

# Spring desserts are simply delicious

## Selected spring dessert story on Taste front: PEACH LATTICE BARS

Place 1 3/4 cups dough into 1-gallon heavy-duty plastic food storage bag. Seal bag, squeezing out as much air as possible; set aside. Spread remaining butter with spatula onto bottom of pan.

Bake 13 to 15 minutes or until edges are light brown. Remove from oven. Spread preserves evenly over warm crust to 1/4-inch edges. Cut a 3/4-inch opening in corner of food storage bag.

Squeeze reserved dough over preserves, forming 12 diagonal rows about 1 1/4 inches apart. Repeat in opposite direction, creating a lattice (criss-cross) pattern. Bake 33 to 35 minutes or until lattice is golden brown. Cool completely in pan on wire rack.

Sprinkle lightly with powdered sugar before serving, if desired. Cut into bars. Store tightly covered.

**Cook's Tip:** Ground almonds can be found in the baking section of the supermarket with other nuts used for baking.

To grind nuts, be sure nuts are at room temperature and grind small amounts of nuts at one time. When grinding whole nuts, first use the grating disc of the food processor, then switch to the metal blade and pulse until

the nuts are finely chopped. When grinding sliced or chopped nuts, start with the metal blade and pulse. Do not overprocess; overprocessing will create an oily nut paste.

**Nutrition Information:** 1 bar, 200 calories from fat, 140g saturated fat, 6g cholesterol, 45mg sodium, 60mg total carbohydrates, 22g dietary fiber, 1g protein, 3g

Recipe from *Kreschmer's Wheat Germ*

### RHUBARB COBBLER

1 1/2 pounds fresh or frozen rhubarb stalks, thawed cut into 1-inch chunks (1 pound equals 3 cups chopped raw rhubarb)

1 cup granulated sugar  
1 cup plus 1 tablespoon all-purpose flour

1 teaspoon baking powder  
1/2 teaspoon baking soda  
4 tablespoons (1/2 stick) unsalted butter, cut into small pieces

2/3 cup buttermilk

Preheat oven to 425°F. Generously butter a 1 1/2 to 2 quart shallow baking dish or a 10-inch pie plate.

Place the rhubarb in the baking

dish and sprinkle it with 3/4 cup of the sugar and 1 tablespoon of the flour. Use a fork or your fingers to toss and mix the fruit, sugar, and flour, then spread it evenly. Bake for 10 minutes.

Meanwhile, in a food processor, combine 3 tablespoons of the sugar, the remaining 1 cup flour, the baking powder and the baking soda. Add the butter and pulse to make coarse crumbs. With the motor running, pour the buttermilk through the feed tube and process just until a soft dough forms, about 6 seconds.

Remove the fruit from the oven and drop the dough from a spoon on top of the hot fruit to make 6 mounds. Sprinkle the dough with the remaining 1 tablespoon of sugar and bake until the fruit is bubbly and the topping is golden brown, about 20 minutes. Serve warm. Serves 6.

Recipe from *Short & Sweet: 150 Sophisticated Desserts in No Time at All*, by Melanie Barnard (Houghton Mifflin, 1999, \$25)

### STRAWBERRY-RHUBARB COBBLER

#### Filling

1 quart strawberries, halved or quartered if large

3 cups sliced rhubarb  
1/2 cup sugar  
1/4 cup water  
1 tablespoon cornstarch  
2 tablespoons raspberry liqueur or orange juice

### Top Crust

3/4 cup all-purpose flour  
1/4 cup whole-wheat flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda

1/8 teaspoon salt  
4 tablespoons sugar  
2 tablespoons unsalted margarine or butter, cut into pieces

1 tablespoon nonfat plain yogurt

1/2 tablespoons skim milk  
1/4 teaspoon ground cinnamon

Preheat oven to 400°F. Coat a 9-by-9-inch baking dish with no-stick spray.

To make the filling: Place half of the berries in a large saucepan. Add the rhubarb, sugar and water. Cover and cook over medium heat, stirring occasionally, for 10 minutes.

Place the cornstarch in a cup. Add the liqueur or orange juice

and stir until smooth. Add to the saucepan and cook, stirring constantly, for 1 minute, or until thickened. Stir in the remaining strawberries. Pour the mixture into the prepared baking dish.

To make the top crust: In a medium bowl, combine the all-purpose flour, whole-wheat flour, baking powder, baking soda, salt, and 2 teaspoons of the sugar. Cut in the margarine, butter and yogurt until the mixture resembles coarse meal. Add the milk; 1 tablespoon at a time, and stir until the dough just holds together.

Turn out onto a lightly floured surface and roll into a 9-by-9-inch square. Carefully lay the dough over the strawberry mixture.

In a cup, stir together the cinnamon and the remaining 2 teaspoons sugar.

Sprinkle over the dough. Bake for 20 to 25 minutes, or until bubbling and the crust is golden brown. Makes 6 servings.

Recipe from *Prevention's Health Guaranteed Cookbook*, by the food editors of *Prevention Health Books & University Hospitals Synergy Culinary School* (Rodale Press, Inc., 1998, \$29.95)

## Wines from page B1

To illustrate, Colleen introduced us to an Italian wine producer we did not know — Fattoria Montellori in Tuscany.

### Impressive Italian wines

The following impressive wines are available now in Michigan:

■ 1995 Montellori Vigne de More Chianti \$12.50 in 90 percent Sangiovese and 10 percent Black Malvasia. Sporting bright red fruits and medium weight, Colleen said it pairs with antipasti such as bruschetta or green vegetables, chicken, pasta with red sauce or simple, rustic ragout.

