

Katharine Hepburn brownies, roast chicken sure to please

See related Taste Buds Column on Taste front.
The best recipe I have for brownies comes from a friend who got it from a magazine article about Katharine Hepburn. It is, apparently, her family recipe. If there is no other reason to admire Katharine Hepburn, this pan of brownies is enough to make you worship her.

KATHARINE HEPBURN'S BROWNIES

Melt one stick of butter and 2 squares of unsweetened chocolate and take the saucepan off the heat

Stir in 1 cup of sugar, beat in 2 eggs and 1/2 teaspoon vanilla. Beat well.

Stir in 1/4 cup all purpose flour and 1/4 teaspoon salt. If desired, stir in 1 cup chopped nuts, (but we don't have any as the kids ate them for an after school snack 2 days ago).

Bake the brownies in a lightly buttered and floured 8-inch cake pan at 325 degrees F. for 40 minutes. Makes 1 pan of brownies.

ROASTED ONION — LEMON CHICKEN

1 lemon or 1/4 cup bottled lemon juice
2 medium onions, peeled and quartered
1 (4 pound) chicken, rinsed and dried with giblets removed

Preheat the oven to 350 degrees F. Remove the zest from the lemon with a fine grater or zester. Chop fine. If using bottled juice, measure out 1/4 cup juice.

Season the cavity of the chicken with salt and pepper. Carefully loosen the skin of the chicken by running your fingers under the skin of the breast and the legs, separating it gently from the meat

underneath without tearing it. Rub the lemon zest or the juice under the skin.

Rub remaining juice or zest over the entire outside of the chicken. Insert onion quarters in the cavity. Place the chicken, breast side down, on a rack set above a baking dish and roast for 30 minutes.

Turn the chicken breast side up and continue roasting for 30-35 minutes longer or until the thigh juices run clear. Allow to rest 5 minutes at room temperature before carving. Serves 4-6.

If you have kids and they don't

go for the roasted vegetables mentioned in the article, every parent has a package of carrots hiding in the fridge.

The little sweet ones that you can in lunches are best but you can use the big ones too.

HONEY-GARLIC GLAZED CARROTS

1 pound carrots, peeled and cut into 1/4 inch thick diagonal slices
1 tablespoon minced garlic (preferably in oil, the jarred type)
2 tablespoons honey

In a large non-stick skillet, toss the carrots and minced garlic in oil over medium high heat until thoroughly mixed. Add 3/4 cup water and bring to a boil.

Add the honey and season with salt and pepper. Simmer, stirring occasionally until all but a thin film of honey glaze is left, about 7-10 minutes. Serves 4.

Chicken and carrot recipes from: "Cooking With Three Ingredients, Flavorful Food as Easy as 1,2,3" by Andrew Schloss, (Copyright 1996 by Boswell Management and King Hill Productions, \$17).

Chefs share favorite Thanksgiving side dish recipes

See related story on Taste front.

GENEVIEVE DEMBIEC'S CREAMED ONIONS

1 1/2 pounds small white onions, peeled (may use 3 pounds onions in jar, drained)
4 tablespoons butter
3 tablespoons flour
1/8 teaspoon white pepper
1/8 teaspoon sweet basil
1 cup milk
1/2 cup heavy whipping cream
1/2 cup crushed potato chips

Cook fresh onions in boiling water for 15 minutes and drain. In medium saucepan, melt 3 tablespoons of butter and stir in flour, salt, pepper and basil.

Add milk and cream and cook over low heat until thickened, stirring constantly. Mix in onions and pour into heated serving dish. Top with crushed chips.

Melt remaining 1 tablespoon of butter and drizzle over top of onion mixture. Bake 5 minutes at 400 degrees F. Serves 6-8.

Recipe compliments of Chef William Dembiec, Greenfield Village, Dearborn.

ORANGE GLAZED SWEET POTATOES

6 sweet potatoes (about 3 pounds)
1 cup light corn syrup

1 cup sugar
1 cup orange juice
2 tablespoons salt
1 teaspoon ground ginger or nutmeg

Wash the sweet potatoes, but do not peel. Boil in water, just enough to cover, until tender, about 20-25 minutes. Drain, cool, peel and slice in half, lengthwise.

Combine remaining ingredients in a heavy skillet, bring to a boil, stirring constantly, then simmer for 5 minutes.

Add sweet potatoes and baste with syrup. Cook for 5 minutes turn potatoes over and cook 5 more minutes.

Transfer to serving dish and spoon glaze over potatoes. Garnish with fresh chopped parsley or sliced roasted almonds. Serves 8.

Recipe compliments of Chef William Dembiec

FRENCH BREAD BAGUETTE & SWEET CORN PUDDING

1 French bread baguette, 3/4 inch slices
3 cups fresh sweet corn
3/4 cup sugar
4 cups heavy whipping cream
8 egg yolks
Pinch of salt

In oven-proof dish, place sliced baguette and corn. Heat cream to boiling point. Mix egg yolks and sugar with spoon. (Do not use wire whip).

Add hot cream to egg yolk and sugar mixture, slowly stirring with spoon. Add pinch of salt and pour over French baguette and corn.

Bake in 325 degree F. oven, uncovered for 30 minutes. Cover and continue baking for an additional 20 minutes. Serves 8.

