

Enjoy these 'Sensible' dishes during National Nutrition Month

See related Living Better Sensibly column on Taste front. Join Beverly Price and Chef Annabel Cohen for a Vegetarian Extravaganza, 7-9 p.m. Wednesday, March 10 at Orchard Lake Middle School. The cost is \$35, space is limited. To register, call (248) 539-2230. To find out about Living Better Sensibly programs for National Nutrition Month and spring call (248) 539-9424.

TOSSED MEATLESS SALAD

- NICOISE**
- Yield: 4 servings
- 2 medium potatoes, peeled and sliced 1/4-inch thick
 - 1 (9 ounce) package frozen cut green beans
 - 1 cup cherry tomatoes, halved
 - 1 small yellow or green sweet pepper, cut into strips

- 1/2 cup Greek olives or pitted ripe olives
- 3/4 cup bottled Italian salad dressing
- 4 cups torn romaine lettuce
- 4 hard-cooked eggs, sliced

In a saucepan cook the potatoes in lightly salted boiling water, covered, for 6 minutes. Add beans.

Return to boiling; reduce heat. Cover and simmer for 4-6 minutes more or till potatoes are tender and green beans are crisp-tender; drain. Cool slightly.

In a salad bowl combine potato-green bean mixture, tomatoes, yellow or green peppers, and olives.

Pour salad dressing over mixture and toss.

Top lettuce with vegetable mixture and hard-cooked eggs (for "lacto-ovo" vegetarians). Serves 4

as an appetizer.

Nutrition information:
Calories 410, Protein 11g, carb. 29g, fat 30g, chol 213mg, Sodium 507mg

STRUDEL TRIANGLES WITH BRANDIED APPLES

- 1/4 cup low-fat cinnamon graham cracker crumbs
- 1 tablespoon brown rice syrup
- 2 sheets frozen phyllo dough, thawed
- Nonstick spray coating
- 1 tablespoon Canola or olive oil-based margarine
- 1 tablespoon brown sugar
- 3 medium apples, peeled, cored, and thinly sliced
- 1/4 cup raisins, cranberries, or cherries
- 1 tablespoon apple brandy or water

- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- Combine cinnamon graham cracker crumbs and granulated sugar; set aside. Cut phyllo sheets in half crosswise. Spray the phyllo halves with nonstick coating. Sprinkle 1/4 of the crumb mixture on a phyllo half. Top with another sheet and another 1/4 of crumb mixture for a four-layer stack. Cut the stack into nine rectangles. Cut each rectangle to form triangles. Spray all baking sheet and place triangles on sheet. Bake at 375 for 6-8 minutes. Melt margarine in large skillet. Stir in brown sugar. Stir in apple slices, raisins, brandy, cinnamon, and nutmeg. Cook about 6 minutes until tender. Top strudel with apple mixture to serve. 8 servings.
- This is a Thai inspired recipe

— it's an original recipe (meaning I made it up) — Annabel Cohen.

THAI-STYLE VEGETARIAN EGGPLANT WITH "BEEF" AND RED CURRY

- 3 tablespoons light olive oil
- 1 cup thin sliced onions
- 4 cloves of garlic, minced
- 2 cups Morningstar Crumbles
- 1 tablespoon minced peeled fresh ginger
- 1 tablespoon yellow miso (fermented soybean paste)
- 1/3 cup water or white wine
- 1/3 cup light coconut milk
- 1 tablespoon soy sauce
- 1 teaspoon, or more to taste, Thai red curry paste
- 1 cup peas
- 4 small Japanese eggplants, unpeeled, cut in half, lengthwise

Preheat oven to 350°F. Heat oil in a large skillet over high heat. Add onions, and garlic and saute until softened about 3 minutes.

Add Morningstar Crumbles and ginger and saute one minute more. Add miso, water, coconut milk, soy sauce and curry paste cook, stirring until the liquid begins to thicken, about 1-2 minutes more. Remove from heat, stir in peas and set aside.

Cut eggplants in half, lengthwise. Cut slits into the cut side of the flesh. Place the cut eggplants in a baking pan, cut side up. Spoon the curry mixture over the eggplants and bake, uncovered for about 1 hour or until the eggplants are soft and the curry mixture is bubbly. Serves 4.

Wine from page B1

From the Paso Robles appellation, Seven Peaks makes a dynamite Shiraz, with many of the characteristics of the Aussie version. All other wines using the Central Coast designation follow the Australian concept of winemaking — blending grapes without restrictions (in this case throughout the greater Central Coast) to create layers of flavors.

Exciting on the horizon is the fact that Seven Peaks will soon plant shiraz from two Penfolds

renowned vineyards Kalimna and Magill. Southcoast has purchased vineyard land and they're in California for the long haul.

Tasting Seven Peaks

If you were to purchase a chardonnay or shiraz from, as an example, Lindemanns, and taste these side by side against the same varietal wines from Seven Peaks, you'd say, Aussie style, but California fruit. And the folks at Seven Peaks would

be delighted with your astute palate!

What creates the difference? Winemaker Ian Shepherd explained that the sunlight in Australia is more intense, soils are poorer and the grapes have stronger tannins, but not as aggressive as California red wines in general.

But he also points to similarities such as forward fruit and for chardonnay, in particular, evident tropical, melon and peach flavors.

