

# Sample a taste of 'Mollie Katzen's Vegetable Heaven'

See related story on Taste front.

Here are some recipes from Mollie Katzen's newest book, "Mollie Katzen's Vegetable Heaven: Over 200 recipes for uncommon soups, tasty bits, wide-by-side dishes, and too many desserts." (Hyperion, New York)

- PIZZETTAS**
- 1 cup wrist-temperature water
  - 1 package (2 teaspoons) active dry yeast
  - A pinch of sugar
  - 1 teaspoon salt
  - 1 tablespoon olive oil (plus extra for the bowl)
  - 3 cups unbleached white flour (1/4 cup may be whole wheat or rye)

Extra flour for kneading  
Cornmeal for the baking tray  
Toppings of your choice

Place the water in a medium-large bowl. Sprinkle in the yeast and sugar, and stir to dissolve. Let it stand 5 minutes, or until the mixture begins to bubble.

Stir in 1 cup of flour, the salt, and 1 tablespoon olive oil. Beat for several minutes with a wooden spoon.

Add the remaining flour 1/2 cup at a time, mixing after each addition. The dough will be soft, but should not be sticky.

Turn out onto a floured surface, and knead for several minutes. Place in an oiled bowl, cover with plastic wrap, and let the dough

rise until doubled in bulk. This will take about 1 hour.

Punch down the dough, and return to the floured surface. (This is the point at which you can freeze the dough for future use.) Divide it into six equal parts, knead each piece for a few minutes, then let the balls of dough rest for about 10 minutes. (This allows the gluten to relax, so the dough will stretch easily into shape.)

Preheat the oven to 500°F. Patiently stretch each ball of dough into a 6-inch circle. Sprinkle two thin, nonunsalted baking trays with cornmeal, and place two circles on each. Sprinkle top each pizzetta with whatever your heart desires.

Bake one tray at a time in the

lower half of the oven for 10 to 12 minutes, or until the edges are crispy and brown. (If you're not sure whether or not it's baked through, you can take one pizzetta out of the oven and cut it in half. If it is still a little doughy on the inside, return it to the baking pan and bake a few minutes longer.) Serve hot, warm, or at room temperature.

Yield: Six 6-inch pizzettas.

**Some topping suggestions**  
Canned artichoke hearts, drained, and sliced  
Olives (any kind), pitted and sliced  
Ripe tomato slices  
Crumbled feta cheese  
Arrange everything on the pizzetta; bake and serve

**AFTER-WORK BULGUR SPECIAL**

- 1 cup coarse bulgur
- 1 3/4 cups boiling water
- 2 tablespoons fresh minced dill (or 1 teaspoon dried dill)
- 3 scallions, finely minced
- 1/2 cup lightly toasted pine nuts
- A small handful of currants
- 1/2 teaspoon salt (or more to taste)

Black pepper to taste  
A drizzle of extra virgin olive oil  
2 tablespoons fresh lemon juice (or to taste)  
2 or 3 medium-sized red or yellow bell peppers, optional

**Before You Go to Work:** Place the bulgur in a large bowl. (Make

sure it's large enough for the bulgur to expand, which it will greatly do. Pour in boiling water, cover tightly with foil, and go to work.

**When You Get Home:** Remove the foil; fluff the bulgur with a fork. Add the remaining ingredients; mix and serve. It's good at room temperature, but you can also reheat it, covered, in a 350°F oven for about 30 minutes - or in a microwave.

**Optional preparation:** Halve and hollow out 2 or 3 medium red or yellow bell peppers and fill with the bulgur mix. Cover and place in the microwave (high power) for 2 minutes. Violà! Dinner.

Yield: About 6 servings (easily doubled - just make sure you use a large enough bowl).

# Low-fat dishes great way to start a healthy new year

See related story on Taste front.

Join Nanette Cameron of Living Better Sensibly for a variety of vegetarian cooking classes offered throughout winter. Classes include information, tasting and recipes. Call (248) 539-9424 for registration information as space is limited. (Check out our web site 222.nutritionsecrets.com)

- SPINACH DIP**
- 1 package frozen chopped spinach thawed and drained well
  - 1/2 cup chopped water chestnuts
  - 1 cup non-dairy sour cream
  - 1 cup low-fat non-dairy mayonnaise
  - 1 package Upton vegetable soup mix

1 round rye bread loaf

Combine ingredients and mix well. Chill for at least 2 hours. Cut out the center of a round rye bread loaf. Take the center piece of bread and cut it into cubes.

