

Shrimp salad sensational summer supper

Look out Charlie the Tuna, you've got shellfish on your tail. Americans eat hundreds of thousands of tons of shrimp each year in the U.S., making it the second most popular seafood behind tuna. Other shellfish among the top ten seafood include clams, crabs, and scallops.

One reason behind shellfish's popularity is surely its great nutritional profile. Laboratory measurements show that shellfish is not as high in cholesterol as was once thought. Shellfish are also rich in the omega-3 fatty acids that have been linked to a host of health benefits, including reduced incidence of cancer and heart attacks. When they are steamed, grilled, broiled, or baked, shellfish are exceptionally low in total fat, and especially artery-clogging saturated fat. Of course, you can still find a lot of added fat in shellfish dishes when they are fried, stuffed or made with a high-fat sauce. The keys to enjoying shellfish are picking the freshest varieties available and cooking it properly to avoid the risk of foodborne illness. Most shrimp and shellfish are frozen immediately after harvesting. Once thawed, they

should look firm, bright and shiny, and have no strong smell. When buying clams, mussels and oysters, make sure their shells are closed tight, which indicates they're still alive. Shellfish features a light, delicate flavor and texture, and tastes its best when prepared simply. That's good news for cooks who don't want to spend a lot of time in a hot kitchen this summer.

Why not throw some shrimp on the grill? Simply slip them on skewers, baste with a low-fat sauce made of lemon juice, honey, and ginger, and grill over high heat until they turn pink (about three to five minutes). Cooking them in the microwave is even easier. Simply mix the shrimp with lemon juice, garlic and white wine and cook for about two minutes.

Fresh boiled lobster tastes so rich and sweet there's no need to add butter, sauce or seasoning. Boil the lobster until it is bright red, about five to six minutes per pound. Start the timer when the water has just come back to a boil after the lobster has been added.

Pasta with scallops is the perfect choice for a quick, light sum-

mer meal. Sauté the scallops in a bit of white wine or chicken broth until they are milky white and firm (three to four minutes); set aside. In a medium saucepan, sauté minced green peppers, shiitake, celery and tomatoes in a bit of olive oil seasoned with garlic and rosemary. When the vegetables are just tender, add the cooked scallops and simmer for about three minutes, until the entire mixture is heated through and the tomatoes have cooked down. Serve the seafood sauce over fettuccine or linguine, and garnish with a sprinkling of minced Italian parsley.

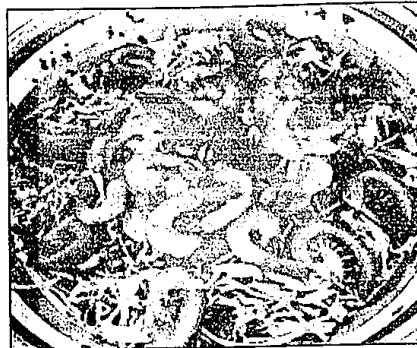
The base of this tasty seafood salad is cabbage, a cruciferous vegetable that's a good source of vitamin C. For easy preparation, chop the vegetables in a food processor while the shrimp are marinating.

LEMON-LIME SHRIMP SALAD
1 clove garlic
3 tablespoons lemon juice
1 tablespoon hoisin sauce
1/8 teaspoon red pepper flakes
Pinch of white pepper
1 pound medium peeled

shrimp
1 medium head cabbage, grated
1 carrot, grated
1 cup chopped watercress
2 ripe red tomatoes, quartered
1/3 cup lime juice
2 tablespoons honey
1/2 teaspoon salt (optional)
2 tablespoons chopped fresh basil
2 tablespoons roasted, chopped peanuts
Crushed red pepper flakes (garnish)

In a blender, combine the garlic clove, lemon juice, hoisin sauce, red pepper flakes and white pepper. Puree until smooth. Marinate the shrimp for 20 minutes. Meanwhile, mix together the lime juice, honey and salt (if desired) and toss into the salad - cabbage, carrots, and watercress.

Cook the shrimp in a non-stick pan with the marinade for 2 to 3 minutes - it's done when it turns pink. Mound the shrimp in the middle of the salad and place the quartered tomatoes around the edges of the bowl. Garnish with basil, peanuts and red pepper



Tasty salad: Lemon-Lime Shrimp Salad combines marinated, grilled shrimp with grated cabbage, carrots, watercress and tomatoes.

flakes. Each of the 4 servings contains 265 calories and 4 grams of fat.

Information and recipe from the American Institute for Cancer Research.

