

MONDAY, SEPTEMBER 30, 1996

TASTE

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TASTE BUDDS



CHEF LARRY JANES

Enjoy your garden goodies, savor their flavor

Don't you just love this time of year? Your calls, and letters, indicate you are enjoying the harvest, and looking for ways to cook, and store those summer treats. If your garden is anything like mine, new ideas for garden goodies will always be appreciated.

Ann Malcheski of Plymouth wants a good tomato sauce recipe that cans and freezes well. Trust me Ann, it doesn't get any better than this, and when flavorful summer tomatoes are not available, use canned plum (Roma) tomatoes.

TOMATO SAUCE

- 1/2 cup olive oil, preferably extra virgin
- 1 cup finely chopped onions
- 1 cup finely chopped carrots
- 1 cup finely chopped celery or fennel bulb
- 1 tablespoon minced garlic, or to taste
- 4 cups peeled, seeded and chopped ripe red Roma tomatoes
- 2 teaspoons sugar
- Salt and fresh ground pepper to taste

In a saucepan, heat the oil over medium high heat. Add the onions, carrots and celery and saute until soft and lightly golden, about 8 minutes. Add garlic and saute one minute longer.

Stir in the tomatoes, sugar, salt and pepper and lower heat to a simmer and cook, uncovered, until thick, about 30 minutes. Use immediately, or refrigerate for 4-6 days. Sauce can be canned or frozen. Reheat before using. Makes about 4 cups.

Chef's Secret: I like to make this sauce plain, then, while reheating, add about 2 tablespoons of minced fresh basil and parsley. If you can or freeze it with the herbs, it has a tendency to get a tad bitter.

Recipe source: *Janes Gang favorite.*

Patty from Rochester Hills wants to know where she can purchase Lavash bread. Lavash is a paper-thin, circular-shaped bread made mostly from whole grain. It contains about 80 calories per round, and makes a great roll-up sandwich. Look for it in the bread department of most grocery stores. Shopping Center Markets, Danny's, Meijer's and Kroger sell it. Expect to pay about \$1.49 per package.

Marcy of Garden City has a load of gorgeous eggplant in her garden, and wants to make the Middle Eastern dish called baba ghanouj. Here's a great recipe:

BABA GHANOUJ

- 1 (1 pound) eggplant
- 3 tablespoons tahini (sesame seed paste)
- Juice of 1 lemon, (about 1/4 cup)
- 1 clove garlic, peeled and crushed with 1/2 teaspoon salt
- 3 tablespoons cold water
- 1/2 teaspoon Hot Hungarian paprika
- 2 tablespoons chopped parsley
- Olive oil

Prick the eggplant three or four times with a fork and set in a hot oven or over hot coals and turn as each side becomes black and the flesh very soft.

Meanwhile, place tahini, lemon juice and crushed garlic in a food processor and blend until smooth. Add 3 tablespoons cold water to thin and lighten the mixture. When the eggplant has completely collapsed, remove from heat.

When cool enough to handle, remove the charred skin and any hard seeds. Squeeze the eggplant to remove bitter juices. Mash eggplant with a masher, then add to the tahini mixture in the food processor. Pulse to blend. Place the dip in a shallow bowl and garnish with paprika, parsley and drizzle with olive oil. Serve with pita triangles. Serves 4. Makes about 2 cups.

Ann from Canton is looking for Ancho chile powder. Ancho chile powder is made from the dried shell of the Ancho chile pepper, and has a smoky, somewhat fiery taste. The freshest assortment can be found at my favorite Mexican greener, La Colmena - Honey Bee Market, 2443 Bagley, (at 17th Street), in Detroit, just down the street from Tiger Stadium. You can also buy it at Rafael Spice in the Eastern Market.

Chef Larry Janes is a freelance writer. He welcomes your calls and comments. To leave a message for him, dial (313) 953-2047 on a touch-tone phone, mailbox 1896. See more reader-requested recipes inside.



LOOKING AHEAD

What to watch for in Taste next week:

- Plymouth is fired up for the Great Chili Cook-Off on Oct. 13

'Break-fast' jump starts your day



Breakfast treat: Combine honey granola, bananas, and low-fat yogurt to make Crunchy Honey-Yogurt Breakfast Parfait. It's pretty to look at, and good to eat.

BY KEELY WYGONIK
STAFF WRITER

Even if we're in a hurry, we'll stop at a gas station on the way to work to fuel our cars, but we won't make time for breakfast.

Cars don't run on empty, and neither do people. We need fuel to start our day.

"Breakfast is brain food," said Doris Dorelian, a registered dietitian. "A child who fills his tank in the morning does better in the classroom - he'll perform better on tests and is more likely to remember what is learned in school. After eight to 10 hours without food, the body is essentially a cold furnace, waiting to be stoked."

Contrary to what you might think, skipping meals won't help you lose weight faster. In a study of women on a 1,200-calorie-a-day diet, researchers at Vanderbilt University discovered those who skipped breakfast lost about 13 pounds each; those who ate breakfast lost 17 to 19 pounds.

We even burn calories when we sleep. "A lot of refueling goes on while you're asleep," said Betty Krieger, a registered dietitian, and clinical manager of food and nutrition services at Crittenton Hospital in Rochester.

"The first meal we eat when we wake up is important to give the body the nutrition it needs for the rest of the day, to help us face the day, and the activities. Our metabolism is raised by eating."

Those few minutes saved by skipping breakfast could cost you later. "When we miss breakfast we get into a slump around 10 or 11 a.m.," said Krieger. "Then we grab - a pastry, doughnut, or something from the vending machine."

