

Unique from page D1

Zecca, Aventis and Dupont. It is shared belief in most grass roots organizations that these companies are the only beneficiaries of genetically engineered food products.

Facts and tips

These genetically engineered crops have already been approved for sale — soybeans, corn, canola, flax, papaya, certain potato breeds, sugar beets, tomatoes, yellow crook-neck squash, radicchio, cotton, dairy products from cows injected with the genetically altered hormone "recombinant bovine growth hormone."

Many prepared foods are hiding places for genetically engineered foods which often contain soy, canola or corn products of some variety. Buying organic produce, and being careful about where you shop, is the best way to ensure that you do not buy genetically altered foods. Don't allow gene cuisine to become an ingredient in your diet to ensure many healthy New Years to come!

Concerns

In addition to the potential for environmental devastation and health concerns that genetically engineered crops impose, the government is not mandating that these food products be labeled. Companies that manufacture genetically engineered foods are infringing on our right to information about the foods we choose to nourish our families and ourselves.

I urge you to make a resolution this year to become more informed about genetically engineered foods. Make yourself heard and defend your rights as a consumer. Find out if the market you shop at carries genetically engineered foods. Don't allow gene cuisine to become an ingredient in your diet to ensure many healthy New Years to come!

Chef 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.

WHAT'S COOKING

Send items for consideration in What's Cooking to Keely Wygony, Entertainment Editor, Observer & Eccentric Newspapers, 30251 Schoolcraft, Livonia, MI 48150. To fax, (734) 552-1725. Or e-mail kygon@cc.homecomm.net

ULTIMATE CHICKEN SOUP CONTEST

Temple Kol Ami will host its Second Annual Ultimate Chicken-Soup Contest at noon Friday, Feb. 25 in the Temple social hall. Contestants must send or fax their recipes with an entry form and may include a brief explanation of the soup's origin, if possible, to the temple by 6 p.m. Friday, Jan. 28. All mailed entries must be postmarked Jan. 28. A panel of judges will select the top 10 finalists who will be notified by Friday, Feb. 11.

Entry forms are available at Temple Kol Ami, 5085 Walnut Lake Road, West Bloomfield. Call the temple (248) 861-0040 to have an entry form mailed or faxed to you. The winning recipe will be served at the Capuchin Soup Kitchen in Detroit.

First prize is a feature segment on "Keith Famie's Adventures in Cooking" on WDIV-TV, Channel 4, and a deluxe soup pot from Kitchen Glamor.

Judges include Famie and Keely Wygony, assistant managing editor, Observer features group.

Second prize is dinner for two at Restaurant Di Modesta in Southfield and third prize is a cookbook from Kitchen Glamor.

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See related story on Taste front.

ABC MEATBALL SOUP

Meatballs

1 pound ground turkey breast or lean ground beef
3/4 cup oats, (quick or old-fashioned, uncooked)
1/3 cup barbecue sauce or ketchup
Soup

1 can (43 ounces) reduced-sodium, fat-free chicken broth
1/4 cup alphabet-shaped pasta
1 package (10 ounces) frozen mixed vegetables, (do not thaw)

Heat broiler. Lightly spray rack of broiler pan with no-stick cooking spray.

In large bowl, combine meatball ingredients; mix lightly but thoroughly. Transfer to a sheet of foil. Pat mixture into 9 by 6-inch rectangle. Cut into 1 1/2 inch squares; roll each square into a ball. Arrange meatballs on broiler pan.

Broil meatballs 6 to 8 inches from heat about 6 minutes or until cooked through, turning once.

While meatballs cook, bring chicken broth to a boil in a 4-quart saucepan or Dutch oven over medium-high heat. Add pasta and frozen vegetables; return to a boil. Reduce heat; cover and simmer 8 minutes or until vegetables and pasta are tender. Add meatballs and cook 1 minute. Serve immediately.

Yield 6 servings.

Nutrition information per serving: Calories 200; calories from fat 30, total fat 3g, saturat-

to milk mixture.

Fold in soft peak egg whites and roasted corn. Add heavy cream. Let rise at room temperature for 30 minutes.

Refrigerate overnight. Make pancakes on griddle in desired size. Top with smoked salmon rash.

Makes 36 blini, serve as appetizer.

SMOKED SALMON RELISH

1/2 pound smoked salmon

small diced

3 tablespoons small diced red onion

1 tablespoon capers

1/2 cup corn kernels, roasted

in pan under broiler

Warm milk to 110°F. Mix half of the egg yolks with milk and blend. Add remaining egg yolks.

Mix flours together. Add flours

to milk mixture. Fold in soft peak egg whites and roasted corn. Add heavy cream. Let rise at room temperature for 30 minutes.

Mix relish ingredients and season with salt and pepper. Place a small dollop on buckwheat blini, serve with your favorite mustard sauce or sour cream.

