## Hearty 'undercover' one-pot dishes sure to please

front. POT ROAST WITH RICH ROOT

VEGETABLE SAUCE
4 pound boneless beef round
tip roast
2 tablespoons olive oil

3/4 teaspoon salt

1/2 teaspoon pepper
1 medium onlon, coarsely
chopped

4 medium ribs cetery, cut Into 1-inch pieces 3 medium carrots, cut into 1-

inch pieces

inch pieces

1 teaspoon dried thyme
leaves or 1 teblespoon
fresh thyme

3 sprigs Italian parsley
2 bay leaves, broken in half

3 large cloves gartic, crushed

3 large cloves garlic, crush
1 can (28 ounces) Italianstyle tomatoes, drained,
coarsely chopped
1 can (13 3/4 to 14 1/2
ounces) ready-to-serve
beef broth

1 cup dry red wine

Heat oven to 350 degrees F. In 5-quart oven proof Dutch oven, heat oil over medium-high heat until hot. Add beef roast; brown evenly. Remove roast; season with salt and pepper. Add onlons, celery and correct is eason evenly. and carrots to some pan; cook and stir until onions are tender, about 5 minutes. Add thyme, parsley, bay leaves, garlic, tomatoes, beef

broth and wine; stir to blend. Return roast to pan; bring to a boil.

Cover tightly; transfer pan to oven. Cook in 350 degree F. oven 3 hours or until beef is tender, turn-ing roast over holfway through cooking.

cooking.

Romove roast; keep warm.

Strain cooking liquid; reserve.

Romove and discard bay leaves
from vegetables. Puree vegetables in blender or food processor fitted with metal blade. Add 2 cups cooking liquid through feed tube with the motor running. (Sauce may be kept warm or reheated in a saucepan, over low heat). Carve roast into thin silces; serve with sauce, Makes 6 to 8 servings.

Recipe from National Cattlemer's Beef Association.

CHICKEN AND VEGETABLE

RISOTTO 2 tablespoons extra-virgin olive oil, plus more as

1 garlic clove, crushed under a knife 1 smell red bell popper, seed-ed and cut into 1/2-inch

squares 1/2 teaspoon dried rosemary medium onion, chopped

medium carrot, chopped
 medium carrot, chopped
 1/2 cup canned crushed
 tomatoes
 1/2 cups Arborio rice

About 6 cups hot chicken

1/2 cup thawed frozen peas

1/8 teaspoon freshly ground

pepper
2 cups leftover cooked chicken cut into 1-inch pleces
2 tablespoons grated Parmesan cheese, plus more for serving

n a heavy-bottomed Dutch oven, heat the olive oil over medi-um heat. Add the garlic and cook until fragrant, about 1 minute. Add the bell pepper and cook, stir-ring often, until tender, about 10 minutes. Using a slotted spoon, tengent the popper to a boul distransfer the pepper to a bowl, dis-carding the garlie.

carding the garlie.

If necessary, add a little more oil to the Dutch oven. Add the rosemary, onion, and carrot. Cook over medium heat, stirring often, until the vegetables soften, about 5 minutes. Add the tomatoes, reduce the heat to medium-low and simmer until slightly thickened, about 10 minutes.

minutes.

Add the rice. Cook, stirring constantly, until it absorbs the cooking liquid, about 3 minutes. Add 1 cup of the broth and reduce the heat to medium low. Simmer, stirring constantly, until the rice almost completely absorbs the broth, about 3 minutes. Continue adding the broth 1 cup at a time, stirring constantly, waiting until it is almost completely absorbed

before adding more. When 1 cup of the broth remains, stir in the bell pepper, peas, salt, and pepper. Place the chicken in the center of the rice. Pour the remaining broth over all and cover. Reduce the heat to very low and cook until the rice is tender and slightly creamy and the chicken is hot, about 5 minutes. Sprinkle with 2 tablespoons of the cheese. Serve immediately in warmed bowls, with a bowl of Parmesan cheese on the side.

Recipe from "One Pot Italian Classics" by Anna Theresa Callen, (HarperCollins Publishers, Jan. 15, 1997; \$17.50)

FLASH-IN-THE-PAN WINTER STIR-FRY

3 skintess, boneless chicken breast halves (about 1 pound

1 tablespoon peanut or veg-etable oil

etable oil
1/4 teaspoon coarse
(kosher) salt
2 teaspoons grated fresh gin-

1 garlic clove, minced

2 pounds bok choy or Napa cabbage, cut into slices about 1/4-inch thick (about 6 cups) medium onlon, cut into wedges about 1/4-inch thick

6 scallions, cut diagonally into 1 1/2-inch lengths

3 tablespoons soy sauce

Rinse the chicken under cold running water and pat dry. Cut into 3/4-inch pieces.

into 344-inch pieces.