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"Once you feed yourself you have to feed your friends," explained Nancy. "We're keeping the same format."

Kevin tested all the recipes. "He would have various accidents and would call me to ask all these questions," said Nancy. They got the idea for their first cookbook in 1993, and spent nine months working on it. It was published on April 15, 1996.

Nancy describes herself as the practical one, Kevin is the funny one. A budding sitcom writer, Kevin takes a humorous approach to cooking that makes it fun.

"Help! My Apartment Has A Kitchen" is written in plain, simple English and serves up over 100 recipes - everything from appetizers, soups and salads to main dishes and desserts with tips from mom. You'll find basic stuff like pancakes and chilis with some surprises such as Caribbean Jerk Chicken or Tofu and Spicy Potato Quesadillas.

You won't find fancy words like "sautéed." Explanations for cooking terms are part of Mom's Tips. "Kevin said nobody would take the time to look up these words if we put them in a glossary," explained Nancy.

Recipes are divided into categories - Very Easy, Easy, and Not So Easy. Recipes are accompanied by foolproof instructions. The first chapter offers sugges-

tions for getting started - "read the whole recipe before you start," suggestions for useful packaged foods to have on hand, how to "Convert a dish for a carnivore into one for a vegetarian" and what to do if you only have one pot.

"Kevin said the book is like having your mother in the kitchen. But you can close the book, and not have to deal with her," said Nancy. "It's written in his language."

This cookbook is anything but something for old fogies. There aren't any beautiful pictures of what your finished product should look like, but there are references to movies, TV shows, Led Zeppelin, and other things you'll relate to.

"Help! My Apartment Has A Kitchen" is a more thoughtful graduation gift than a pen, it's something they can use and won't lose.

Newlyweds will appreciate it too. In fact, reading this book might lead to marriage.

"My son is married to a vegetarian," said Nancy. They were dating while Kevin was learning how to cook, and writing the book. "He does all the cooking, and she proposed to him. She's in medical school and doesn't have time to cook. He's gotten very confident in the kitchen, and does the grocery shopping too."

See related story on Taste front. Recipes from "Help! My Apartment Has A Kitchen Cookbook" by Nancy and Kevin Mills (Chapters/Houghton Mifflin, \$14.95).

TERIYAKI CHICKEN
3 tablespoons soy sauce
2 tablespoons dark brown sugar
1 tablespoon corn oil
1/2 teaspoon ground ginger
1/2 teaspoon garlic powder
1/8 teaspoon black pepper
2 boneless chicken breast halves (about 10 ounces)

Combine the soy sauce, brown sugar, oil, ginger, garlic powder and black pepper in a medium-size bowl.

Cut the chicken into strips 1/2-inch wide and 2 inches long. Add the chicken to the bowl and marinate in the refrigerator for 1 to 2 hours so the flavors penetrate the chicken. If you're in a hurry, you can marinate the chicken for just 15 minutes. It won't be quite so tasty, but it will have more flavor than if you hadn't bothered at all.

Preheat the broiler. Make sure the top oven rack is in the highest position, just under the broiling unit.

If you have metal or bamboo skewers, thread the chicken strips onto the skewers and lay the skewers on the baking sheet. If you don't have skewers, place the chicken in a single layer on a baking sheet. Discard the marinade.

Broil the chicken 3 to 4 minutes

per side, until it is completely white and is just beginning to turn brown. Skewers make the turning-over process go faster. Serve immediately.

Serves 2. Rating: Easy

Mom Tip: You can also thread a few whole mushrooms, strips of red bell pepper or pieces of onion between the chicken strips before broiling.

CHOCOLATE CHIP WEDGES
1/4 cup (1/2 stick) butter or margarine
1/2 cup sugar
1/2 cup light or dark brown sugar
1 large egg
1/2 teaspoon vanilla extract
1 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 cup (6 ounce package) semisweet chocolate chips

Place one of the oven racks in the middle position, and preheat the oven to 350 degrees F.

To save time on cleanup, I cook and bake in the same container. Place a metal - not glass - pie pan on a stove burner over low heat.

Melt the butter or margarine right in the pan. As soon as it's melted, turn off the heat.

Add the two sugars and stir thoroughly. Add the egg, vanilla, flour, baking powder and salt and stir until well combined. Mix in the chocolate chips so they are well distributed.

Bake for 30 minutes, or until the

top of the "cookie" browns and starts to pull away from the sides of the pan. Cool on a rack. Serve cut into thin wedges, or cut it into any shapes you want: squares, figures. Serves 3 to 4 people for about 10 minutes, or 1 person for about 1/2 hour. Rating: Very Easy.