Available in our market

Seven Peaks wines available in our market are: 1996 Chardonnay, Central Coast \$13; 1996 Reserve Chardonnay, Edna Valley \$18; 1997 Pinot Noir, Edna Valley \$18, 1996 Cabernet Sauvignon, Central Coast \$13; 1996 Shiraz, Paso Robles \$18; and Cabernet-Shiraz, Central Coast \$18.

While we liked all the wines and recommend them highly, we were blown away by the

1996 Seven Peaks Paso Robles Shiraz with its high-tone red fruits, coffee/cocoa nuances, plump middle and robust, rich finish.

French wines

Continuing the global theme and our ongoing search for good French wines at moderate prices, we've discovered D&H Signature wines.

D is Dominique Hobarad whose family owned Chateau

Cheval Blanc and H is Hubert de Bourard de Laforest, winemaker at the renowned Chateau Angulus in St.-Emilion. Try: 1997 D&H Sauvignon/Semillon \$9 and 1997 D&H Red Bordeaux \$9 (100 percent merlot).

Look for Focus on Wine on the first and third Sunday of the month in Taste. To leave a voice mail message for the Herald, dial (734) 953-2047 on a touch-tone phone, mailbox 1864.

Enjoy a taste of Ireland

See What's Cooking at Oakland Community College story on Taste front.

Pastry Chef Christopher Galli, a chef-instructor at Oakland Community College in Farmington Hills, shared this recipe for Irish Soda Bread. The recipe is from "The Art of Irish Cooking."

IRISH SODA BREAD

- 1 tablespoon butter or margarine
- 4 cups white flour
- 1 teaspoon salt
- 1 teaspoon baking soda

1 cup buttermilk

Rub the butter into the flour. Add the salt and soda, mix all well together by running the dry ingredients through your fingers.

Add the buttermilk and stir into a soft dough with a wooden spoon.

With your floured hands knead lightly into a ball and turn out onto a lightly floured baking sheet.

Flatten the dough into a circle 1-1/2 inches thick with the palm of your hand. Make a cross in the center with a floured knife.

Bake at 425°F for 30 to 35 minutes.

OCC from page B1

can Culinary Federation through the Michigan Chefs de Cuisine Association.

"It combines classroom training with on-the-job training," explained Enright who coordinates the program for OCC. "Students work 40 hours a week in a restaurant, hotel or club, approved by the Michigan Chefs de Cuisine Association, and spend one day a week in the classroom."

Visiting chefs add another dimension to the training that students receive at OCC.

On Saturday, March 27, the

hospitality department is hosting the Young Chefs Regional Competition for Chinese de Rotisseries, an international gastronomic society devoted to fine dining. The winner will advance to national competition.

Students competing in the event are under 27 years of age, and have less than five years experience in the hospitality industry.

Ten chefs from the Midwest including Ohio, Indiana, and Wisconsin will be competing. Christopher Johnson, a student at OCC, is among the three chefs

from Michigan who are competing.

"It's a learning opportunity for our students, and they donate money for scholarships because we're the best site," said Enright. "Some of our alumni are coming in to help us prepare a seven-course dinner for the awards banquet."

In addition to hosting events, OCC invites professional chefs to teach workshops.

Sebastian Canonne will be presenting a two day workshop, Monday-Tuesday, May 10-11. Two one-day classes will be

offered.

"He's one of the owners of the French Pastry School in Chicago," said Baier. "People travel from all over the country to take his classes. We want to make it more accessible to people in the industry." The cost will be \$150 per class.

In May, OCC is offering a 7-1/2 week wine & spirits class that will meet in the afternoon, and is open to the public. Call (248) 471-7785 for information about the class, or workshop with Canonne.

TV cooking show features Schoolcraft chef

Kevin Gawronski, Certified Master Chef and all around bon vivant and raconteur, will become something of a television star. Gawronski joins the ranks of Julia Child, Paul Prudhomme, Emeril LaGasse and Graham Kerr Sunday, March 14 when he will cook live for two hours as part of Detroit Public Television's spring fundraiser.

The program, "The Great Canadian Cooking Marathon," airs 2-4 p.m.

Gawronski will prepare: a three cheese and shrimp stuffed mushroom appetizer; fisherman's stew with saffron cream; wild mushroom quesadilla; chicken tetrazzini; and Danish pastry.

These are the winning recipes in a contest for the best Canadian dishes, sponsored by Canadian Satellite Communications, Inc., which broadcasts Channel 56 programs in all the Canadian provinces. The cooking show is designed to give Canadian viewers a special treat during the pledge drive.

Gawronski, a West Bloomfield resident, will be the only chef in front of the camera, with assistance from five or six culinary arts students.

"I'm definitely going to practice before I go," said Gawronski. "I am looking forward to it. Channel 56 has

done a notable job of broadcasting, and this is a way of giving something back."

Joette Marano, director of fund-raising program development at Detroit

Public Television, said Gawronski was an easy choice. "I knew Kevin when we worked together," she said. "I had no qualms about asking him."

His credentials are wonderful, and he is charming, entertaining and whimsical."

Schoolcraft College is located at 18600 Haggerty Road, between Six and

Seven Mile roads, just west of I-275 in Livonia.

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