

These foods of love are heart-warming dishes

Here are some recipes you can prepare for your special someone. See story Taste front.

OYSTERS WITH MIGNONETTE

12 fresh Blue Point (or other) oysters, shucked
2 shallots, minced fine
1 tablespoon champagne or dry white wine
3/4 tablespoon lemon juice
1 teaspoon fresh cilantro, minced
1 Freshly ground black pepper to taste
Dash of Tabasco
Lemon wedges

In a small glass bowl, combine shallots, wine, lemon juice, cilantro, pepper and Tabasco. Place shucked oysters on a bed of crushed ice. Top each with 1/4 teaspoon of mignonette. Serve garnished with slender lemon wedges.

Recipe compliments of Eleanor Heald.

AVOCADO, GRAPEFRUIT AND CURLY ENDIVE SALAD

2 small heads curly endive
1 small shallot, minced
1 teaspoon champagne or dry white wine
1 teaspoon lemon juice
1 teaspoon orange juice
Salt to taste
1 red grapefruit, peeled and white pith removed
1/4 cup extra-virgin olive oil
1/8 teaspoon minced lemon zest
1/8 teaspoon chopped orange zest
1 ripe avocado, halved, skin left on

Use only the endive hearts. Wash endive and spin dry. In a small bowl, combine shallot with wine,

lemon juice, orange juice and salt to taste. Section grapefruit by slicing along membranes. Whisk olive oil into shallot mixture. Add lemon and orange zest.

Slice avocado lengthwise. Scoop out slices with a large spoon or avocado knife.

Toss endive with grapefruit in a large bowl, with two-thirds of the dressing and arrange on 2 individual dishes. Place avocado slices alongside; season with salt and drizzle with remaining dressing. Serves 2.

Recipe compliments of Eleanor Heald.

RACK OF LAMB WITH SAGE CRUST

1 whole rack of lamb (weight about 3/4 to 1 pound)
Kosher salt and freshly ground black pepper
1 teaspoon canola oil
1 cup fresh (soft) bread crumbs
1 1/2 tablespoons freshly-grated Parmesan cheese
2 cloves garlic, minced
1/2 cup chopped fresh sage leaves
2 tablespoons olive oil
1 tablespoon Dijon mustard
Aged balsamic vinegar to taste

Preheat oven to 475° F. Season rack liberally with salt and pepper. Place a large heavy skillet over high heat. When very hot, add canola oil and sear the rack all over until it is very brown, about 2 minutes per side.

Transfer to a roasting pan fitted with a wire rack, laying it rounded side up. Cover with foil and set aside.

Place remaining ingredients, except for the balsamic vinegar, in the bowl of a food processor fitted with a metal blade. Add 1/2 teaspoon salt and 1/4 teaspoon

freshly ground black pepper and process until it forms a paste.

Press the paste onto the rounded side of the racks. Roast until desired doneness, about 15 minutes for rare. Allow to rest for 5 minutes, covered, before carving. Serve drizzled with balsamic vinegar. Serves 2.

Recipe adapted by Eleanor Heald from Molly O'Neill, *The New York Times*.

WILD MUSHROOM RISOTTO

This microwave preparation takes some of the tedious out of making a creamy risotto. During the multiple on high microwave cooking periods, you can prepare and sauté the mushrooms.

2 tablespoons unsalted butter, divided
1 tablespoon olive oil
4 tablespoons minced onion
1/2 cup Arborio rice
1 1/2 cups beef broth
4 tablespoons minced Italian flat-leaf parsley
1/4 pound fresh wild mushrooms (shaitake, oyster, porcini and/or chanterelles)
1 garlic clove, minced
2 tablespoons Asiago cheese, grated
Salt and freshly cracked pepper to taste

Place 1 tablespoon butter and the oil in a glass baking dish. Cook in a microwave on high for 1 minute. Add minced onion, stir and cook for 2 minutes. Add rice, stir and cook for 4 minutes. Add broth, stir and cook for 9 minutes. Stir well and cook for 7 minutes.

Meanwhile, clean mushrooms with brush and cut into 1/4-inch slices. In a small skillet, sauté mushrooms in the remaining 1 tablespoon butter over high heat for 2 minutes. Lower heat to medium, add garlic

and sauté briefly, until garlic just begins to color. Season with salt and pepper to taste.

Add sautéed mushrooms and parsley to rice; stir well and cook for 9 more minutes. Stir in grated cheese and serve with a grind of pepper.

Note: Contrary to popular belief, risotto can be made ahead. Use the microwave method until the last nine-minute cooking after addition of mushrooms and parsley to rice. Pour nearly-cooked rice into a medium sauté pan. Set aside. Add sautéed mushrooms, parsley and more broth if needed.

Over medium heat, complete cooking on the stove until top rice is fully cooked and creamy. It will now take less than nine minutes.

Recipe adapted by Eleanor Heald from one created by Simi Winery Executive Chef Mary Evelyn.

POTS DE CRÈME

6 ounces chocolate chips
2 tablespoons sugar
Dash of salt
1 tablespoon vanilla extract
1 egg
3/4 cup milk, heated to boiling, but not boiled.

Confectioners sugar or whipped cream for decoration (optional)

Put chocolate chips in a food processor fitted with a steel blade. Process until well crumbled. Add remaining ingredients to processor bowl and blend well. Pour equally among 4 small ramekins.

Chill for 2 hours before serving. Sprinkle with confectioners sugar or use a dollop of whipped cream for added interest (optional). Serves 4.

Recipe compliments of Eleanor Heald.

COOKING CLASS CALENDAR

Send items for consideration in *Cooking Class Calendar* to Ken Abramczyk, *Observer Newspapers*, 36251 Schneider, Livonia, MI 48150, or e-mail kabramczyk@homecomm.net.

