

Marvelous recipes celebrate National Dairy Month

See related story on Taste front. Recipes compliments of HDS Services/Peggy Marinelli-Everts, director of clinical operations.

1 cup chocolate milk
3/4 cup semi-sweet chocolate pieces
1/2 cup whipping cream, whipped

Combine marshmallows, chocolate milk and chocolate pieces in a medium saucepan. Cook over

medium heat just until boiling, stirring constantly. Cool to room temperature, stirring occasionally. Fold in 1/2 cup whipping cream, whipped. Spoon into dessert dishes, chill several hours before serving.

It can be a cream base for soups, or a sauce for pasta or rice.

RHEUA NELL'S FAT-FREE 'CREAM' SOUP BASE

1 cup non-fat dried milk powder

1 tablespoon dried onion flakes
2 tablespoons cornstarch
2 tablespoons chicken bouillon powder
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon black pepper

Mix all ingredients and store in airtight container. To make soup base, add 2 cups cold water to the mix in saucepan and stir constantly over medium heat until thick. (Add desired "extra" to base, such as chicken, tuna, ham, mushrooms, broccoli, etc. and cook a few minutes longer.)

Here's a recipe with many

Milk from page B1

them, you'll miss out on some of yogurt's added benefits.

Cheese

"The goodness of milk is concentrated when making cheese," according to the Wisconsin Milk Marketing Board. They say it takes 10 pounds of milk to make one pound of most varieties of cheese. Keep in mind that because cheese is concentrated milk, its calories and fat are concentrated also. One cup of shredded cheddar cheese has a whopping 455 calories and 37 grams of fat. Savor cheese for its flavor, but use it sparingly. Remember, a one-ounce cube of Swiss cheese is 105 calories, and that can add up fast if you stand near the buffet table!

Ice cream, ice milk and frozen yogurt

How can we talk about dairy products without mentioning everyone's favorite? Ice cream, with its smooth, creamy texture and rich, sweet flavor is certainly delicious. But because it is high in fat (about 24 grams per cup) it is not something I can

recommend eating every day. However, the new low-fat ice creams, low-fat frozen yogurts and ice milks taste remarkably good. Haagen Dazs has a new low-fat ice cream line that tastes almost identical to their premium versions. The best part is they use all natural ingredients with no artificial color, flavor or preservatives. Just be sure to check the nutrition labels on any low-fat ice cream or low-fat frozen yogurt you buy. Low-fat doesn't always mean low calories.

With all the wonderful ways we have to enjoy dairy products it's easy to do what your parents said — and "drink your milk." Peggy Marinelli-Everts is a Farmington Hills-based food service and hospitality management company specializing in food service management for hospitals, long-term care facilities, businesses, private clubs and private schools. Look for Peggy's column in Taste on the second Sunday of the month.

Herbs enhance mustard, dressing, oil, vinegar

See related 2 Unique columns on taste front

HERB MUSTARD

1 cup yellow mustard seed
6 tablespoons water
1/2 cup red wine vinegar
1 tablespoon balsamic vinegar
3 tablespoons mixed chopped herbs (tarragon, parsley, basil, thyme, sage)
1 teaspoon salt
2 tablespoons brown sugar
1 teaspoon crushed green peppercorns
3 tablespoons olive oil

Grind mustard seeds in food processor or spice grinder (fine). Mix with water and set aside to soak. Mix vinegar, herbs, salt, sugar and pepper together. Heat in a small

saucepan then cool. Stir mustard paste and vinegar mixture. Add oil drop by drop and mix until the mustard turns creamy.

Great as a rub on steaks, fish, vinaigrette or spreads.

HERB YOGURT DRESSING

1 cup plain yogurt dressing
1-1/2 teaspoons balsamic vinegar
1 tablespoon chopped capers
1 tablespoon chopped shallots
1 clove garlic, finely chopped
1 tablespoon celery
4 tablespoons finely chopped herbs, such as parsley, rosemary, thyme, chives

Great with mixed salad greens or as a marinade for chicken or

meat.

HERB VINEGAR

2 cups white wine vinegar
3 large sprigs of your favorite herbs

HERB OIL

2 cups extra virgin olive oil
4-5 large sprigs of your favorite herbs

GARLIC OIL

2 cups extra virgin olive oil
4 cloves peeled garlic

GARLIC VINEGAR

12 large garlic cloves (peeled)
1/8 teaspoon salt
2 cups vinegar

Wash herbs and dry. Place in bottles with oil or vinegar as appropriate. Close the bottle tightly. Leave in a sunny place for 2-3 weeks. Remove herbs (but not garlic) and replace with the same quantity of fresh herbs. The oil or vinegar is ready to use. Vinegar will keep for up to 2 years. The oil should be used in 6 months or so, as it will turn rancid. Peel garlic, chop and sprinkle with salt. Bring vinegar to a boil and pour over garlic. Put in a container that can be sealed tightly and leave to infuse for 2-3 weeks. Strain and then bottle.

