

New cookbook offers quick dinner solutions

(AP) — Cooks in a hurry don't need to sacrifice flavor. That's the breezy message of "Redbook Flavor Rules" (Hearst, \$24.95).

The cookbook promises "More than 200 recipes, plus hints, tips and tricks for really great food." It's a full-size hardback tome, with plenty of color photos, both of how-to sequences and finished dishes. The premise is: You're home, everyone's hungry, but you can still serve home-cooked, made-from-scratch food that tastes good.

The flavor part comes from

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inventive use of today's popular seasonings such as fresh herbs, smoked chilies, balsamic vinegar, garlic and citrus.

Nouvelle Scampi, the book explains, takes about 20 minutes to prepare and 10 minutes to cook. It's "nouvelle" because of "the eye-opening tang of lime juice and the heady aroma of

basil, miles away from the dish's restaurant origins." And it has only 10 grams of fat per serving.

Scampi is the Italian name for giant prawns found in European waters (the dish called Shrimp Scampi, which nonsensically translates as Shrimp Big Prawns, has become an Italian restaurant standard). "To

approximate what a dish made with real scampi might be, try to find shrimp that come 18 to 20 to the pound. If they're terribly expensive, you can, of course, use smaller specimens," the book's editors say.

NOUVELLE SCAMPI

1 tablespoon olive oil
1 1/2 pounds large or jumbo shrimp, shelled and deveined
3 large garlic cloves, minced
1/3 cup fresh lime juice

1/3 cup chicken broth
1/4 teaspoon cayenne pepper
1/4 teaspoon salt
4 teaspoons unsalted butter, in pieces
2 tablespoons chopped basil

In 10-inch nonstick skillet, heat oil over medium heat. Add shrimp and cook, tossing frequently, 3 minutes, or until just cooked through. With slotted spoon, transfer shrimp to a bowl.

Reduce heat to low, add garlic to

pan, and cook, stirring frequently, 1 minute, or until tender. Add lime juice and cook 1 minute. Add broth, cayenne and salt; increase heat to high and cook 2 minutes, or until slightly reduced.

Remove pan from heat and return shrimp to pan. Add butter and basil and swirl until butter has just melted and shrimp are coated.

Makes 4 servings.
Nutrition facts per serving: 225 cal., 10 g fat.

Now is the time to enjoy flavorful, locally grown tomatoes

BY THE ASSOCIATED PRESS

Tomatoes are available year-round, but there is something special about the fresh locally grown tomatoes available during late summer. Spaghetti and Tomato Salad With Dill Yogurt Dressing uses vine-ripened tomatoes for a perfect lunch dish.

The recipe is featured in the new book "Gourmet's Fresh: From The Farmer's Market To Your Kitchen" (Random House, \$27.50), served along with another recipe, Grilled Shrimp With Salsa Verde and Cheddar Pita Toasts.

The book advises that tomatoes are best kept stem side up at normal room temperature in indirect light. Refrigerated tomatoes lose their firmness and fla-

vor.

Although this recipe calls for English cucumbers, which are longer than American varieties and contain fewer seeds and less water, any cucumber can be used. The book suggests waiting and draining them for 30 minutes, then rinsing them thoroughly and squeezing them dry.

SPAGHETTI AND TOMATO SALAD WITH DILL YOGURT DRESSING

1/4 pound spaghetti
3/4 English cucumber
1 garlic clove
1/8 teaspoon salt
2 tablespoons fresh dill sprigs
1/4 cup plain low-fat yogurt
1/4 cup well-shaken butter-milk
6 ounces vine-ripened cherry tomatoes

1/4 cup Kalamata or other brine-cured black olives

In a 5-quart kettle bring 3 quarts salted water to a boil for spaghetti.

Peel and seed 1/2 cucumber and shred on large holes of a 4-sided grater. Squeeze shredded cucum-

ber in a kitchen towel to remove excess liquid. Seed and dice remaining 1/4 cucumber. Mince garlic and mash to a paste with salt. Chop dill. Reserve 1/2 tablespoon dill; in a large bowl stir together remaining dill, shredded and diced cucumber, garlic paste, yogurt, buttermilk, and salt and

pepper to taste.