In a wok or large skillet, heat
the peanut oil and salt over medium-high heat. Add the ginger and
garlie and stir-fry until fragrant,
about 30 seconds. Add the chicken
and cook, a tirring frequently, until
white throughout but still juicy, 3
to 4 minutes. Add the bok choy,
onion, and scallions and stir-fry
until crisp-tender, 2 to 3 minutes,
Add the soy sauce and cook, stirring one minute longer. Serves 4.

Regise from: "Chicken Pungers.

Recipe from: "Chicken Dinners in One Pot," by Peggy Falon (HarperCollins Publishers, Jan. 15, 1997; \$17.50).

CAULIFLOWER BISQUE

2 tablespoons vegetable oil 2 large leeks, whites and tender greens, trimmed, well washed and chopped

washed and chopped
1 plump shallot, chopped
Pinch dried thyme
1 medium cauliflower,
cleaned, cored and broken
into florets

1 large russet potato, peeled and coarsely chopped 5 cups chicken stock

1 1/2 cups milk Kosher salt and freshty ground black pepper 1 tablespoon minced fresh

tomed pot over low heat. Add leeks, shallot and thyme, tightly cover and braise over low heat until lecks are very tender, about 10 minutes.

10 minutes.
Add cauliflower, potato and 4
cups stock, increase heat to medium-high and cook, uncovered,
until stock just begins to boil,
about 6 minutes. Tightly cover pot,
reduce heat to low and cook until
cauliflower is very tender, 20 to 25
minutes.

Let soup cool slightly, about 16 minutes. Carefully spoon solids into a food processor fitted with the metal blade. Add 1 cup warm stock and process until solids are very smooth.

Return puree to pot and whisk in remaining 1 cup stock and milk. Cook over medium heat until soup is not but not boiling. Season with salt and pepper. Ladle into heated soup bowls and sprinkle with chives, Serves 6.

Wine recommendation: Foxen Vinyard Chardonnay (California: Santa Barbara Caunty) or another full-bodied California Chardonnay, preferably from the Santa Barbara

region: "Cooking Under Cover: One-Pot Wonders — A Trea-sury of Soups, Steves, Braises and Casseroles" by Linda and Fred Griffith, (Chapters Publishing, Ltd., 1996, \$29,95).

## Oatmeal makes meat loaf moist

Savvy cooks have been making meat loaf with oats for genera-tions and for several good rea-sons. Both quick and old fash-ioned oats are economical and convenient to use. They also provide a desirable, moist texture without masking the flavor of

the meat.

For a perfectly delicious meat loaf every time, Cindy Bishop, manager of the Quaker Oatmeal Kitchens, offers these tips:

Use fresh lean ground meat

Business, sites a classification of turkey.

Choose either the quick or old fashioned onts; both can bused to make meat loaf. To measure, lightly spoon oats into measuring cup and level even with the top of the cup.

Mix ingredients lightly but thoroughly. Meat loaf that has been overmixed will have a tough, compact texture.

For a meat loaf with a crustier exterior, hand-shape the meat mixture into a loaf and bake in a shallow baking pan. For a traditional loaf, the meat mixture can be pressed into a loaf pan and baked. Drain any liquid that accumulates in the

Many readers have called to find out what happened to Chef Larry Janes, a Taste columnist for more than 10 years. Like many of us, Chef Larry decided it was time to move on to other things.

He's presenting a Healthy Cooking Demo: Fast and Filling Tuna Favorites, 7 p.m. Thursday, Jan. 23 at Botsford's Health Development Network, 39750 Grand River Ave., Novi. There is a \$5 fee. Call (810) 477-6100 for information, or to register.

a \$5 fee. Call (810) 477-8100 for information, or to register. Chef Larry is teaching a con-ing demonstration class at Kitchen Glamor Stores Feb. 18-21. The class, "Homemade Meat loaves with Winter Veggies," will be offered 6:30 p.m. Tuesday, Feb. 18 at the Novi store (Novi

pan before slicing.

Check meat loaf for doneness with a meat thermometer.

Meat loaves made with ground beef should be cooked to medium doneness (160 degrees F). Meat loaves made with ground turkey should be cooked to 170 degrees Overbaking can make meat

For easier slicing, let meat loaf stand 5 to 10 minutes after

removing from oven.

