

Discover the joy of making your own bread

See related Kelli Lewton column on Taste front. Recipes compliments of Kelli Lewton.

CHEESE BREAD

2 cups whole wheat flour
2 1/2 cups white unbleached flour
2 (1/4 oz.) packages of Active Dry Yeast
1 cup milk, scalded
3 tablespoons sugar
1 tablespoon salt
1/4 cup melted butter (reserve 1 tablespoon)
2 tablespoons minced sautéed garlic
1/2 cup diced minced onion

1/2 cup freshly grated Parmesan cheese
1/2 cup mozzarella cheese, grated
2 tablespoons chopped basil
1/4 cup Parmesan cheese, set aside
Scald milk, add sugar, salt. Melt butter (reserve 1 tablespoon) lightly sauté onions and garlic. Cool until tepid.
Put water in mixing bowl, add yeast and let stand for 5 minutes. Add scalded mixture and butter mixture and flake. Beat with mixture for 2 minutes then stir with a wooden spoon for 300 strokes.
Allow dough to rise covered for 45-60 minutes. Stir dough down

and beat for 1/2 minute. Divide dough into 2 greased 8 1/2 by 4 1/2-inch loaf pans. Cover and let rise again for approximately 60 minutes.
Baked in pre-heated 350°F oven for 30-40 minutes until golden. Top with remaining butter and sprinkle remaining Parmesan cheese on top and return to oven for an additional 3-5 minutes.

APRICOT CHERRY BREAD

1 cup sifted white flour
1 cup sifted wheat flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1 cup dried apricots (quarter)

tered)
1 cup dried cherries
3/4 cup white sugar
1/3 cup brown sugar
2 tablespoons butter softened
1 egg
1 cup water
3/4 cup fresh orange juice
1 teaspoon salt
Soak apricots and cherries in orange juice for 30 minutes. Drain well. Reserve orange juice.
Cream sugar and butter, add egg, water and reserved orange juice to creamed mixture. Sift dry ingredients together and stir into creamed mixture. Stir in apricots and cherries.

Pour batter into greased loaf pan 8 1/2 by 4 1/2 inches. Bake at 350°F for 60-70 minutes until baked (use wooden skewer to check doneness).

JALAPENO CORN SPOON BREAD

1 1/2 cups all purpose flour
1 1/4 cups corn meal
1 tablespoon baking powder
2 teaspoons salt
1/2 cup unsalted melted butter (cooled)
1 1/2 cups milk
2 eggs (separated)
1/4 cup honey
1/2 cup corn
2 Jalapeno chilies (steamed,

seeded)
2 tablespoons cilantro (minced)
3 tablespoons sugar
Preheat oven to 375°F. In a large bowl, combine the first 4 ingredients.
In a separate bowl, stir together the butter, milk, honey, yolks, jalapenos, cilantro and corn. In a third bowl, beat the egg whites until soft peaks form, then add sugar and continue beating until mixed.
Gently fold bowl 1 into bowl 2 then fold in egg whites.
Put mix into 9-inch cake pans or in muffin tins. Reduce oven temperature to 350°F and bake for 20 to 25 minutes.

Comfort food has an upscale kick

See related Peggy Everts-Martinelli story on Taste front.

FETTUCINI WITH WILD MUSHROOMS AND GOAT CHEESE

Serves 6
1 pound fettuccini or similar pasta
1/2 tablespoons olive oil
1 pound fresh mixed mushrooms (shiitake, oyster, portobello, button), sliced
2 tablespoons garlic, chopped
1/4 cup sliced leeks
1 cup chicken or vegetable stock
2 tablespoons fresh basil, chopped
2 tablespoons fresh Italian parsley, chopped
2/3 cup chevre (goat cheese), crumbled
1/4 cup non-vintage Champagne

Fresh ground pepper to taste
Cook fettuccini in boiling, salted water until al dente.
In a large sauté pan, heat the olive oil. Add the mushrooms, garlic and leeks. Cook about five minutes until mushrooms are soft.
Add the chicken stock, basil and Italian parsley. Simmer five minutes. Season to taste with pepper. Add the Champagne and heat through.
Serve over the cooked fettuccini pasta. Top with the crumbled chevre.

Nutrition information per serving: Calories: 452, Protein (g): 17.6, Fat (g): 11.5, Sodium (mg): 220, Carbohydrates (g): 87, percent of calories from fat: 23.

A recipe of Chef Steve Pickell, Thornton Winery adapted by HDS Services

ROAST PORK LOIN WITH HERB CRUST

Serves 12

1/2 boneless pork loin, 3 to 4 pounds, fat removed
Salt and pepper to taste
1 cup Dijon mustard
herb crust (see recipe)
8 ounces concentrated pork or beef stock
1 cup sherry wine
2 cup shiitake mushrooms, thinly sliced
1 tablespoon butter, softened
For herb crust
2 cups bread crumbs
1 tablespoon chopped oregano
1 tablespoon chopped rosemary
1 tablespoon chopped parsley
1 tablespoon chopped sage
1 tablespoon chopped thyme

Place a heavy gauge pan on top of stove and heat on high. Season pork loin with salt and pepper, place into hot pan and sear on all

sides. Remove from stove and coat loin with Dijon mustard. Mix all herb crust ingredients together well.

Pack herb crust mixture onto loin, carefully place loin into a roasting pan and roast in 350°F oven until temperature reaches 146°F. (about 15 minutes per pound).

