

Chef Larry Janes answers more requests of readers

See related Taste Buda column on Taste front.

■ I'm still receiving calls from readers requesting more Crock Pot recipes. Her's a recipe I found in my recipe box that best describes Crock Pot cooking from 20 or 30 years ago. I've made this one. I've made it a hundred times!

CROCK POT POT ROAST

- 1 (2.2 ounce) box beef onion soup mix (dry)
- 1 (3 1/2 pound) beef rump roast, trimmed of fat
- 3 large carrots, peeled and sliced thick
- 2 ribs celery, sliced thick
- 3 cloves garlic, minced
- 2 tablespoons dried thyme
- 1 bay leaf
- 1 1/2 cups dry red wine
- 1 (1 1/4 ounce) can beef broth
- 1/2 cup all purpose flour

Rub or pat the dry soup mix all over the roast beef. Place vegetables and seasonings in a slow cooker. Mix 1 cup each of wine and broth and pour over vegetables and seasonings. Add the roast and scrape any dry soup mix left on dish into Crock Pot. Cover and cook on the low heat setting for 9 hours or until meat is tender.

Remove meat.

Remove and discard bay leaf. Scoop out the vegetables with a slotted spoon and reserve. Pour juices from Crock Pot into a medium saucepan. Bring to a boil. Whisk together remaining 1/2 cup wine and flour until well blended. Stir into the simmering juices and cook, stirring constantly until the gravy is thickened, about 3-4 minutes. Pour gravy over meat and vegetables and enjoy. Serves 6-8.

■ Shirley Clark of Plymouth called requesting a recipe for White Chili. Well Shirley, not only did I find a winning recipe, it's actually low fat, but can be easily fattening by frying all the vegetables first, and of course, by adding the cooked chicken or turkey. I think you'll agree it's a hit.

WHITE BEAN CHILI

- 1 can (14 1/2 ounces) fat-free chicken or vegetable broth
- 1 large onion, chopped (about 1 cup)
- 1 medium yellow pepper, chopped
- 2 jalapeno chile peppers, seeded and chopped
- 2 cloves garlic, finely chopped

- 1 1/2 cups water
- 1 teaspoon grated lime peel
- 1 teaspoon cumin seed
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon ground coriander
- 1/2 teaspoon salt
- 1 can (15 ounces) great Northern beans, rinsed and drained
- 1 can (15 ounces) butter beans, drained and rinsed
- 1 can (15 ounces) black eyed peas, drained and rinsed

Heat half of the broth to boiling in a large Dutch oven. Cook onion, pepper, chiles and garlic in broth, stirring frequently until tender. Stir in remaining ingredients and bring to a boil. Reduce heat and simmer uncovered for 20 minutes. Serve with salsa, if desired.

Serves 6. Each serving contains 250 calories with 3 grams fat, 0 cholesterol.

Exchange for diet groups: each serving is 3 starch/bread exchanges and 1 vegetable exchange.

Recipe from: "Betty Crocker's New Low Fat Low Cholesterol Cookbook" (copyright 1996, MacMillan Publishers, \$19.95).



Corner of Orchard Lake Rd. and Ten Mile in Farmington
IGA 476-0974

Your Hometown Savings Headquarters
Congratulations
 to our Employee Mike Pjeter on graduating from Farmington High School!!
IGA your Graduation Party Stop!!

<p>FAME GRADE A SKINLESS • BONELESS CHICKEN BREAST</p>  <p>\$1.99 1 Lb.</p>	<p>COUNTRY FRESH ALL FLAVORS PRIDE ICE CREAM 1/2 GAL ROUNDS</p>  <p>\$1.99 1 Ctn</p>
<p>FAME WHOLE BONELESS HAM</p>  <p>\$1.48 1 Lb. Graduation Special</p>	<p>FRESH CALIFORNIA NECTARINES OR PEACHES</p>  <p>88¢ lb.</p>
<p>ALL VARIETIES PEPSI 12 PK 12 OZ CANS</p>  <p>3/\$7.00 + DEP Limit 3 with additional \$10.00 Purchase</p>	<p>VERSATILE • LOW FAT • IN OIL OR WATER CHUNK LIGHT 6 OZ. STARKIST TUNA</p>  <p>59¢ 6 oz. Great In Casseroles!</p>

WE ACCEPT  **DOUBLE Manufacturers COUPONS** UP TO **50¢** Prices & Items good through Sunday, June 2, 1996. Check Sale Items in Store Paper.

The voice of public education

The new basics...reading, writing, arithmetic and innovation

Recently a number of education organizations joined forces and held a press conference to talk about what's right with public education. It was a refreshing and rewarding experience for all of us. Instead of debating organizational differences, we focused on the one issue we all agree is of paramount importance: our students' education.