Recipes from Kelli Lewton's 2 Unique

2 Unique from page B1

the Mediterranean region. Excellent in meat, especially for meat such as mutton, pork, goose and stuffing for poultry. Best when cooked with food. Healing benefit: Has been used medicinally since prehistoric times. Renowned for counteracting stomachache and intestinal inflammation. Sage is also used as a gargle or lozenge for sore throats and prevents perspiration.

■ Dill & Fennel: Dill is closely associated with the cuisines of Scandinavia and the Baltic states. It's great in salmon dishes, dressings, marinades, mustards, vegetables and salads. Fennel, the bulbous root, can be cooked or used in salads. Healing benefit: Aids in digestion and is a sedative.

■ Saffron: A brilliant orange, exotic herb, saffron differs from

almost all other culinary herbs. Unlike leafy herbs, saffron is the tiny dried stigma of the purple flowers of the saffron crocus, which are referred to as "threads." It takes from 75,000 to 250,000 of these threads to make one pound of saffron, hence the high price. Adding a tiny pinch to paella, Bouillabaisse, mint lamb, poultry or cream sauces will impart a unique flavor. Health benefit:

Aids digestion, reduces fever and cramps.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Lewton is a part-time instructor at the college. Look for her column in Taste section on the second Sunday of the month.

Wake up to basil frittata with sausage

AP — Wake up lazy appetites with flavorful Basil Frittata with Sausage and Fresh Vegetable Sauce. The sauce is made with peppers, diced Roma tomatoes, onion, fresh basil and Italian sausage.

The recipe was the first-place winner of a recent bed and breakfast recipe contest sponsored by Jones Dairy Farm. The recipe was submitted by Garrett Mansion, a brand and breakfast located in Alameda, Calif.

BAZIL FRITTATA WITH SAUSAGE AND FRESH VEGETABLE SAUCE

For the sauce:
Bounce package Italian sausage
2 tablespoons butter or margarine
1 medium onion, thinly sliced

1 garlic clove, minced
5 medium green, sweet red or yellow bell peppers, seeded and sliced lengthwise (about 1 1/4 inch)
4 cups medium diced Roma tomatoes
1/2 cup finely chopped fresh basil
1 tablespoon sugar
1/4 1/4 teaspoons salt
For the frittata:
10 eggs
3/4 cup sour cream
2 tablespoons chopped fresh basil
3/4 teaspoon salt
1/4 teaspoon black pepper
1/2 cup finely chopped green onion
3/4 cup grated Parmesan

For the sauce: In a skillet, cook sausages according to package directions; cool. Cut sausages into 1-inch pieces. In the same skillet, melt butter, sauté onion and garlic until transparent. Add peppers. Continue to cook 5 minutes. Stir in tomatoes, basil, sugar and salt. Bring to a boil; reduce heat, add sausage. Simmer until excess liquid is reduced by half. The sauce can be prepared in advance, stored in refrigerator and reheated.

For the frittata: In a mixing bowl, whisk eggs, sour cream, basil, salt and pepper. In a 10-inch nonstick, ovenproof skillet, sauté onion for 1 minute. Pour egg mixture into skillet. Cook over medium heat until eggs are set and

light brown on bottom, about 8 to 10 minutes. Remove from heat. Sprinkle with cheese.

Preheat broiler; place skillet 6 inches from heat for 2 minutes or until cheese melts. Serve immediately with sauce. Makes 8 to 10 servings.

Recipe from: Jones Dairy Farm and Garrett Mansion, Alameda, Calif.

What to do when power goes out

Spring weather often brings storms that result in power failures. "Food left in refrigerators or freezers with no power can result in a food poisoning incident," cautions Sylvia Treitman, Home Economist for the MSU Extension. A "full" freestanding freezer can keep food safe for about 2 days, a half full freezer for about 1 day, providing the door is kept closed. "The refrigerator however," adds Sylvia, "is another story." Some foods left in a refrigerator above 40 degrees for more than a few hours start to deteriorate and may be unsafe. It is important to know what is safe to keep and what needs discarding.

These tips may help:

■ Keep refrigerator door closed, except to add ice.
■ Raw meats, fish, dairy products and leftovers are the most perishable.
■ Check with the power company and if power will not be restored within a couple of hours, add ice.
■ Most condiments, such as ketchup, mustard and jam, are safe, if power is out. Call the Food and Nutrition Hotline at (810) 858-0904, for information.

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