Eating and preparing breakfast doesn't take a lot of time. Krieger recommends a bowl of whole grain cereal and piece of fruit. Read labels, though, because cereals sometimes contain a lot of sugar and sodium.

According to the American Dietetic Association, one-third of school-aged kids fix their own breakfast. Stock up on several kinds of cereals, raisins, fruit, juice, milk and yogurt, breads, and rice cakes.

"Children are most likely to eat breakfast if their parents eat breakfast," said Kay Sweeney of Southfield, a registered dietitian for Borgstrom Hospital's Health Development

Network in Novi. "Children who don't eat breakfast in the morning become restless, and have trouble concentrating in school."

Adults who skip breakfast often feel irritable and restless by mid-morning because our blood sugar level drops when we don't eat. If we're at work, "we'll grab whatever's readily available, often a doughnut, to satisfy our hunger, and this defeats weight-loss efforts," said Sweeney.

Reviewing research on the effects of breakfast on school performance, Ernesto Pollitt, Ph.D. reported a significant correlation between eating in the morning and test results, recall memory and verbal skills in the *Journal of the American Dietetic Association*, October 1995. Hungry children just can't do their best work. They're easily distracted and become fidgety, irritable and tired.

Sweeney starts her day by eating a bowl of cereal in the morning - warm cereal (not milk) in the winter, and cold cereal with milk and cut-up fruit such as bananas during warmer months.

For grab-and-go breakfasts, she recommends bagels or English muffins. "It doesn't have to be anything fancy." Parents can learn more about food and nutrition issues by calling the Consumer Nutrition Hot Line of the American Dietetic Association's National Center for Nutrition and Dietetics 1-800-368-1655. Registered dietitians are available to answer nutrition questions or provide referrals to local dietitians weekdays 9 a.m. to 4 p.m. Callers can listen to a variety of recorded nutrition messages 8 a.m. to 8 p.m. Monday through Friday. Messages change every month.

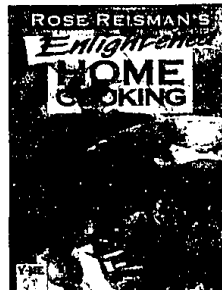
See recipes inside

Fast-Breaking Fruits

- Freeze grapes in single layer in airtight pan. Eat frozen.
- Crush 1/2 cup cereal in plastic bag. Add one cut-up banana. Toss to coat.
- Serve fresh fruit on waffles, French toast or pancakes.
- Dip cut-up fruit in low-fat lemon yogurt.
- Scoop melon into balls.
- Cut orange into "smiles." Smile as you eat 'em!
- Combine 1 carton low-fat vanilla or lemon yogurt and 1 frozen banana (cut up) in blender.
- Eat blueberries from an ice cream cone.

From the American Dietetic Association/Foundation and Kellogg Company

NEW COOKBOOK



Nutritious: Rose Reisman serves up low-fat, high-flavor recipes in her newest book, "Enlightened Home Cooking."

Busy mom makes good food easy to swallow

BY KEELY WYGONIK
STAFF WRITER

Apples, broccoli, and cabbage, are good for you, but they're not as appealing as eclairs, fudge and ginger snaps.

"There's still a negative connotation about light, low-fat eating," said cookbook author Rose Reisman. "These foods are viewed as second-rate."

In her eighth cookbook, "Rose Reisman's Enlightened Home Cooking," (Robert Rose, Inc., copyright, September 1996, \$18.95) she shares recipes for preparing low-fat foods with lots of flavor.

Time-saving tips, and make-ahead suggestions accompany the ten subject chapters in her book, which include appetizers, soups, salads, vegetables, chicken and desserts. Each recipe has a complete nutritional analysis, and there are 16 full-color photographs.

Reisman is an author on a mission. Besides offering nutritious recipes, and meal planning suggestions that help busy families enjoy dinner together, her books benefit the Y-ME National Breast Cancer Organization. A portion of book sales are donated to the non-profit group whose patient advocacy programs have been providing information, hotline counseling, educational programs and self-help meetings for breast cancer patients, their families and friends for more than 15 years. Research is under way, but there does appear to be an association between a high-fat diet, excessive weight gain and the incidence of breast cancer.

She's the first to admit it's not easy. "People will say 'I get in at 6:30 p.m.," that's when they turn to pizza delivery. They're still spending time, and money. I set 30 minutes aside for us to eat together, even if it's rushed. I'll give the kids a snack after school, and we might not eat until 7 p.m."

Starting dinner from scratch after work, and school activities is a chore. To save time, Reisman stocks a pantry with canned tomatoes and other frequently used items; makes sauces, Bechamel and other family favorites on weekends, planning to have leftovers, which she freezes in serving size containers.

Encouraging children to eat nutritious foods takes effort. "Kids are the toughest," she said. "I asked them, 'what foods do you like to eat?' Fast food was their answer." But these foods don't have to be unhealthy.

Potato Wedge Fries, and Honey Coated Crunchy Chicken Fingers, found in the "Kids Favorites" chapter, contain only one gram of fat per serving.

With over 175 recipes to choose from deciding which ones to make is a challenge. "Menus for Everyone," the last chapter of the book, offers suggestions for Family Dinners, Reheatable Family Centerpieces, and even Extravagant "Impressive" Dinners, made with recipes featured in the book.

Look for Reisman's book at your favorite bookstore, or call the Y-ME National Breast Cancer Organization, 1-800-321-2141

See recipes inside