Recipe compliments of Chef Louisa Sharkas, Townsend Hotel,

BIRMINGHAM, SWEET POTATOES BAKED IN CIDER WITH CURRANTS AND CINNAMON

2 1/2 pounds sweet potatoes, peeled and sliced thin (uncooked)
2 ounces whole butter
1 ounce finely chopped shallots
8 ounces apple or pear cider
2 ounces currants
1 tablespoon ground cinnamon
1/2 cup brown sugar
1/2 cup miniature marshmallows
Salt & pepper to taste

Place sweet potatoes and butter in casserole. Sprinkle shallots on top. Add cider — covering potatoes completely with liquid.

Top potatoes with currants, cinnamon and brown sugar. Finish with marshmallows. Cover casserole and bake at 350 degrees F. until potatoes are tender. Serves 8 to 10.

Recipe compliments of Chef Michael Hunter, Botsford Inn, Farmington Hills.

JELLIED CHERRY SHERRY SALAD

1 cup wild cherry Jell-O
1 1/2 cups boiling water
2 cups juice from canned cherries
1/2 cup sherry wine
Bing black cherries
Royal Anne cherries
Pecan halves

Dissolve Jell-O in water. Add cherry juice and sherry to Jell-O and stir. Place 3 Bing black cherries, 3 Royal Anne cherries, and 3 pecan halves in each individual mold and fill with liquid. Put in refrigerator to set. Serves 20.

Recipe from Devon Gables Tea Room, Bloomfield Hills, one of Chef Michael Hunter's favorite Thanksgiving side dish recipes.

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Wines from page B1

Today, about 6,200 acres of vines are planted in Carneros with chardonnay and pinot noir the most widely planted. MacRostie along with a few other wineries in the region have discovered that Merlot grows well on specific sites. There is definitely a Carneros regional identity for wines from all three grape varieties.

MacRostie now produces about 10,000 cases of chardonnay, pinot noir and merlot which is not keeping up with increasing national demand for his wines, but unlike a few years ago, more cases are available to our market. There are ambitious plans to increase production to 25,000 cases by the year 2000.

"It will be a challenge to find the grapes," MacRostie admits. "I look for operating control of a vineyard before I will buy the grapes. This is my grape quality assurance."

Current MacRostie releases include 1995 Chardonnay, Carneros \$18, a blend from six vineyards, the largest percentage coming from the renowned Sangiacomo Vineyards. Fermented in French oak barrels, 27 percent new, the wine was aged in these same barrels for seven months. About 88 percent completed malolactic fermentation. Overall, the wine sports apple, citrus aromas complemented by toasty oak with hints of butterscotch. Broad and texturally palate pleasing, the finish is lengthy with fruit, oak and acid in balance.

There's also a Reserve Chardonnay \$27.50 from the 1995 vintage. "Each year, the Reserve is our benchmark Chardonnay," MacRostie said. This wine is highlighted by baked apple, citrus and butterscotch notes. It has exceptional length and creamy texture.

The 1994 MacRostie Pinot Noir, Carneros \$18.50 showcases a broad spectrum of red fruits with vanilla and slightly toasty oak accents. On the palate red fruits are in the forefront with a solid middle and well rounded, structured tannins. It's juicy, delicious and immediately appealing. Fruit is sourced from two vineyards with an esterolic clonal mix that MacRostie

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believes gives him a good number of blending components for the bottling. The wine was aged 10 months in French cooperage, 43 percent of which was new. It was bottled unfined and unfiltered and will undoubtedly "throw" some sediment in the bottle with extended aging. Because pinot noir needs gentle handling to retain its flavors and nuances, the best pinots are frequently not fined nor filtered before bottling.

Blended with 19 percent cabernet franc, the 1994 MacRostie Merlot, Carneros \$22 is highly perfumed with red roses, bright cherry and blackberry. Spicy anise and allspice notes add complexity to ripe, high-toned red fruits. Toasty oak elements from aging 18 months in French oak, 31 percent of which was new, are in harmony with a broad, full, rich fruit palate experience.

"Where merlot tends to have some tobacco and woody elements, cabernet franc pulls the wine away from those less desirable qualities to elevate the focus of black fruits in the wine," MacRostie noted. "It harmonizes well with soft, merlot-like tasting elements."

Look for Focus on Wine on the first and third Monday of the month in Taste. To leave a voice mail message for the Healds, dial (313) 953-2047 on a touch-tone phone, mailbox 1864.

Carving tips

(NAPS)—The secret to masterfully carving the holiday turkey is knowing six tricks used by professional chefs.

Cook: Roast the turkey until a meat thermometer inserted into the thickest part of the thigh reads 160 degrees F.

Cool: Remove the turkey from the oven and let cool for 10 to 15 minutes.

Sharpen: While the turkey is cooling sharpen your carving knife. Dull knives tend to tear tender meat, producing shreds instead of whole slices.

Cut: Remove the drumsticks and thighs. Next remove only the tip and center sections of the wings. Leaving the last section of both wings provides a gool, broad base to help prevent the bird from tilting when you slice the breast.

Slice horizontally: When carving a turkey breast start by making a deep horizontal (parallel to the platter) "base cut" into the breast, just above the wing bone.

Slice vertically: Release uniform, even slices by cutting in a verticle direction down through the breast to the base cut.

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