pour on the picante sauce and salsa and add them to their favorite foods remains a mystery to those with tender taste buds.
But now, extra mild versions of the fiery condiment are available. These fresh-tasting salsas are great low-fat alternatives to ketchup, mustard and even mayonnaise.
Try this recipe for a great summer meal that will delight without the heartburn.

MEDITERRANEAN GARDEN CHICKEN

1 pound boneless, skinless chicken breast
2 tablespoons flour
3 cloves garlic, minced
1 tablespoon olive or vegetable oil
2 cups diced peeled eggplant (¾-inch pieces)
1½ cups sliced mushrooms
1 small zucchini, sliced
1 small onion, sliced
1 small red pepper, coarsely chopped
1 jar (16 ounces) extra mild picante sauce
½ teaspoon dried basil, crushed
¼ teaspoon salt
1 large tomato, seeded and coarsely chopped
Hot cooked pasta or rice



Garden treat: Chicken dish combines great summer vegetables with the zip of salsa

Cut chicken into 1-inch pieces; toss in flour to coat evenly. In large skillet, cook chicken and garlic in oil over medium-high heat until chicken loses its pink color, about 3 minutes. Add remaining ingredients except tomato and pasta; mix well. Bring to a boil, reduce heat, cover and simmer 10 to 12 minutes or until eggplant is tender and chicken is cooked through. Stir in tomato; continue cooking uncovered 1 minute, stirring occasionally. Serve over pasta or rice. Makes 4 to 6 servings.

CHUNKY GARDEN CHILI

1 or 2 cloves garlic, minced, as desired
2 medium onions, coarsely chopped
2 teaspoons vegetable oil
16 ounces mild picante sauce

8 ounces kidney beans, rinsed and drained
1 medium red bell pepper, cut into ½ inch chunks
1 small zucchini, cut in half lengthwise, thinly sliced crosswise
½ cup frozen whole kernel corn, thawed
1 teaspoon chili powder
¾ teaspoon ground cumin
Optional toppings: sour cream, shredded cheese, sliced avocado, chopped cilantro

In 2-quart saucepan, cook garlic and onion in oil for 2 minutes, stirring frequently. Add remaining ingredients, except optional toppings, and bring to a boil. Reduce heat, cover and simmer until vegetables are tender, about 5 to 10 minutes. Ladle into bowls and top as desired. Makes 3 to 4 servings.

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, 3625 1/2 Schoolcraft Road, Livonia 48150. Or fax to 591-7278.

SCHOOLCRAFT COLLEGE
Continuing education culinary arts class offerings include Quick Easy Meals (June 6), Desserts for Everyone (June 7), Chocolate (June 11). Call (313) 462-4448 for registration information.

LENORE'S NATURAL CUISINE
Healthy cooking classes at 22899 Inkster Road, Farmington Hills. Call 478-4455 to register and for more information.

LES SAISONS
Outdoor grilling class featuring butterflied leg of lamb, marinated pork loin, jerk chicken, vegetables and more will be offered 6-8 p.m. June 7 by Master Chef Jeff Gabriel and Chef Mark Moser. Class fee is \$35. Pastry chef Debbie Meyers will offer a class June 20 on summer desserts including sorbets and fruit mousse torte 6 to 8 p.m. June 20. Class fee is \$20. For more information, call 645-3400.

SUPERIOR FISH
Superior Fish of Royal Oak will offer seafood cooking demonstration beginning June 11 and continuing through Oct. 8. Chefs will prepare their most popular

seafood entrees and answer questions. Demonstrations are from 10 a.m. to noon. Visiting chefs are: Executive Chef David Linnell of The Green Street Tavern (June 11), Executive Chef Roger Sutton of The Peabody's Restaurant (July 9), Executive Chef Gordon Bowman of Beaumont Hospital (Aug. 13), Fall Tailgate Party (Sept. 10) and Expressions in Cooking by Les Saisons (Oct. 8). There is no fee. Superior Fish is located at 309 East 11 Mile Road.

UN SOGGIORNO IN ITALIA
A Holiday in Italy at Cafe Cortina. Six-course menu and music by Pino Marrelli begins at 7:15 p.m. June 1. Call 474-3033 for reservations.

Answers to nutrition, food safety questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutri-

tion Hot line, 8:30 a.m. to 5 p.m. Monday through Friday, 858-0904

In Oakland County, 494-3013 in Wayne County.

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Thursday, June 2 at 7:00 p.m. **Townsend Hotel**
100 Townsend St. Birmingham

Wednesday, June 8 at 7:30 p.m. **Marriott Southfield**
27033 Northwestern Hwy. Southfield

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