

# TASTE

SUNDAY, FEBRUARY 9, 1997

## 2 UNIQUE



CHEF KELLI L. LEWTON

### Romantic dinner 'Sets Hearts Afire'

A history tells, a priest named Valentine of Rome was said to be martyred about 269 during the persecution ordered by Claudius the Goth, which resulted in the Saint Valentine Feast Day. Since its origin, the Feast Day (a religious holiday) has been far overshadowed by its non-religious traditions such as, the sending of love notes, which began in the Middle Ages on Feb. 14.

The Europeans believe that birds began to mate on that very date. Once the Valentine custom became established, it came to be the exchange of tokens of love. With the organization of the postal service, Valentine's Day exploded with "say it all" greeting card companies.

Now I suggest that this Valentine's Day be a "Feast of St. Valentine" for two with recipes for food, love and life.

#### Food

Our Hearts Afire, dinner for two, features Citrus marinated shrimp • beautiful baby greens • chicken or salmon • "Lover's Lane" • fresh bundled asparagus, julienne vegetables, and winter risotto • Hearth baked breads and rolls from Breadsmith Bakery • chocolate Chambord fantasy. You can make it yourself, or order it to go from Schoolcraft College in care of Chef Sylvia Hayes (313) 462-4491. The cost is \$34.95 per couple. Proceeds help fund scholarships for Schoolcraft College culinary arts students.

Dinners can be picked up at Schoolcraft College's Professor Pantry, in the Waterman Center on campus, 7 Mile Road at Haggerty, Livonia, between 11 a.m. and 6 p.m. Friday, Feb. 14, or at Two Unique Caterers, 1250 Kensington Road, Bloomfield Hills, (810) 645-4545; Breadsmith of Bloomfield, 3592 W. Maple, Bloomfield Hills (810) 540-8001, Breadsmith Cafe of Farmington Hills, 32990 Middlebelt Road, Farmington Hills (810) 855-5808, or Breadsmith of Troy, 5069 Livonia, Troy (810) 879-8997.

#### CITRUS MARINATED SHRIMP

- 8 large cooked shrimp (butterflied in half)
- 1/4 cup diced pineapple
- 1/4 cup diced papaya
- 1/4 cup mango
- 1 diced kiwi
- 1/8 cup finely diced red onion
- 1/8 cup finely diced red pepper
- 2 tablespoons minced cilantro leaves
- 1/2 seeded & minced jalapeno
- 1 teaspoon lime juice
- 2 tablespoons orange juice
- 1 pinch of salt
- 1 pinch of cayenne

Combine all prepared ingredients. Mix in a bowl and adjust the seasoning. Let the bowl set a few hours in the refrigerator.

Arrange the sliced shrimp on an appetizer plate in a circle. Place a scoop of tropical salsa in the center of the plate. Drizzle the shrimp with some extra juice left from the bowl. Shrimp and salsa can be prepared up to one day in advance.

• Dim the lights, light some candles, a romantic dinner for two begins.

#### BEAUTIFUL BABY GREENS

- 1 cup cleaned and cut Romaine lettuce
- 1 cup Mesclun greens — baby field greens, gourmet or exotic greens
- 2 tablespoons chopped, toasted walnuts
- 2 tablespoons dried cherries
- 1/2 package alfalfa sprouts
- 1/4 cup raspberry vinaigrette, or your favorite dressing
- 1 slice of bread (French or your favorite)
- 2 tablespoons Alouette or cream cheese
- 1 teaspoon butter (soft or melted)
- Salt and pepper to taste

With heart shaped cookie cutter, cut out 2 or more croutons from French bread. Brush with a little butter and toast in a 350 degree F. oven for 5-8 minutes or until crisp, then let cool.

Spread cheese on the crouton, and press toasted walnut into the cheese.

Toss the remaining nuts and other ingredients in a bowl with a pinch of salt, pepper and vinaigrette to your taste.

Divide the salad onto 2 plates and garnish with a heart crouton.

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#### LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Savory breads

## From the Halls of Montezuma comes a treat for you and me

BY PEGGY MARTINELLI-EVENTS  
SPECIAL WRITER

Who can resist the sweet, smooth, creamy, satisfying flavor of chocolate, that wonderful treat that is loved by women, men and children all over the world and has been for centuries?

