

# Surf the Internet for new and interesting recipes

See related story on Taste front.  
Recipes from the Web site:  
<http://soar.berkeley.edu/recipe/weird/tuffen-hushaai1.rec>

**VULCAN WEDDING CAKE (CARROT CAKE)**

6 oz. ground almonds  
1/2 cup flour  
1/2 teaspoon salt  
3/8 teaspoon cloves  
1/4 teaspoon nutmeg  
1/4 teaspoon cinnamon  
1 1/2 teaspoons baking powder  
6 oz. grated carrots  
1 tablespoon Vulcan bitter nectar (or dark Jamaican rum)  
1 tablespoon grated lemon rind  
1 tablespoon lemon juice  
5 tablespoons margarine

6 oz sugar, a bit more than 3/4 cup  
5 eggs  
To be made as a wedding cake, many rituals would have to be performed during the making of the cake. This is a non-ritual version.  
Sift the ground almonds and flour together to make a very fine mixture. Add the salt, spices and baking powder and mix well. In a separate bowl put the grated carrots and the nectar. Add the lemon rind and juice. Cover and let stand. Cream the margarine and sugar together.  
Separate the eggs, putting the yolks in with the margarine and sugar and saving the whites for later. Beat the egg yolks in and then add the carrot mixture. Stir well and let sit for a few minutes. Beat the egg whites until soft peaks form, then set aside. Add the dry ingredients to the carrot

mixture and mix well. You should have a thick batter.  
Now beat the egg whites a little more and fold the batter into the egg whites. Mix gently until it is just barely evenly mixed. Pour into a greased ring mold. Bake at 325°F for about 60 minutes. It is done when a skewer comes out clean. Take out of the oven and let cool for 5 minutes. Unmold onto a serving plate dusted with confections sugar (this prevents the cake from sticking as much).  
**TANGY SHRIMP DIP**  
16 servings/Serving size: 1 tablespoon  
12 oz small curd, reduced-fat cottage cheese  
1/4 cup reduced-fat mayonnaise  
2 tablespoons chili sauce  
1 tablespoon lemon juice  
5 oz. canned tiny shrimp, drained and well rinsed

2 tablespoons diced onion  
Salt to taste (optional)  
Pepper to taste (optional)  
Combine the cottage cheese, mayonnaise, chili sauce, and lemon juice. Beat until smooth. Stir in the remaining ingredients with assorted crackers.  
**Exchange:** Lean meat exchange 1, calories 46, calories from Fat 15, total fat 2g, saturated fat 1g, cholesterol 19mg, sodium 148mg, carbohydrate 2g, dietary fiber 0g, sugars 1g, protein 5g.  
Recipe from "The New Soul Food Cookbook for People with Diabetes" Recipe posted on Friday, June 4 at <http://www.diabetes.org>  
**LIGHT LEMON SOUP**  
Serves 6; 1 cup per serving  
6 cups low-sodium chicken

broth  
1 to 2 teaspoons dried dill weed, to taste  
1/2 cup orzo or rice  
2 tablespoons fresh lemon juice (about 2 small lemons)  
Place broth, dill weed, and orzo in a large saucepan. Simmer, uncovered, until orzo is tender, about 20 minutes. Stir in the lemon juice and serve.  
Recipe from <http://www.deliciousdecisions.org>  
**GRILLED PORTOBELLO MUSHROOMS**  
2 or 3 large fresh portobello mushrooms, stems removed and cleaned  
2 tablespoons olive oil  
5 garlic cloves, finely chopped  
Pinch of salt

Pinch of freshly ground black pepper  
Pinch of oregano  
Chopped parsley for garnish  
Quarter the caps. Place them on a broiler pan pre-coated with a little olive oil, bottoms up. Cover the mushrooms with chopped garlic, salt, and pepper.  
Drizzle half the olive oil over the mushrooms. Put under the broiler for about five minutes. Remove the mushrooms and probe with fork for softness.  
Sprinkle with oregano and parsley and return to oven, this time for another five minutes, checking every two minutes for the perfect tenderness. They should be soft on both tops and bottoms.  
**Total calories per serving: 87 Fat: 8 grams**  
Recipe from [www.vrg.org/recipes/mushroom.htm](http://www.vrg.org/recipes/mushroom.htm)

## Summer soup, salad really cool

See related Living Better Sensibly Column on Taste front.  
**ICED CANTALOUPE SOUP**  
Yield: 4 servings  
1 large cantaloupe  
1 1/2 cups soy or skim milk  
2 tablespoons pure maple syrup  
3/4 teaspoon ground cinnamon  
3/4 teaspoon ground coriander  
1/2 cup nonfat yogurt (soy yogurt is available)  
Remove the seeds and rind from the cantaloupe. Cut the flesh into cubes.

In a blender, combine the cantaloupe, milk, maple syrup, cinnamon, and coriander. Blend well. Transfer to a bowl. Cover and chill for 1 hour. Spoon the yogurt into a cheesecloth-lined sieve. Let drain over a bowl to thicken. Whisk the yogurt into the soup.  
**TOMATOES STUFFED WITH ORZO-FETA SALAD**  
Yield: 4 servings  
2 cups cooked orzo (about 1 cup uncooked rice-shaped pasta)  
1 1/2 cups diced cucumber  
1 cup chopped fresh parsley  
1/2 cup (2oz.) crumbled feta

cheese  
1/4 cup diced red onion  
1 tablespoon chopped fresh chives  
1 tablespoon extra-virgin olive oil  
1 tablespoon Balsamic vinegar  
1 tablespoon fresh lemon juice  
1/4 teaspoon salt  
1/8 teaspoon black pepper  
4 large tomatoes  
Combine first 11 ingredients in a bowl. Remove cores from tomatoes. Cut each tomato into 8 wedges, cutting to, but not through, the other end. Place orzo mixture atop tomatoes.

## Wines from page B1

transferred to three-to-four-year-old French casks and fermented to dryness in a cold room. The wine remains in barrel until January when it is prepared for bottling.  
Reminiscent of a southern France Provencal-style rosé, Zaca Mesa's Z-Gris \$9 is made from five southern Rhone red varietals, but about 75 percent is grenache. Red wine lovers can consider it a light Chateaufeuf-du-Pape style for summer sipping. In France, a rosé-style wine is sometimes called Vin Gris. King Estate from Oregon makes a Vin Gris from pinot noir and Preston makes Vin Gris \$9 from Rhone varietals that's exceptional with spicy foods.  
Bruno Clair of Domaine Bruno

Clair in the Burgundy appellation of Marsannay notes that his family has been making one of the rare Burgundian rosés \$17.50 from pinot noir since 1919. Other French rosés we've tried and like a lot are: Chateau Miguel, Saint Chinian Rosé \$9; Paul Jaboulet Aîné Tavel L'Espigle Rosé \$16; and La Poussee, Sancerre Rosé \$27, pricey, but full-bodied.  
Add style to any drink with Scotch Rocks ready-to-freeze Highland water. If you're particular about your premium whisky and like it on the rocks, this new product is worth the ticket. Why pay significant money for a single malt Scotch or top-drawer bourbon and put it over ice cubes, with a high chlorine con-

tent from tap water, or adulterated by absorbed aromas from foods stored in the refrigerator? Tainted cubes negatively impact premium whisky aromas and flavors. A package of Scotch Rocks \$7 contains 10 four-cube, sealed, ready-to-freeze trays. Keep them in the freezer and pop them into your drinks as needed.  
Available exclusively at Merchants Fine Wines. Call the Royal Oak Main Street (north of Eleven Mile Road) store (248) 546-7770 for other locations.  
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 1364.

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