■ 1995 Montellori Castelrapiti Rosso \$22 is 75 percent Sangiovese with the balance Cabernet Sauvignon. This bigger-structured wine will pair with game birds or any mushroom dish.

■ 1995 Montellori Salamartano \$42 showcases full-bodied red fruit with the distinct scent of violets. An exceptional wine, half cabernet sauvignon, and half merlot, pairs with any full-flavored dish begging for a great red.

Among McKittrick's well-known clients from Italy are Roberto Ameini, Fausto Maculan, Russo Superiore and Marco

Felluga. Not abandoning her U.S. roots, Crichton Hall, Napa Valley, is also listed.

### New from Matanzas Creek

Matanzas Creek, the Sonoma County winery famous for its unctuous merlot

among other fabulous wines has taken its lavender-covered winery grounds to food heights.

If Lavender Smoked Shrimp, Lavender Roasted Lamb or Lavender and Walnut Macarones sound tempting, you might want to call the winery at (800) 690-6464 to order "Fragrant Harvest: Lavender Recipes from Celebrity Chefs" for \$16, along with lavender spice mix and/or herb and spice blends to make these recipes in your kitchen.

The idea for the cookbook came from Matanzas owners Sandra and Bill McAdver's frustration with the lack of literature on the culinary uses of lavender.

### Wine school

From now through late September, The Bordeaux Wine School offers wine lovers a chance to study wine abroad. Price per course ranges \$17 to \$417. For more information

phone direct to France 011-33-56-66-00-22-68 or fax 011-33-5-66-00-22-82. Class information is listed on the school's Web site at [www.vins-bordeaux.fr](http://www.vins-bordeaux.fr) or via email: [ecole@vins-bordeaux.fr](mailto:ecole@vins-bordeaux.fr).

### Third generation Gallo family visits metro-Detroit

On Wednesday, April 28 wine maker Gina Gallo and winegrower Matt Gallo visited metro-Detroit and conducted a tasting at the Hyatt Regency, Dearborn.

Additionally, Matt presented Gallo of Sonoma wines at Birmingham's Merchant of Vino. Both Gina and Matt are the grandchildren of the late Julio Gallo who founded E.&J. Gallo winery with his brother Ernest in 1933.

Gallo of Sonoma was selected as *Bon Appetit* magazine's Wine of the Year and the third-generation Gallos were here to showcase their award-winning wines accompanied by hors d'oeuvres created by high-profile local chefs including Tom Turino, Gina Sarti, Takashi Yamamoto, Tribute, Marshall Chay, Mon Jia Lai, Paul Gross, Tim Whitmore, Tim Voss, Porte, Jim Barnett and Frank Turner, Morels, and Greg Upshur, Too Chez.

### Wine school

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

While we've recommended Gallo of Sonoma wines to readers for many years, we've not given you a third generation profile. Keep reading us; it will happen.

### Fourth Annual Great Lakes Great Wine Walk Around

You have the opportunity to taste over 350 wines judged by a panel of professionals and dine on great food from 12 area restaurants, including

Tribute, Steve & Rochelle, Four Hounds, and the Golden Mushroom Club at the Great Lakes Great Wine Walk Around, 6:30 p.m. Wednesday, May 12, Oakland Community College, Orchard Ridge Campus, (southwest of I-696, Orchard Lake exit), Farmington Hills, 3rd floor J-Building. Tickets are \$40 per person. Proceeds benefit the scholarship fund for Culinary Arts and Hospitality Management Programs. Call (248) 471-6340 or (248) 471-7786 to order tickets.

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## Beefy pasta looks fancy, but it's not hard to make

AP — Here's a dish Dad and the kids may like to offer to cook for Mom on Mother's Day. Tomato and Bow Tie Pasta looks fancy, but it takes only about 25 minutes to get ready.

The techniques called for are as simple as boiling water for pasta, browning ground beef and tossing in fresh tomatoes. The details — the colorful arrangement on the plate, the sprig of fresh basil to garnish — make the difference. Plus the loving thought.

Older kids can help chop the tomatoes and stir the beef occasionally while it cooks. The little ones can toss in the basil and sprinkle on the finishing touch of cheese.

The pasta could be served with a salad made from bagged, pre-washed greens and followed by a dessert of fresh strawberries and Mom's favorite chocolates.

1 1/2 cups uncooked bow tie pasta  
2 tablespoons sliced fresh basil  
3 tablespoons grated Parmesan cheese  
Fresh basil sprigs for optional garnish

In a large nonstick skillet, brown ground beef and garlic over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into 3/4-inch crumbles. Pour off drippings.

Stir in tomatoes, salt and pepper. Cook over medium heat 5 minutes; stir occasionally.

Meanwhile, cook pasta according to package directions. When pasta is done, toss it with beef mixture and basil. Sprinkle with cheese. Garnish with basil sprigs if desired.

Makes 4 servings.

### Tomato, Beef and Bow Tie Pasta

1 pound lean ground beef  
3 cloves garlic, crushed  
2 cups chopped fresh tomatoes (see note)  
3/4 teaspoon salt  
1/4 teaspoon pepper

Note: a 28-ounce can whole peeled plum tomatoes, drained and chopped, may be substituted for the fresh tomatoes.

Nutritional facts per serving:  
420 cal., 29 pro., 35 carb., 18 g fat, 596 mg sodium, 77 mg chol.

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