Halve or quarter tomatoes. Pit olives and cut into thin slices. In a bowl, stir together tomatoes, olives, reserved dill, and salt and pepper to taste.

Cook spaghetti in boiling water until al dente and drain in a colan-

der. Rinse spaghetti under cold water to stop cooking and drain well. Add spaghetti to yogurt mixture and toss to coat.

Serve spaghetti topped with tomato mixture.

Makes 2 servings.

Deep-dish pie is summer treat

BY THE ASSOCIATED PRESS

The deeper the pie, the deeper the satisfaction for this blueberry-raspberry dessert. Cornmeal helps keep the double crust crunchy and gives the pie a down-home taste. According to Chef Lucia Watson, who developed the recipe, the only way to improve on this pie is to add a little ice cream.

BLUEBERRY-RASPBERRY

DEEP-DISH PIE

For the sweet cornmeal pie crust:

1 cup yellow cornmeal
1 cup flour
3 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
3 tablespoons butter
1/2 cup milk

Preheat oven to 350 degrees F.

In a large bowl, stir together the dry ingredients. Cut in butter with pastry blender or two knives until the consistency of small peas. Add milk and stir lightly until just combined. Gather into large ball. Divide ball in half. Pat each half into flat circle, wrap in plastic and

chill.

On lightly floured surface with a lightly floured rolling pin, gently roll out dough to a 12-inch circle. Gently fit into 9-inch-deep pie pan. Roll out remaining dough for top crust and set aside.

For the Pie Filling:

3 6-ounce packages of blueberries, rinsed and drained
2 6-ounce packages of raspberries, rinsed and drained
3/4 cup sugar or to taste
3 tablespoons flour
1 teaspoon grated lemon zest

In a large bowl, gently toss the blueberries and raspberries together with remaining ingredients. Turn into prepared pie crust. Brush rim of bottom crust lightly with water. Put pie crust in place and press to seal rim. Turn edges under and crimp. Cut a few slashes in top crust. Bake in preheated 350-degree F oven until golden brown and bubbly, about 60 minutes to an hour. Let cool on rack. Serve warm or cold. Makes 8 to 12 servings.

Recipe from: Driscoll's Berries

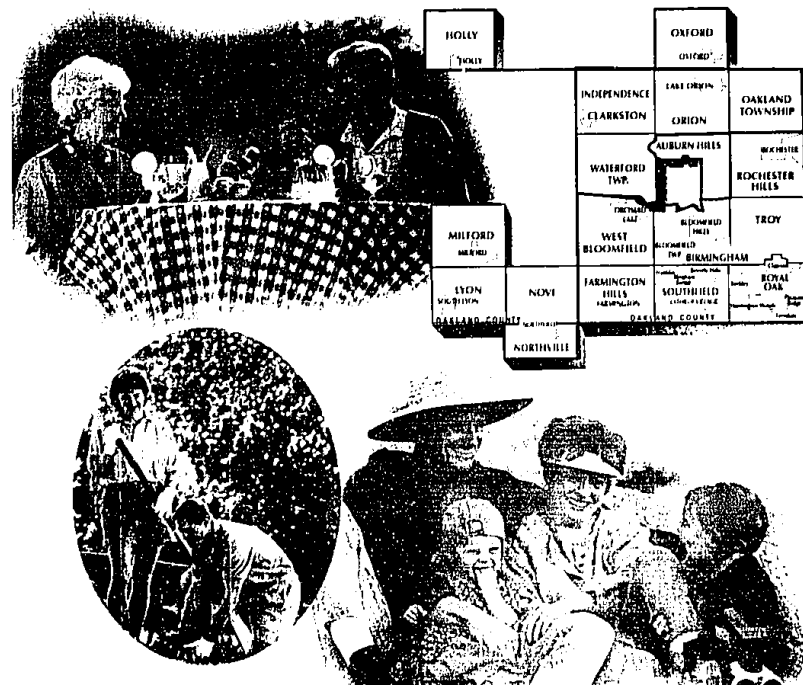
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