lavorful vegetarian menu has teen approval

See related story on Taste 2 gatlic cloves, mince 1 tablespoon pine nuts, toast-

See related story on Taste front. Join Boverly Price of Living Bettor Sensibly with guest chef Annabel Cohen for a special motherd doughter cooking class (any parent) offapring combina-tion welcome) 6:30-8 p.m. Thurs-day, June 26. The price is \$60 for each twosome and includes lots of yummy samples and recipes of yummy samples and recipes. Call (248) 539-9424 for registra-tion information. Space is limit-cd.

PASTA PRIMAVERA 8 ounces whole wheat fettuc-

cine 2 cups broccoli florets

- 1/2 cup chopped onion 1 cup chopped red papper 1 cup sliced mushrooms
- 1/2 teaspoon oregono 1/2 teaspoon basil

Focus on Wine from page B1

Sporting the biggest fruit pro-file is 1993 Vigna Rionda di Ser-ralunga Barolo \$69. Fruit fla-vors are exceptionally comple-mented by oak. This is a cellar

vors are exceptionally comple-mented by oak. This is a collar keeper! If you're wondering about vin-tages for these exponsive Pied-mont reds, this is Chiarlo's assessment in the 1990s. He ranked 1990 as exceptional and the best in the last 20 or 30 years. Average quality in 1991 and 1992 lead to some medlum-bodied barberas and barolos with good approachability. Best after 1990 as far is 1993. "It's now assessed as better that he highly-ranked 1988 vin-age," Chiarlo added. Low yields characterize 1994 similarly to 1991 and 1992. The 1995 bar-

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HAGGERTY

1/2 cup evaporated skim

milk 1/2 cup Parmesan cheese

cheese

per

large bowl.

1/2 teasooon salt

2 tablespoons fat-free cream

1/2 teaspoon cayenne pep-

per Cook pasta according to package directions. Saute onion, bell pep-per, mushrooms, oregano, basil and garile in a skillet, coaced with non-stick cooking spray, 5 to 8 minutes, or until vegetables are tender.

Steam, blanch or microwave broccoli until just tender. Place sauteed and steamed vegetables in

beras can be compared to the outstanding 1988s and for baro-les, the comparison is with the very good 1969s. A hot June in 1996 was fol-lowed by a cooler July and August. The three summor months saw little or no rain and thick grape skins formed. September had four of two days of rain. These producers who delayed their harvest decisions, made the best wines," Chiarlo said. The La Court Barbera will have the quality of a 1990."

Look for Focus on Wine on the first and third Sunday 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.

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candied apples, fresh cut french fries, Italian & Polish sausage & more!

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See related story on Taste **GRILLED FRESH ATLANTIC**

SALMON WITH FRESH HERRS AND TOMATO AND CUCUMBER VINAIGRETTE four 8 oz. salmon filets 1/2 cup olive oll

1 tablespoon fresh basil, chopped 1 teaspoon fresh tarragon, chopped salt and pepper to taste

BY KEELY WYGONIK STAFF WRITER

Mix olive oil, basil, tarragon, salt and popper. Rub on both sides of salmon. Grill salmon about four to five minutes on cach side, turn-ing once, left to right. When Mix all ingredients in blendor until liquefied. Add salt and pepper to taste. Recipe compliments of Chef

1/2 cup dried cranberries

2 tablespoons silvered almonds, toasted 3 large carrots, shredded 1 (16-ounce) package colesiaw, or 6 1/2 cups shredded cabbage

1 (11-ounce) can mandarin

1/3 cup chopped green

2 tablespoons slivered

onions

In a small saucepan, combine milk, cream clucise, Parmesan cheese, salt and cayenne pepper. Over medium-law camperature, heat until cream cheese molta. Toss well with vogetables and pasta; sprinkle with toasted pine puts. oranges, drained 3 tablespoons honey 1/2 teaspoon black pepper 1/2 tenspoon salt 1/2 teaspoon sait 1/4 teaspoon basil 3/4 cup white wine vinegar 3 tablespoons orange juice nuts. Makes 4 servings: Per serving: 332 calories, 7 g fat, 7 mg choles-terol, 435 mg sodium. 1 tablespoon extra virgin

SUNDAY, JUNE 1, 1997

olive oil In a large bowl, toss together cranberries, green onions, almonds, carrots, cabbage and FRUIT & NUT COLESLAW mandarin oranges.

manaarın oranges. In a small bowl, whisk togother honey, popper, salt, basil, vinegar, juice and olive oil. Just before serving, toss coleslaw with dress-ing.

Makes 12 servings: Per serving: 75 calories, 2 g fat, 0 mg choles-

salmon is slightly firm, remove from grill, Spoon vinaigrette over fish and serve.

TOMATO AND CUCUMBER

VINAIGRETTE

3/4 cup chopped fresh toma-

toes 1/4 cup peeled, seeded and chopped cucumber 1/2 clove or 1/2 tesspoon minced garlic 1/4 cup olive oli

1/8 cup baisamic vinegar

HOME GROWN

terol, 112 mg sodium.