Later, a reporter covering the conference commented, "This is wonderful stuff! It's all here but people just don't realize it. Educators need to learn how to promote themselves in their own community so people can learn what's going on in their neighborhood schools."

It's true. We need to spread the news that when people seek innovation in education, they need look no farther than their public schools. By "innovation" I mean creating new ways of delivering the basics to our students—making reading, writing, science and math stimulating and relevant to young minds, thus enabling them to succeed in the global competition of the 21st century. Literally scores of such programs are created by teachers with the support of parents, administrators and community members.

A third-grade class in Ypsilanti is busy creating its own home page on the World Wide Web (WWW). "Students in Cyberspace" was initiated when Ardles Elementary School parents and teachers looked for a way to give greater emphasis to technology in the classroom. Using the history of the Ypsilanti community as a focal point, students are now collecting and analyzing information as well as deciding what would be of interest to a WWW audience. They are learning the language arts skills of interviewing and editing; sharpening writing and spelling abilities; and gaining technological competencies such as word processing, using a scanner and digital camera, and traversing the Internet in a purposeful way.

In Warren, high school math and science students are learning multivariable experimentation, a discipline used in industry, but—until now—not taught in high school classrooms. However, starting with the ninth grade and increasing in complexity through the senior year, these students do experiments that integrate math and science classes. Not only do they understand the work, they are also active, enthusiastic participants who demonstrate a deeper

understanding of the real world, science and mathematics. They confidently engage in teamwork and dialogue, knowing they've gained the intellectual tools to analyze complex experiments.

"A Dream Come True" is a unique cross-generational partnership between fifth graders and senior citizens in Jackson County's Western School District providing the elementary students a remarkable opportunity to enrich their language arts and technology skills. The assignment is to interview and videotape an elder member of the community and then produce a biography of that individual. The students learn how to collect and organize literally a life's worth of information in written and video material and then transform the material into well-written, well-produced biographies.

"A Dream Come True" touches on many academic areas including research, writing, electronic technology, social studies and history in a very human and community-oriented way.

Equally important in today's rapidly evolving work environment are the groundbreaking school-to-work programs that have been put in place in dozens of public schools in Michigan. In Genesee County, a Labor Education Awareness Program, delivered in coalition with the UAW, teaches ninth and tenth graders workplace literacy and employability skills. The program is designed to create workplace literate adults with skills in communication, math, computer literacy and critical thinking.

A nationally recognized biology program in Addison High School is unique in requiring students to function as real scientists, conducting research projects and writing professional level papers summarizing their findings. Science, language arts and physics are applied in a challenging and rewarding course of work. Students have presented their research at Michigan State University, and the Army Corps of Engineers has used their data to calculate the volume of water held behind the village dam.

The examples go on and on, and so do the successes. In short, public education works for our children and the proof is right around the corner—in your neighborhood public school.



Julius A. Maddox
 MEA president

mea Michigan Education Association

Try veggie burgers for a change

See related story on Taste front. Recipes from: "Vegetarian Burgers" by Bharti Kirchner (HarperPerennial).

FALAFEL BURGERS

- 1 tablespoon olive oil
- 1 cup diced onion
- 1 tablespoon minced garlic
- 1 jalapeno pepper or other green chile of choice, cored, seeded, and minced (or to taste)
- 1 1/2 cups cooked or 1 (15 ounce) can chick-peas, drained (measured after draining)
- 1 cup cooked basmati rice or long-grain white rice
- 1 tablespoon freshly squeezed lime juice
- 1 1/2 cups bread crumbs
- Salt and freshly ground pepper to taste
- Ground papilla or red (or cayenne) pepper to taste

Heat the olive oil in a small skillet until sizzling. Cook the onion and garlic until the onion is wilted and the garlic is golden. Add the jalapeno and stir several times. Remove from heat and allow to cool.

Place the onion mixture, drained chick peas, and rice in the container of a food processor. Pulse on and off several times until the mixture becomes a smooth paste. Transfer to a large bowl. Add the lime juice and 1 cup of the bread crumbs. Season to taste with salt, black pepper, and red pepper. Mix with your hands, until all ingredients are thoroughly combined.

Shape into 3-inch patties 1/2 inch thick, adding extra bread crumbs if the patties don't hold their shape. They will be slightly sticky.

Prepare a grill or preheat the broiler. If broiling, place the patties on a broiler pan or large cookie sheet lined with a lightly oiled piece of aluminum foil. Grill or broil 3 to 5 inches from the heat, 4 to 7 minutes per side or until lightly browned. (When one side is done, turn the patties carefully with a spatula). Check often to

prevent burning. Makes 7 to 8 patties, 3 to 4 servings.