The word "chocolate" comes from the Aztec *xocolatl*, meaning "bitter water" and the unsweetened drink the Aztecs made of pounded cocoa beans and spices was probably extremely bitter. Nevertheless, the Aztec king Montezuma so believed that chocolate was an aphrodisiac that he purportedly drank 50 golden goblets of it each day. Casanova used chocolate as an inducement to romance.

Scientists know that chocolate has certain bioactive characteristics that influence the central nervous system. It contains caffeine and is a stimulant. However, they have not actually proven chocolate to be an aphrodisiac. We do not know whether it is the bioactive substances in chocolate or whether it is the luxurious taste, texture and aroma that really satisfies us and improves our mood.

Chocolate comes from the tropical cocoa bean, *Theobroma* ("food of the gods") *cacao*. After the beans are removed from their pods they're fermented, dried, roasted and cracked, separating the nibs (which contain an average of 54 percent cocoa butter) from the shells. The nibs are ground to extract some of the cocoa butter, leaving a thick, dark brown paste. Further processing and the addition of milk and sugar turns the paste, called chocolate liquor, into the voluptuously smooth chocolate we know and love.

For all of its wonderful attributes, chocolate is not a "nutritionist's" dream food. It is rich in calories and saturated fat and low in vitamins. But the good news is that you can enjoy the luscious taste of chocolate, without all the fat, if you're willing to indulge in moderation, try some new recipes and select your chocolate "fix" carefully.

If you're watching caffeine consumption,



Helen C. Furcman/Staff Artist

### MMMM CHOCOLATE

#### ■ Good chocolate choices:

- Instead of chocolate covered graham crackers try chocolate graham crackers
- Instead of chocolate candy bars try Tootsie rolls, chocolate coated mints or raisins.
- Instead of chocolate snack cakes try cupcakes made with low-fat cake mix
- Instead of chocolate ice cream try nonfat frozen chocolate yogurt
- Instead of chocolate-covered cookie try chocolate-dipped pretzel rods

#### ■ How to measure chocolate quality

- The chocolate should be glossy. Milk chocolate will have less of a hard shine than dark chocolate. If the chocolate has gone through some temperature extremes it will "bloom" whereby the cocoa butter comes to the surface, dries, and leaves a gray-whitish film.

The chocolate should smell fresh, moist and fragrant. When you break the chocolate bar into pieces, it should separate clean, without crumbling — (crumbling means it is stale). When chocolate is chilled, it will splinter into distinct pieces. The chocolate should melt quickly and evenly on your tongue without leaving any dry lumps.

#### ■ Storage

Store chocolate in a cool, dry place away from direct light (60-70 degrees F.) Serve at room temperature. Chocolate freezes well, just be sure to thaw before eating to enjoy the full chocolate flavor.

#### ■ Dark or milk chocolate

Stumped by whether you should buy your sweetie dark or milk chocolate? As a guideline, if someone likes their coffee black, they will probably prefer dark chocolate. If they take cream and sugar in their coffee, chances are they'll enjoy milk chocolate.

remember that a 1.45 ounce bar contains about 27 milligrams. As a comparison, six ounces of brewed coffee contains 103 milligrams and 6 ounces of brewed tea has 36 milligrams.

Dr. Dean Ornish, the world-famous director of the Preventative Medicine Research Institute in Sausalito, Calif., and a leading exponent of ultra low-fat eating, indulges in chocolate regularly. For Dr. Ornish the taste treat that thrills him most deeply is a dark, bitter-sweet chocolate candy with a bit of caramel in the center. However, unlike Montezuma, Dr.

Ornish takes his chocolate in very strict moderation — one piece is all he needs.

To make the most of his indulgence, first he takes a good look at it. Then he closes his eyes and smells it. He bites slowly, noticing all the different flavors; the textures; the way it feels as he swallows.