BLUEBERRY CRISP 1/2 cup water

2 tablespoons constarch 3 1/2 cups fresh blueberries 3 1/2 cups fresh blueberries 3/4 cup whole wheat pastry flour (or sifted whole wheat flour)

1/3 cup pure maple syrup granules 1/2 teaspoon cinnamon

1/2 teaspoon nutmeg 1/4 cup canola oli

Prohest oven to 375°F. In a cup, combine water and cornstarult, stir and set aside. Pour blueberries into modium-size saucepan and set over high heat; cook until blueber-ries are acit and juicos begin io² boil, about 5 to 7 minutes. Stir in

SESAME SEED FRIED CATFISH

WITH ROASTED RED PEPPER

MAYONNAISE

1 cup seame seeds 1/2 cup plain bread crumbs 1 teaspoon salt 1 teaspoon block pepper

four 6-8 oz. catilsh 1 egg and 1 cup milk beaten together for egg wash

1 tablespoon basil

1 cup flour

juice

peel 1 package powdered pectin

1 teaspoon grated orange

local chefs share fish recipes

Willie Jackson

Lower heat and cook until mix-ture is thick and clear, stirring " constantly, about 2 minutes. Pollp into 1 1/2 quart or 8-inch squar6" baking dish. ...1

In a small bowl, combine remaining ingredients; mix togeth-er with fork until crumbly. Sprin-kle over blueberry mixture. Bake, until topping is golden, about 25, minutes. Cool completely (bluebgsries will set up as dessert cools),

Makes 12 scrvings. Per serving: 120 colories, 4 g fat, 0 mg chalts-terol, 4 mg sodium.

Recipes from: "Nutrition Secrets for Optimal Health" by Betsey Kurleto, R.D.; M.A., and Beverly Price, R.D., M.A., Tall Tree Publishing Co.

flour. Place back into egg wash,"" remove and coat with sesame seta crust mixture.

Deep fry or saute in oil until, golden brown. Finish in oven if: needed. Garnish with roasted red pepper strips and serve with rod-q

1 large red papper, roasted 2 cups mayonnaise

Puree pepper in blender, mayonnaise and mix well. r. Add

Recipe compliments of Chef Mike Dopkowski

opper mayonnaise. RED PEPPER MAYONNAISE

Mix together sesame see bread crumbs, solt, pepper and basil. Set aside. Place fish in egg wash, remove and coat lightly with Strawberries will be late this year

suggestions for using homemade soft spreads to liven up other foods and recipes. The video, is free to consumers: To get a copy, write to Direct Marketing Department, Alltrista Consumpr Products Company, P.O. Box 5004, Muncie IN 47307; or call; 800-988-0049 Ext. 7323

Keely Wygonik is Taste editor of the Observer & Eccentric Newspapers, 36251 Schooleraf), Livonia, MI 48150. To send a fax (313) 591-7279. Wygonik wei-omes your communication

Berry Pointers Wash strawberries before

hulling One pint strawberrips equals 1 1/2 to 2 cups sliced or chopped When making strawberry pie. always wash, then hull the

■ When making strawberty pie, always wash, then hull the berries, letting them drain upside-down on paper towels for 30 minutes. That way, you'll remove as much excess moja-ture as possible and not end up with a security of the with a security of the s ith a soggy pie. Sugar softens berries

particularly strawberries - so don't add it too far in advance of serving. Information from: "The Food Lover's Tiptionary," by Sharon Tyler Herbst, (Hearst Books).

Fully Scrumption "on the bouleverd" - Built 1953

Blake's Orchard and Cide	r 2 tablespoons tresh orange
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A OFF 30 / 7 OFF 30 / 7 OFF 30 / 7 OFF 30 / 7 OFF Been 25 mg. 30 ct. DH6A ABRE0	Featuring Country, Folk, and Fine Art Saturday, June 7th, 10 a.m. 'till 6 p.m. Sunday, June 8th, Noon 'til 6 p.m. Over 75 of the area's best artists set up on the shaded lawns of the Old Home Shops and Market Street Square along Chesaning's Historic Boutlevard

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■ Wiard's Orchards, Inc. - I-94 to Huron Street (exit 183) then south 4 miles, follow the signs, (313) 482-7744.

California strawberries are still available at grocery stores and produce markets, and if you have some rhubarb growing in your backyard, here's a recipe you're sure to enjoy.

Process 10 minutes in a boiling-water canner; Yield about 6 half

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2 tablespoons fresh orange

pints. Recipe from: Alltrista Con-sumer Affairs.

Prepare home canning jurs and lids according to manufacturer's instructions, Slice strawberries, measure 4



Ball 100% Natural Fruit Joll pectin has a now nine-minuto how-to video "Jams & Jollies Made Pure and Simple." The video toaches beginners step-by-step how to turn freis trawber-ries into jam and provides menu

1 quart stemmed, washed

■ Blake's Big Apple Orchard -North Avenue and 33 Mile Road, th Avenue and 33 mile noau, ada, (810) 784-9710. Blaka's Orchard and Cides

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SPICED STRAWBERRY RHUBARB

strawberries

3 cups chopped rhubarb

6 cups sugar 1/2 teaspoon cinnamon 1/2 teaspoon nutmeg