SEAFOOD BLINI

2 puff pastry sheets

3 pounds cooked shrimp

1 pound crab

2 pounds cooked salmon

2 Idaho potatoes, sliced thin

1 onion

3 cups fresh spinach

2 cups assorted sliced mushrooms

3/4 cup sherry

3 tablespoons chopped herbs

2 cups heavy cream

3 whole eggs

1 egg yolk
Pinch salt & pepper
Pinch nutmeg
1 pound chevre cheese
3/4 cup Parmesan cheese

Line 12-inch casserole style pan with puff pastry. Sauté onion add spinach and wilt. Sauté mushrooms until tender de-glaze with sherry and reduce. Mix cream, eggs, spices and herbs.

Layer seafood (1 layer shrimp, crab, salmon) alternating with vegetable and cheese mixture.

Pour cream mixture over entire finished layered product. Sprinkle top with Parmesan cheese. Bake 350°F for 40-45 minutes.

Serves 8 people as a main dish.

Serve festive seafood this year

See related story on Taste front.

BUCKWHEAT BLINI WITH SMOKED SALMON RELISH

BUINI

2 1/2 cups milk (110°F)

1 1/2 tablespoons yeast

2 1/2 cups all purpose flour

5 egg yolks

3 1/4 cups buckwheat flour

5 egg whites (beaten until soft peaks form)

3/4 cup heavy cream

1/2 cup corn kernels, roasted

in pan under broiler

Warm milk to 110°F. Mix half of the egg yolks with milk and blend. Add remaining egg yolks.

Mix flours together. Add flours

to milk mixture. Fold in soft peak egg whites and roasted corn. Add heavy cream. Let rise at room temperature for 30 minutes.

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Good-for-you ways to enjoy oatmeal

See related story on Taste front.

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Yield 6 servings.

Nutrition information per serving: Calories 200; calories from fat 30, total fat 3g, saturat-

ed fat 0.6g, cholesterol 35mg, sodium 720mg, total carbohydrates 19g, dietary fiber 4g protein 25g.

Recipe compliments of Quaker Oats

OATMEAL/WALNUT PICADILLO

2 cups walnut pieces

1 cup rolled oats

2 eggs, slightly beaten

1/4 cup skim milk

1/2 large onion, chopped fine

1/2 teaspoon sage

1/2 teaspoon salt

freshly ground black pepper to taste

oil for browning (about 2 tablespoons)

1/2 cup tomato paste

3 1/2 cups vegetable stock

1 bay leaf

1/2 cup cooked green chilies (or 4-ounce can)

1/2 cup (1 small jar) stuffed green olives, cut in half

1 large, tart green apple, peeled and chopped

1/4 cup raisins

Grind walnut in food processor and combine with oats, eggs, milk, onion, sage, salt and pepper.

Form patties and brown on both sides in a lightly oiled skillet. Break up burgers with a fork (picadillo means "bits and pieces").

Dilute tomato paste in vegetable stock. Add bay leaf and pour into skillet.

Bring to a boil and then reduce heat to a simmer. Cook uncovered, stirring often, for 20 minutes. Add chilies, olives, apple, and raisins, bring to a boil again, and simmer just until apples are tender. Serve six.

Nutrition information per serving: Calories 480; protein 14g, fat 38g, sodium 694mg, car-

bohydrates 30g. Percent of calories from fat 71.

Recipe compliments of HDS Services

VANISHING OATMEAL RAISIN COOKIES

1 cup (2 sticks) margarine or butter, softened

1 cup firmly packed brown sugar

1/2 teaspoon ground cinnamon

Oatmeal

3 cups fat-free milk or low-fat soy drink

1 1/2 teaspoons ground cinnamon

1/4 teaspoon salt (optional)

2 cups oats (quick or old-fashioned, uncooked)

1 cup frozen (do not thaw) or canned (drained) blueber-

ries

fashioned, uncooked)

1/4 cup sliced almonds

1/3 cup firmly packed brown sugar

1/2 teaspoon ground cinnamon

Oatmeal

3 cups fat-free milk or low-fat soy drink

1 1/2 teaspoons ground cinnamon

1/4 teaspoon salt (optional)

2 cups oats (quick or old-fashioned, uncooked)

1 cup frozen (do not thaw) or canned (drained) blueber-

ries

For topping, combine oats and almonds in a medium skillet. Cook over medium-low heat 4 to 6 minutes, stirring occasionally, until both are lightly browned. Cool completely. In small bowl, combine brown sugar and cinnamon. Add water; mix well.

For oatmeal, bring milk, cinnamon and salt to a boil in medium saucepan; stir in oats. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 6 minutes for old-fashioned oats, stirring occasionally. Gently stir in blueberries. Continue cooking until blueberries are heated through and most of the liquid is absorbed, about 1 minute.

Spoon oatmeal into five cereal bowls. Sprinkle topping over each. Yield 6 servings.

Nutrition information per serving: Calories 370, calories from fat 60, total fat 7g, saturated fat 0g, cholesterol less than 5mg, sodium 30mg, total carbohydrates 68g, dietary fiber 8g, protein 13g.

Recipes compliments of Quaker Oats

Topping

1/2 cup oats (quick or old-

fashioned, uncooked)

1/4 cup sliced almonds

1/3 cup firmly packed brown sugar

1/2 teaspoon ground cinnamon

Oatmeal

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