DOUBLE-GARLIC POTATOES

- 1 1/2 tablespoons mustard oil or canola oil
- 1/2 teaspoon asafoetida powder (available in health and specialty food stores)
- 2 to 3 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1 1/2 pounds boiling potatoes, peeled or unpeeled, cut into 1 1/2-inch cubes
- 1 jalapeno pepper or other green chile of choice, cored, seeded, and minced (or to taste)

Salt
 Garnish:
 Finely chopped chives or scallions

Heat the mustard or canola oil in a large skillet over moderate heat. Sprinkle the asafoetida over the oil. Add the garlic, cumin, potatoes, and jalapeno. Cook, uncovered, until the potatoes turn brown in places, 5 to 8 minutes, stirring often.

Reduce heat, add 3 tablespoons of water, and cook, covered until the potatoes can be pierced easily with a toothpick, another 10 to 15 minutes. Season to taste with salt. Best served immediately, garnish with chives, but can also be served at room temperature. Serves 4 side dish servings.

TRIPLE MUSHROOM BURGERS

- 1 tablespoon canola oil
- 1 cup diced onion
- 1 tablespoon minced garlic
- 1 jalapeno or other green chile of choice, cored, seeded and chopped or to taste
- 1 red bell pepper, cored, seeded, and coarsely chopped
- 1 pound fresh mushrooms (a mixture of shitake, chanterelle, portobello, or others or the standard supermarket cultivated variety), sliced to 1/2 inch thick, touch stems removed if necessary

Fire up your grill for hamburgers

See related story on Taste front.

MEDITERRANEAN BURGERS

- 1 1/2 pounds lean ground beef
- 1 1/2 teaspoons lemon pepper
- 2 pita pocket buns, lightly toasted
- 1/2 cup chopped red onion
- Sliced tomato
- Sauce:
 1/2 cup chopped, unpeeled cucumber
 1/2 cup plain low-fat yogurt
 1/2 teaspoon lemon pepper
 1/2 teaspoon salt

In a small bowl, combine sauce ingredients; set aside. Shape ground beef into 3/4-inch patties. Sprinkle lemon pepper over both sides of patties.

Place patties on grid over medium ash-covered coals. Grill, uncovered 13 to 15 minutes or until centers are no longer pink, turning once.

Cut each pita bread into quarters. To serve, top each burger with chopped onion; serve with tomato slices, pita wedges and sauce.

Makes 4 servings.

Recipe from National Cattlemen's Beef Association

BUFFALO BURGERS

- 1 pound ground beef
- 2 tablespoons butter
- 2 tablespoons mild hot pepper sauce, such as Duke's
- Red Hot

2 tablespoons hoisin sauce

- 1 cup cooked white basmati rice, preferably (or other long-grain white rice)
- 1/2 cup pecans, toasted and ground to a coarse powder in a spice/coffee grinder
- 1 1/2 cups bread crumbs
- Salt to taste

Heat the oil in a large skillet over moderate heat.

Cook the onions and the garlic until the onion turns brown at the edges and the garlic is golden. Add the jalapeno, bell pepper, and mushrooms. Reduce heat. Cover and cook until the vegetables are tender, 10 to 15 minutes. Uncover occasionally and check to see if the mixture is sticking; if so, stir in up to a tablespoon of water. Add the hoisin sauce and mix well. With a slotted spoon, remove the vegetables and place them in a large bowl.

Reduce the sauce remaining in the skillet by placing over medium heat. Cook, uncovered, stirring often, until the sauce is very thick, 5 to 10 minutes. Pour sauce over the onion-mushroom mixture.

Place the onion-mushroom mixture and the rice in a food processor. Pulse on and off several times until the ingredients are thoroughly blended. Transfer to a large bowl and add the ground pecans and 1 1/2 cups of the bread crumbs. Season to taste with salt. Mix with your hands, until all ingredients are thoroughly combined. Form into patties 3 inches in diameter and 1/2 inch thick, mixing in extra bread crumbs if the patties don't hold their shape. They will be delicate, so handle them gently.

Prepare a grill or preheat the broiler. Grill or broil 3 to 5 inches from the heat, 6 to 7 minutes per side or until lightly browned. If broiling, place the patties on the broiler pan or a large cookie sheet lined with a lightly oiled piece of aluminum foil. Check often to prevent burning. Makes 12 burgers, 6 servings.

Mix the ground beef with 2

tablespoons water, 1 teaspoon salt, and 1/2 teaspoon pepper. Form into 4 burgers about 1/2 inch thick.

Grill over a hot fire or broil 4 inches from the heat to desired doneness, 8 to 10 minutes, depending upon heat source and taste preferences.

Meanwhile, in a small saucepan, melt the butter over medium-low heat. Remove from the heat and mix in the hot sauce. Brush the sauce all over the cooked burgers. Serves 4.

Recipe from: "Cooking with Three Ingredients: Flavorful Food Easy as 1, 2, 3" by Andrew Schloss (HarperCollins Publishers, 1995, \$17)