In a recent edition of a popular magazine he said: "I notice that the flavors occur at different times, almost like a symphony, in different parts of my mouth and throat. Then, there

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### LAURA'S FAT-FREE KITCHEN

## Fresh fish cuts fat in bisque

BY LAURA L. SYKES  
SPECIAL WRITER

Bisque is a rich creamy soup that is made from fish or game. It can also be a frozen ice cream dessert. Either way, it doesn't sound very low in calories or fat. Today's original recipe is not extremely bad for us. But, we know there is always room for improvement.

Our first ingredient is one pound of salmon. The rule of thumb is that fresh is always better. The only problem with this philosophy is that fresh is not always more convenient. Fortunately, in this case, it is not true. Both canned and fresh fish must have the bones and skin removed. Since fresh fish is still in one piece, it is easier to find the bones and skin and remove them. Canned fish must be sorted through to find these items.

The benefit of canned fish is that it can be bought well in advance of making the recipe. But, 16 ounces of canned salmon contains 27.6 grams of fat, 681 calories and 2,615 milligrams of sodium. The same amount of fresh fish contains 16.7 grams of fat, 528 calories and only 304 milligrams of sodium. The reduction in fat is significant, but the

enormous reduction in sodium is the true benefit of fresh fish.

As always, reaching for the low sodium version of canned tomato products painlessly reduces our salt intake. By substituting evaporated skim milk for the regular version, we were able to eliminate 30 grams of fat, 232 calories and 106 milligrams of cholesterol from this recipe. The sodium content remained about the same.

In the low-fat version I added one teaspoon of lemon pepper. This made a significant difference in the flavor. It melted the fish taste. This is definitely the "secret ingredient" of this recipe.

Be sure to add the skim milk as directed. Otherwise, it may curdle while cooking. Although this will not affect the taste of the soup it will make it look unappetizing.

For more low-fat and fat-free recipes and kitchen hints from Laura's Fat-Free Kitchen, an eight-page monthly newsletter, send a \$24 check or money order for 12 issues to PS Publications, PO Box 7687, Bloomfield Hills, MI 48302-7687. Look for Laura's Fat-Free Kitchen on the second Sunday of the month in Taste.

#### SALMON AND TOMATO BISQUE

- Original Version - Serves 6
- 1 pound canned salmon
- 10-1/2 ounces tomato puree
- 2 cups water
- 2 tablespoons dried parsley
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 small onion, minced
- 2 tablespoons butter
- 2 tablespoons flour
- 14-1/2 ounce can evaporated milk

Remove bones and skin from salmon. Place salmon and its liquid into a large saucepan. Add tomato puree, parsley and water. Bring to a boil, reduce heat and simmer for 20 minutes.

Cook onion in butter in a small sauce pan until golden brown. Slowly blend in flour. Gradually add milk and cook until thickened, stirring constantly. Add to salmon mixture and season to taste with salt and pepper. Heat until hot.

#### Nutritional analysis per serving

Calories: 293 B.M.  
Fat: 13.7 gm. Cholesterol: 12.0 mg.  
Carbohydrates: 14.6 gm.  
Protein: 21.2 gm. Sodium: 900 mg.

#### SALMON AND TOMATO BISQUE

- Low-Fat Version - Serves 6
- 1 pound fresh salmon fillets
- 10-1/2 ounces tomato puree, low sodium
- 2-1/2 cups water
- 2 tablespoons dried parsley
- 1/8 teaspoon black pepper
- 1 teaspoon lemon pepper
- 1 small onion, minced
- 1 tablespoon butter
- 1 tablespoon flour
- 14-1/2 ounce can evaporated skim milk

Remove bones and skin from salmon. Place salmon, tomato puree, parsley, lemon pepper and water in a large non-stick sauce pan. Bring to a boil; reduce heat and simmer for 20 minutes. Stir frequently.

Cook onion in the butter in a small sauce pan until golden brown. Blend in flour. Add small amounts of water to onions if additional liquid is needed. Slowly add evaporated skim milk to onions, stirring constantly. Add onions to salmon mixture. Season with pepper to taste. Heat until hot.

#### Nutritional analysis per serving

Calories: 180 B.M.  
Fat: 4.6 gm. Cholesterol: 47.0 mg.  
Carbohydrates: 12.4 gm.  
Protein: 21.2 gm. Sodium: 250 mg.