

### HOME SENSE



Lois M. THIELEKE

## Call the hot line for answers to food questions

**M**ichigan State University offers a telephone hot line to answer those "nagging" questions on food, food safety and nutrition. This service is ready to take your calls 8:30 a.m. to 4 p.m. Monday-Friday.

Call (218) 856-0904 for answers to your questions. Here's a sample of a few of the questions and answers.

**Q** How do I store mushrooms?  
**A** Mushrooms need moisture so they don't dry out. After purchasing, put mushrooms in a paper bag or in a dish with a moistened paper towel over the top. Don't wash mushrooms before storing. Mushrooms need air circulation.

At best, mushrooms will remain fresh four to five days. Dried mushrooms will keep for months as long as they are kept in a tightly closed jar. Dried mushrooms can be refrigerated or frozen.

**Q** How do you freeze fresh strawberries?  
**A** Strawberries can be placed on a cookie sheet and frozen. Remove them from the sheet and put in freezer bags, return to freezer. This method allows the berries to be frozen individually so you can easily measure out the amount you need.

Don't let strawberries soak in water while you are washing them, they will become soggy. Make sure strawberries are dry before freezing. The water can break down the cells and make the strawberries mushy. Frozen strawberries are soft when thawed. They will never be as perfect as they were fresh.

**Q** How can I pick out a ripe pineapple?  
**A** When a pineapple is ripe, it is golden, orange yellow or reddish brown depending on the variety. Look for the right color, and ease of how the "spikes" or leaves can be pulled out from the top. Pick out a pineapple that is heavy for its size. Avoid any that are bruised or moldy, or have a dull yellowish green color.

A really green pineapple will be fibrous and not very sweet. Take your time picking out a pineapple, you can't ripen them at home so choose a good one in prime condition.

**Q** My aluminum springform pan discolors from my cheesecake. Is that safe?  
**A** The sides and bottom of the cheesecake may discolor as the cooling cake reacts with the aluminum. It is not safe, not attractive.

To prevent your pan from discoloring, line the bottom and sides of the pan with parchment paper. Then coat the paper with nonstick cooking spray. After the cheesecake has baked and cooled to room temperature, loosen the springform sides.

If you are buying a new springform pan, opt for one with a nonstick coating.

**Q** How do you make onion juice?  
**A** Slice an onion, sprinkle lightly with salt, let stand a moment and then scrape the surface with a knife. Make sure you do this on a plate. If you need a quantity of onion juice, purchase it from the store.

**Q** Are eggs dairy?  
**A** No, eggs are poultry products while dairy are milk products. Apparently, this becomes an issue because both are purchased in the dairy case at the grocery. Eggs are not in the dairy group on the USDA food guide pyramid. Eggs are in the meat (protein) food group.

*Lois M. Thieleke of Birmingham is an Extension Home Economist for the Michigan State University Extension — Oakland County.*

### LOOKING AHEAD

What to watch for in Taste next week:

- Focus on Wine
- Living Better Sensibly



South of the border: Salsa and lime flavor these sassy, bold Salsa Ribeyes with Spicy Black Bean Salad.

## THINNED THE HEAT when you grill steak

### ISLAND JERK BEEF & PINEAPPLE KABOBS

Total preparation and cooking time: 1 hour

4 beef chuck eye steaks, cut 3/4 to 1-inch thick (6 to 8 ounces each)

#### Kabobs

1/2 fresh pineapple, rind removed, cored and cut into 1- to 1 1/2-inch pieces (approximately 1 1/4 pounds)

3 green onions, cut into 1 1/2-inch-long pieces

2 tablespoons butter, melted

2 teaspoons packed brown sugar

Dash ground red pepper

Jerk Rub

1/4 cup finely chopped green onions

4 large cloves garlic, minced

1 jalapeno pepper, finely chopped

1 tablespoon finely chopped fresh ginger

1 tablespoon fresh lime juice

2 teaspoons packed brown sugar

1 1/2 teaspoons dried thyme leaves, crushed

1 1/4 teaspoons salt

3/4 teaspoon ground allspice

Soak four 12-inch bamboo skewers in water 10 minutes; drain. Alternately thread pineapple and green onion pieces onto each skewer.

In small bowl, combine butter, 2 tablespoons brown sugar and red pepper. Set aside.

In another bowl, combine Jerk Rub ingredients. Press into both sides of each beef steak. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 14-18 minutes for medium rare to medium doneness, turning occasionally.

Grill kabobs 8-10 minutes or until lightly browned, turning occasionally and brushing with butter mixture during the last 5 minutes of grilling. Makes 4 servings.

Nutrition information per serving:

397 calories; 31g protein; 27g carbohydrate; 19g fat; 5.3mg iron; 866mg sodium; 117mg cholesterol.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Prepared salsa makes an easy, tasty marinade for beef. For ribeye or top loin steaks, just a quick 30-minute marinating imparts flavor to the beef as in Salsa Ribeyes with Spicy Black Bean Salad.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.

Cook's tip: For a rub with less heat, see jalapeno peppers before chopping.

For a quick and delicious accompaniment, canned black beans are teamed with fresh lime juice, oregano and additional salsa. Just add warm tortillas for a bold, flavorful steak dinner.