Refrigerate leftover ment loaf promptly and use within two days.
Here are some recipes to try:
TEX-MEX MEAT LOAF

1 pound lean ground beef or lean ground turkey 1 cup outs (quick or old-fashloned, uncooked)

One (16 ounce jar) plcante sauce or salsa, divided

One (15 1/4 ounce can)
whole kernel corn, divided
1/2 cup chopped onlon egg lightly beaten

2 tablespoons finely chopped cilantro or parsley, divided

Heat oven to 350 degrees F. For

meat loaf, combine ground beef, oats, 3/4 cup picante sauce, 1/2 cup corn, onion, egg, 1 tablespoon cilantro and chili powder; mix cilantro and chili powder, mix lightly but thoroughly. In 8-inch square baking pan, shape meat loaf mixture into an 8 by 4-inch loaf. Bake 50 to 65 minutes until meat loaf is to medium doncess. (160 degrees F.) If using ground turkey cook to (170 degrees F).

For salsa, combine remaining picante sauce, corn and cilantro, mix well.

To serve, cut ment lonf into 8 lices and top with salsa. Serves 8. MEDITERRANEAN MEAT LOAF

1 1/2 pounds lean ground beef 3/4 cup oats (quick or old fashioned, uncooked)
1/2 cup finely chapped onion

1/2 cup water

2 cloves garlic, crushed 1 teaspoon dried oregano leaves

Toppings:
One (14 1/2 ounce can)
diced tomatoes, drained
1/4 cup siliced ripe olives

1/4 teaspoon dried oregano

1 cup (4 ounces) crumbled feta cheese

Heat over to 375 degrees F. In large bowl, combine all meat loaf ingredients, mixing lightly but thoroughly. On rack of broiler pan, shape meat loaf mixture into round loaf (9-inch diameter). Bake 30 minutes.

30 minutes.

Remove meat loaf from oven.

Arrange drained tomatoes and olives over top of meat loaf; sprin-kle with organo and cheese. Continue baking 8 to 10 minutes untiment loaf; is to medium donentis meat loaf; is to medium donentis lacking to the continue to the co

loaf into 6 wedges. Serves 6.
Recipes and information from
Quaker Oats.

Spicy loaf: A sassy corn salsa that pairs purchased picunte sauce and canned corn with fresh cilantro tops slices of Tex-Mex Meat Loaf. Quick or old-fashioned oats and additional picante sauce blended with the lean ground beef result in a moist, tender loaf.

## COOKING CALENDAR

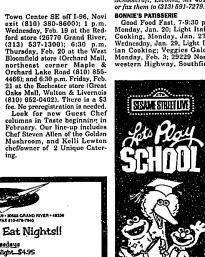
Send announcements for Cooking Calendar to Keely Wygonik, Taste Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150, or fax them to (313) 591-7279.

BONNE'S PATISSERIE
Good Food Fast, 7-9:30 p.m.
Monday, Jan. 20; Light Italian
Cooking, Monday, Jan. 27 or
Wedneaday, Jan. 28, Light Italian
Cooking; Veggies Galore,
Monday, Feb. 3; 29229 Northwestern Highway, Southfield.

Cost \$25 per class, (810) 357-4540. QUICK LOW-FAT RECIPES

QUICK LOW-AT RECIPES
Cooking demonstration featuring Observer & Eccentric columnist Ruth Mossok Johnston, 6:30 p.m. Thursday, Jan. 30 at the Kitchen Glamor Novi Store (Novi Town Center, SE off 1:96, Novi Exit (810) 380-8600) and 6:30 p.m. at Kitchen Glamor Rochester Store (Great Oaks Mall, Walton & Livernois (810) 652-0402).



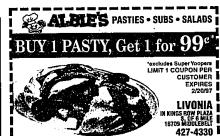


Tickets available at the Fox Theatre box office and all TicketMaster outlets or charge by phone (810) 433-1515

Turn to the Arts & Entertainment section in the Thursday edition of your Observer & Eccentric Newspapers to find out how you can win tickets to the February 2nd • 2 P.M. performance of Sesame Street Live's "Let's Play School" coming to the Fox Theatre.

Sponsored by

Observer & Eccentric





London Room Wigs 🖥 of Farmington

**Feather Light** Hairpieces

7

 For Men & Women with thinning hair.
 Beautiful Wigs - Hair Pieces
 Natural Looking • Comfortable
 Affordable Personal Service by Barbara

Private Consultation by Appointment 500 OFF with this ad! 21896 Farmington Road • Farmington • (810) 442-7376



Chef Larry Janes moves on

Fridays Fish Fry...\$7.95 Beer bettered cod and fried until golden bro cole slaw and french fries.

Enjoy nightly entertainment with our other exciting menu items. Offering daily drink and dinner specials \*\* Above items not valid with any other discounts \*\*



SOMERSE