Remove loin from roasting pan and allow it to rest. Deglaze roasting pan on heated stove top by adding stock to the pan drippings and stirring, loosening browned bits of food on the bottom.

Add sherry and shiitakes and cook until mushrooms are tender, 2 or 3 minutes. Whip in soft butter. Adjust seasonings. Spoon sauce onto plates. Carve loin and garnish with fresh herbs.

Nutrition information per serving: Calories: 329, Protein (g): 36, Fat (g): 14.5, Sodium (mg): 330, Carbohydrates (g): 4.5. Percent of calories from fat: 40.

A Recipe of HDS Services

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grinding and baking. They also created finely textured breads with elaborate ingredients, established a guild and started fashioning breads in different shapes and sizes often for ceremonial purposes.

Bakeries were common place throughout Europe by the 16th and 17th centuries. Bread also played a role in the class systems of Europe - the darker one's bread was, the lower one's class. White bread was more expensive to produce and cost more.

The word "loaf" is derived from the Anglo-Saxon "hlaford" meaning Loafward or the provider of bread, likewise a lady from "hlafdige" or "loafmaker." Leavened white bread has historically been a symbol of wealth and refinement.

Wheat came across the ocean with the original settlers. It took some time for the wheat crops to become successful. Farmers developed a taste for corn which saved them from famine. Hence the long history of corn recipes in our American heritage especially in the South.

It would seem bread has come full circle. The common breads of the sixteenth century are the sought after rustic varieties of the '90s. Micro-style, independent bakeries are fast becoming a mandatory stop on peoples shopping lists.

Full circle

Geoff Hochman (owner of Breadsmith in Bloomfield Hills) says his customers are shopping for good, wholesome, nutritious

■ With tons of flavors, hundreds of books and the advent of the bread machine, perhaps this new year you'll find yourself breaking bread from the oven in your house.

food for their families, as well as fun varieties for their weekend work retreats and entertaining. Geoff reports the public has grown tired of the commercial breads that were laced with ingredients that no one can pronounce. The main ingredients in the breads that are produced at Breadsmith's consist of flour, salt, yeast and water. Those four ingredients are basically inherent of how the first loaves of bread were produced. "It is a craft as well as a labor of love and luxury in life. More is better."

With tons of flavors, hundreds of books and the advent of the bread machine perhaps this new year, you'll find yourself breaking bread from the oven in your house.

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

Pudding cooks in minutes

AP - As we settle in for a long winter after a hectic holiday pace, there's a need for food that is comforting, nourishing and easy to prepare. This warm Chocolate Tapioca Honey Pudding cooks in minutes and is low in fat and calories. Serve with a favorite hot tea.

CHOCOLATE TAPIOCA HONEY PUDDING

2 cups milk, 2 percent fat
1/2 cup honey
1/4 cup quick-cooking tapioca
1/2 cup semisweet chocolate morsels

1 teaspoon vanilla extract

In medium saucepan, combine milk, honey and tapioca; let stand 10 minutes. Bring mixture to a boil over medium-high heat, stirring frequently; cook and stir 3 minutes. Remove from heat; add chocolate morsels and vanilla, stirring until chocolate is melted and mixture is smooth. Serve warm or chilled. Makes 6 servings.

Nutrition facts per serving: 217 cal (22 percent from fat), 6 g fat, 3 g protein, 42 g carbs, 1 g dietary fiber, 6 mg chol, 43 mg sodium.

Recipe from National Honey Board

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ber the advice your mother gave you: "go outside and play."

John Adamski is well accustomed to serving up hearty winter fare. He is the executive chef at St. John's Banquet and Conference Center in Southfield and an avid ice carver as well. He is competing in the Plymouth International Ice Sculpture Spectacular January 13-18. After spending a day in the cold with a block of ice, Chef John appreciates a warm hearty dish like the Roast Pork Loin with Herb Crust (see recipe inside). He says it's easy to make, and is impressive enough to serve your guests. Since it requires little attention while it is roasting, it is a great

dish for dinner parties. Another new cold weather comfort dish comes from, of all places, Southern California. A colleague of mine recently vacationed there and came back with a recipe for a wonderful mushroom pasta with chevre (goat) cheese that's perfect for a cold winter evening.
Chef Steve Pickell of Thornton Winery in Temecula, Calif., is the creator of this dish. Again, HDS Services tweaked it a bit to make it a little easier to make at home and to reduce the fat, but not the taste.
After a meal, just before bedtime, or any time you want a warm beverage, tea can be wonderful. Whether you prefer

orange pekoe, green tea or some other herbed variety, it is a satisfying soother. For me though, the cold weather beverage of choice is hot chocolate. After lunch, when I want something sweet, a small cup cocoa complements the cold weather and satisfies my sweet tooth.

Hot cocoa is best made with real cocoa, a little sugar and fresh milk. Just upon two teaspoons of unsweetened cocoa into a cup of non-fat milk and add a teaspoon of sugar. Microwave until heated through, about 1-1/2 minutes. Then stir and enjoy. I confess that I often use the pre-packaged hot chocolate when I'm at

work, but making it with milk and cocoa tastes better and provides more calcium.

Peggy Martinelli-Everts of Clarkson is a registered dietitian and director of clinical operations for HDS Services, a Farmington-Hills based food service and hospitality management and consulting company, specializing in foodservice management for hospitals, long-term care facilities, businesses, private clubs and private schools. HDS Services has approximately 100 management accounts throughout the United States and Japan. Look for Peggy's story on the second Sunday of the month in Taste.

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