Mom Warning: The batter doesn't taste very good. Even Kevin says so. But the wedges do.

CARIBBEAN JERK CHICKEN OR TOFU
1/4 cup vinegar (any kind)
3 tablespoons orange juice
2 tablespoons lemon juice
2 tablespoons olive oil
2 tablespoons soy sauce
1 1/2 teaspoons ground allspice
1 1/2 teaspoons dried thyme
1 teaspoon cayenne pepper
1 teaspoon black pepper
1 teaspoon dried sage
1 teaspoon sugar
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1 medium onion
1 garlic clove
1 jalapeno pepper (optional)
3 boneless chicken breast halves (about 1 pound) or a 14-ounce package firm tofu

Combine the vinegar, orange juice, lemon juice, olive oil, soy sauce, allspice, thyme, cayenne pepper, black pepper, sage, sugar, nutmeg and cinnamon in a large bowl. Stir well.

Peel and finely chop the onion and garlic and add them to the bowl. If you like very spicy food, remove and discard the stems and seeds of the jalapeno pepper, chop it into 1/8-inch pieces and add it to the bowl. Don't rob your eyes before washing your hands; these peppers burn.

Cut the chicken breasts into strips 1/2 inch wide and 2 inches long. Add the chicken to the bowl. Or if you're using tofu, drain it. Then slice it into pieces 1 by 1 by 1/2 inch and gently put it in the bowl. Stir carefully so that the chicken or tofu pieces are covered with marinade. Cover and refrigerate for at least 15 minutes, or up to 2 hours.

Preheat the broiler. Make sure the top oven rack is in the highest position, just under the broiling unit. Lift the chicken or tofu pieces from the marinade and place them on a rack in a roasting pan. The rack lets the juices drip into the pan, allowing the chicken or tofu to be grilled rather than half-boiled in the marinade. Put the pan under the broiler, and broil the chicken for 3 to 4 minutes per side, until it is completely white and just beginning to turn brown. If you are using tofu, broil for the same amount of time, or until it begins to brown. Serve immediately.

While the chicken or tofu is broiling, boil the leftover marinade in a small pot for 2 to 3 minutes. Serve the heated marinade as a dipping sauce or as a sauce for the rice. Serves 2-3. Rating: Easy.

COOKING CALENDAR

OUTDOOR GRILLING

Join the Crittenton Hospital Weight Management Center for a cooking demonstration "Fun and Festival Outdoor Grilling," 6:30-9 p.m. Wednesday, June 10 at Paint Creek Cider Mill Restaurant, 4480 Orion Road, Rochester. The fee is \$10 per person and includes recipes and taste testing. Call (248) 662-5626 for reservations.

Chef Randy Emert will pre-

pare a variety of low-fat recipes.

HEALTHY PASTA NIGHT
Cooking demonstration 7 p.m. Thursday, June 11 at Botsford General Hospital's Health Development Network, 39760 Grand River, Novi.

This presentation is for anyone who things Italian cooking and nutritious eating are contradictory terms. Fee is \$8, call (248) 477-6100 for reservation information.

Serve chocolate pancakes for a special breakfast

AP - This recipe adds a chocolate twist to the favorite classic pancake. It produces light, airy pancakes that get their flavor from unsweetened cocoa powder. Baking with cocoa powder saves time because it eliminates pre-melting steps required with

other chocolate baking products.
PUFFY CHOCOLATE PANCAKES
3/4 cup all-purpose flour
1/3 cup sugar
1/4 cup cocoa
1/2 teaspoon baking powder
1/2 teaspoon baking soda

1 cup buttermilk
1 egg, beaten
3 tablespoons vegetable oil
Whipped topping
Fresh strawberries, sliced
Combine flour, sugar, cocoa, baking powder and baking soda in

medium bowl. Combine buttermilk, egg and oil in separate bowl; add all at once to flour mixture. Stir just until moistened.

Pour about 1/4 cup batter onto preheated, lightly greased griddle or heavy skillet. Cook over medium heat about 2 minutes on each side, turning to cook second side when pancakes have a bubbly surface. Serve warm with whipped topping and strawberries, if desired. Makes 8 to 10 pancakes.

Nutrition facts per serving: 180 cal., 7 g fat (2 g saturated fat); 25 g chol.; 140 mg sodium; 5 g pro; 23 g carbo.

Recipe from Hershey Foods.

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