Fill the hollowed out bread bowl with the dip. Use the cubed pieces of bread as the garnish and serve together. Serves 6 (1 tablespoon each).

**Per serving:** 86 calories; 3g fat; 0g protein; 14g carbohydrate; 0mg cholesterol; 33mg sodium; 0g fiber.

**BUCKWHEAT AND BLACK BEAN SALAD**

- 8 ounces buckwheat pasta
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil

1/4 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon garlic powder

1 1/2 cups cooked black beans or 1 (14 ounce) can black beans, drained and cut into chunks

1 large red pepper, cut into chunks

6 to 12 black olives pitted and thinly sliced

1 tablespoon drained and minced capers

1/4 cup chopped parsley

Cook and drain pasta according to package directions. Plunge into cold water to stop cooking.

**To make dressing:** In a small bowl combine balsamic vinegar, oil, salt, pepper and garlic powder. Whisk well.

In a large bowl mix pasta, black beans, red pepper, black olives and

capers. Pour dressing over pasta and vegetables, and toss well. Garnish with fresh parsley. Serves 4.

**Per serving:** 416 calories; 12g fat; 14g protein; 63g carbohydrate; 0mg cholesterol; 495mg sodium; 8g fiber.

**CANDY CARROTS**

- 1 pound small baby carrots, cut in half
- 1/3 cup unsweetened apple juice concentrate, thawed
- 1 teaspoon ground cinnamon

Combine carrots and apple juice in a large saucepan and stir well. Bring to a simmer, cover and cook over moderate heat for 15 to 20 minutes, until carrots are tender-crisp. Add cinnamon and cook for an additional 5 minutes. Serves 6.

**Per serving:** 39 calories; 0g fat; 1g protein; 9g carbohydrate;

0mg cholesterol; 26mg sodium; 3g fiber.

**STUFFED MANICOTTI**

**Sauce**

- 4 cups no salt added tomato sauce
- 1 teaspoon garlic powder
- 2 teaspoons basil
- 2 teaspoons oregano

**Filling**

- 1 (10.5 ounce) package firm tofu, drained
- 1/2 cup grated soy mozzarella cheese
- 1/2 cup green onion, chopped
- 2 teaspoons basil, crushed
- 1/2 cup parsley, finely chopped
- 4 manicotti shells or 12

Jumbo shell macaroni (4 ounces dry weight)

Combine the first 4 ingredients; set aside. In a small bowl, crumble tofu with a fork. Add mozzarella cheese, onion, remaining basil and oregano and parsley. Mix thoroughly. Gently stuff mixture into partially cooked manicotti shells (shell should be firm).

Sprinkle a small casserole dish with nonstick cooking spray. Place half of the tomato-herb sauce in the dish. Spread evenly. Place stuffed shells on sauce. Pour remaining sauce over the shells. Bake 30 minutes at 350°F. Serves 4.

**Per serving:** 23 calories; 6g fat; 14g protein; 30g carbohydrate; 4mg cholesterol; 23mg sodium; 2g fiber.

## Wine from page B1

Producers in Sonoma County have attempted to increase awareness of place by creating eleven separate appellations within the county. From Dry Creek and Alexander Valleys in

the north to Carneros in the south. But to many consumers, this has only added complexity to a topic they prefer to keep simple. We understand your confusion about Sonoma County.

the city of Sonoma in that County and the wine appellation known as Sonoma Valley, also in Sonoma County!

The erosion of geographical distinctions has been acerbated

by the producers themselves in a practice whereby the winery changes the place name on its labels from one vintage to another. Caught short of product in a growing market, California

wineries sometimes purchase grapes from other, less desirable growing regions, use them in their wine and change the appellation on the label. Some California wineries have included foreign juice in their blends. Others have converted completely to making wine from juice or grapes purchased outside of the United States, and still others have created new labels under which they market wines grown and produced overseas. "The message to the consumer seems to be that it really doesn't matter where the grapes are from," lamented Huneuse.

Huneuse's bottom line: "By focusing on appellation, we (premium California wine producers) will differentiate quality levels. We must hold on to our 'somewhereness' and make it the predominant factor in marketing our wines."

**Message to the consumer:** If the price of the wine appears to be too good to be true, it probably is. Learn to read front and back labels, and especially the fine print. It will tell you much about a wine's origin and therefore about its quality. It is up to you to learn about the best appellations, the best producers and the taste characteristics of

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their wines.

