

# Unique from page D1

Zepora, Aventia 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 bring genetically altered food to your table. Whole Foods is one of the grocery chains in our area that refuses to sell genetically engineered foods.

## 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.

# Serve festive seafood this year

See related 2 Unique column on Taste front. Recipes compliments of Chef Kelli Lewton.

## BUCKWHEAT BLINI WITH SMOKED SALMON RELISH

- Blini**  
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.

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

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 teaspoon finely chopped chives  
Salt and pepper to taste

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 BAKE

- 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 cheddar cheese  
3/4 cup Parmesan cheese  
Line 12-inch casserole style pan with puff pastry. Sauté onion and spinach and wilt. Sauté mushrooms until tender deglaze with sherry and reduce. Mix cream, eggs, spices and herbs.  
Layer seafood (1 layer shrimp, crab, salmon) alternating with vegetable and cheese mixture.  
Four 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.

## WHAT'S COOKING

Sold items for consideration in What's Cooking to Keely Wygonik, Entertainment Editor, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia, MI 48150. To fax, (734) 591-7279 or e-mail keelywygonik@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 5 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) 661-0040 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 Farnie's Adventures in Cooking" on WDIV-TV, Channel 4, and a deluxe soup pot from Kitchen Glamour.

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

Judges include Farnie and Keely Wygonik, assistant managing editor, Observer features group.

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 (49 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, saturated fat 0.5g, cholesterol 35mg, sodium 720mg, total carbohydrates 18g, dietary fiber 4g protein 25g.

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## 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 ounces 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 walnuts 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. Serves six.

Nutrition information per serving: Calories 480, protein 14g, fat 38g, sodium 894mg, carbohydrates 30g, percent of calories from fat 37.

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## 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 cup granulated sugar  
2 eggs  
1 teaspoon vanilla  
1-1/2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon ground cinnamon  
1/2 teaspoon salt (optional)  
3 cups oats (either quick or old-fashioned, uncooked)  
1 cup raisins

Heat oven to 350°F. Beat together margarine and sugars until creamy. Add eggs and vanilla; beat well. Add combined flour, salt, cinnamon, and baking soda; mix well. Stir in oats and raisins; mix well.

Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake 10 to 12 minutes or until light golden brown. Cool 1 minute on cookie sheet; remove to wire rack. Cool completely. Store in tightly covered container.

Yield about 4 dozen cookies  
Nutrition Information: 1 cookie, calories 100, protein 2g, total fat 4g, saturated fat 1g, sodium 75mg, carbohydrates 15g. Calories from fat 40, dietary fiber 1g, sugars 8g, cholesterol 10mg, percent of calories from fat 37.

## BERRY ALMOND CRUMBLE OATMEAL

Yielding  
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

- 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) blueberries


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 oat mixture; 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, 5 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 oatmeal. Yield 6 servings.

Nutrition Information per serving: Calories 370, calories from fat 50, total fat 7g, saturated fat 0g, cholesterol less than 5mg, sodium 90mg, total carbohydrates 68g, dietary fiber 6g, protein 13g.

## Recipe compliments of Quaker Oats



### Holiday Blues?

Does this describe you...

- Hopless
- Trouble with sleep
- Sad or Blue
- Changes in appetite or weight
- Low energy
- Loss of interest or pleasure

When you're depressed, you often feel worse during the holidays. The Institute For Health Studies is now studying investigational medication for depression in adults 18 and older. All research care is provided at no cost to those who qualify.

Individuals experiencing poorly-controlled medical problems cannot be accepted for research. If you are interested in this research, please call.

**INSTITUTE FOR HEALTH STUDIES**  
(517) 349-5505 1 (800) 682-6663  
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