■ **Wine Seminar:** From 7:30-9:30 p.m. on consecutive Mondays, Jan. 19 through Feb. 9, at Birmingham's Townsend Hotel, we will offer "What's Old is New Again," a comparison of old and new world wines. Merlot, fume blanc, Rhone styles and Sangiovese are among wines to be tasted and compared. \$120 per person. Call (248) 644-3443 for registration or more details.

**Look for Feels on Wine on the first and third Sunday of the month in Taste.** To leave a true mail message for the Heavens, dial (313) 953-2047 on a touch-tone phone, mailbox 1864.

## Heaven from page B1

Whether you're the picture of good health, or a work in progress, Katzen's book will help you fill in the details with appetizers and salads, "Uncommon Everyday Soups," "A Dozen Tasty Bites," and dishes made with beans, grains and vegetables.

Her "Tidy Little Main Dishes," such as Pizzettas, are great dinner solutions for busy days, and "Pastas for Real Life" are "great one-dish meals for a person who

lives alone, but also perfect for a family of diverse tastes and needs."

There's "Never a Bland Moment," when you dress up vegetables pasta, casseroles and other dishes with "Condiments and Sauces."

And while we all know it is possible to have "Too Many Desserts," Katzen's recipes are a sweet ending for "Vegetable Heaven."

## Diet from page B1

**Nutrition Secret:** Eating only chicken and fish makes you lose out on other powerful cholesterol lowering and weight loss foods such as tofu and other soybean products, beans and lentils. Switching to a plant-centered diet will help lessen your risk of heart disease, cancer, osteoporosis and other diseases. As a bonus, studies have shown that people who change to a vegetarian diet become about 10 percent leaner.

If you follow these tips your natural mechanism for deter-

mining hunger and fullness will return, and you will lose and maintain your weight once and for all. Happy New Year.

Beverly Price is a registered dietitian and exercise physiologist. She operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. She is the co-author of "Nutrition Secrets for Optimal Health." (Tall Tree Publishing Company). Look for her column on the first Sunday of each month in Taste.

### Dr. Mouchelles

#### AUCTION AT THE GALLERY

**Friday, January 9th at 6:30 p.m.**  
**Saturday, January 10th at 11:00 a.m.**  
**Sunday, January 11th at Noon**

**FREE VALET PARKING ALL SALE DATES**

Featuring the collection of Dr. Ighal Jan, Lakeshore Dr. Grasse Pointe Farms, MI, selected items from the estate of Elizabeth A. Long of Birmingham, MI, selected antiques and art being sold for the benefit of a prominent Michigan university, including a large collection of 18th, 19th and early 20th century paintings, watercolors, drawings and graphics. 19th c. furniture and seating formerly belonging to Edith Hart, Merriweather Rd., Grasse Pointe Farms, MI; important 19th c. decorative arts and furniture, as well as fine art, and oriental rugs from a major Bloomfield Hills, MI consigner.

**Exhibition Hours:**

Saturday, January 9th	9:30 a.m. - 5:30 p.m.
Sunday, January 10th	9:30 a.m. - 5:30 p.m.
Monday, January 11th	9:30 a.m. - 5:30 p.m.
Tuesday, January 12th	9:30 a.m. - 5:30 p.m.
Wednesday, January 13th	9:30 a.m. - 5:30 p.m.
Thursday, January 14th	9:30 a.m. - 5:30 p.m.

**Free Parking Wednesday Evening Exhibition**

French Rococo parlor table, 19th C., h. 29", w. 27", l. 46", Sunday #2038 (detail included above)

English 19th c. school oil on canvas, 35" x 21", Sunday #2121

English nineteenth century watercolor and framed tall chest, c. 1880, h. 61", w. 40", d. 18", Sun. #2395

Swedish crystal engraved bowl, "The United States of America", d. 18", Sunday #2122

Swedish crystal engraved bowl, d. 18", Sunday #2123

Hermanus Willem Kerkhove (Dutch 1857-1929), oil on canvas, "On The Arctics", 14" x 24", Sun. #2071

A 15% Buyer's Premium is added to each lot sold up to and including \$50,000 and 10% over \$50,000 and is subject to 6% Michigan Sales Tax. Illustrated catalogs available at the Gallery for \$20.00, postpaid \$25.00 Express Mail and Overseas \$35.00. Annual subscriptions \$75.00. International subscriptions \$135.00.

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