Whole Foods Market, West Bloomfield — Meet Chef Curtis Atkins, 11 a.m. to 4 p.m. Saturday, Feb. 12 at Whole Foods, Orchard Lake Road at 14 Mile Road, Algonk, host of the TV Food Network Show, "Pick of the Day," will be presenting three cooking demonstrations at the store 11 a.m., 1 p.m. and 3 p.m. He will also answer your questions, and sign copies of his cookbooks. Atkins has published three cookbooks, and donates a portion of the royalties from these books to literacy programs across the country.

Kitchen Glamour features Signature Recipes of Michigan Five-Star Chefs at Kitchen Glamour, Orchard Mall, northeast corner of Maple and Orchard Lake in West Bloomfield. One-day sessions in February include Chef Marcus Haight of The Lark Restaurant in West Bloomfield, noon Sunday, Feb. 6; and Chef Brian Polcyn, Five Lakes Grill of Milford, 12:30 p.m. Sunday Feb. 20. Haight will prepare artichoke soup with Nantucket bay scallops; red snapper baked in parchment paper with tomatoes, peppers, onions and garden herbs and raspberry mousse napoleon. Polcyn will demonstrate the preparation of Maryland crab cakes on roasted red pepper and crispy potatoes, citrus marinated

salmon with confit of oranges and peas, pan roasted breast of quail with foie gras, Swiss chard and oven dried figs and Indian pudding with butterscotch sauce. Kitchen Glamour also conducts sessions with cooking instructors at the Rochester, Novi and West Bloomfield stores. This week, instructor Michelle Miller-Fuller, offers a spicy collection with flavors south of the border, including spicy black bean chili soup, creamy chicken chili, sweet and spicy peach salsa and a creamy avocado salsa. Classes are scheduled for 6:30 p.m., Tuesday, Feb. 8 at the Novi store in the Novi Town Center (southeast of the Novi Road exit at I-96) and Thursday, Feb. 10, at the Rochester store, at Great Oaks Mall, Walton and Livern 15. Call

1-800-641-1252 for information.

Chocolate Candy-making — learn to make delicious chocolates, create delectable assortments such as dips, moles and creams, and experiment with a variety of flavors. 7-8:30 p.m. Thursday, Feb. 24 at Berkshire Middle School, Room 108, Class #2536-01. The cost is \$16, call Birmingham Community Education to register (248) 203-3800 or check out www.communityed.net.

Whole Foods Market of Troy will officially introduce the M-Fit Supermarket Chef Labeling Program on Saturday, February 5th with a Food & Education Fair. The fair will feature free samples

of many of the products rated "Best Choice" by University of Michigan Health System Registered Dietitians. These dietitians have developed an easy way to identify healthier food choices by using nutrition guidelines for fat, saturated fat, cholesterol, sodium, and dietary fiber. Included in the fair will be a live taping of the TV cooking show, "Cooking for Candlelight".

Recipes featured on the show will come from M-Fit's "High Fit/Low Fat" Cookbook. Seating for the show will be available on a first come first serve basis. M-Fit Dietitians will be available throughout the day to show you how the program works and how

it will help simplify your healthy shopping. This free event will run from 11 a.m. to 4 p.m. For more information please call (248) 649-9600. Whole Foods Market is located in the Somerset Plaza on the corner of Coolidge & Maple Rd. in Troy.

The Crittenton Weight Management Center is sponsoring cooking demonstrations with Randy Emert, chef at the Paint Creek Cider Mill Restaurant. Demonstrations are scheduled 7-9 p.m. for March 2, 9 and 16 and 11 a.m.-1 p.m. March 7 or 14 at the Paint Creek Cider Mill Restaurant, 4480 Orion Road in Rochester. Call (248) 652-5626.

HomeTown Heroes™

OF OAKLAND COUNTY

Your Observer & Eccentric, Mirror, and HomeTown Newspapers, in conjunction with The Volunteer Place, have established the HomeTown Heroes™ awards to recognize, encourage and reward outstanding volunteers who have given selflessly of themselves to support nonprofit organizations in Oakland County.

The Volunteer Place will be North Oakland County's new one-stop shop for volunteer recruitment and placement, coming Fall 2000.

HomeTown Heroes™ will honor volunteers in six categories: Seniors (65 and over), Youth (18 or younger), Board/Committee, Direct Service, Faith-based and Business. The business award is sponsored by *Crain's Detroit Business*.

Nominees and awardees will be recognized at a luncheon sponsored by Northern Trust Bank on March 29 at the Townsend Hotel in Birmingham.

■ NOMINATION FORM ■

NAME OF NOMINATOR: _____

IF GROUP, CONTACT PERSON: _____

ADDRESS: _____

DAYTIME PHONE: _____ FAX: _____

CATEGORY FOR WHICH YOU ARE NOMINATING THE VOLUNTEER:

Senior (65 and over)	Board/Committee	Direct Service	Faith-based	Business	Youth (18 or younger)
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NOMINEE: _____
(Must volunteer for an Oakland County non-profit)

ADDRESS: _____ PHONE: _____

AGE: _____ (If senior, just note over 65)

DAYTIME PHONE: _____ SCHOOL (if applicable): _____

PLACE(S) OF VOLUNTEER SERVICE: _____

YEARS OF SERVICE: _____ AVERAGE NUMBER OF HOURS PER MONTH: _____

TYPE OF WORK PERFORMED: _____

On a separate sheet, please describe, in 100 words or less, why you have nominated this individual for a HomeTown Hero™ Award. Entries must be typewritten. CAUTION: The 100-word limit will be strictly applied. Anything beyond the hundred word limit will not be presented to the nominating committee. ("I", "me", "my", and "the" will not be counted as words).

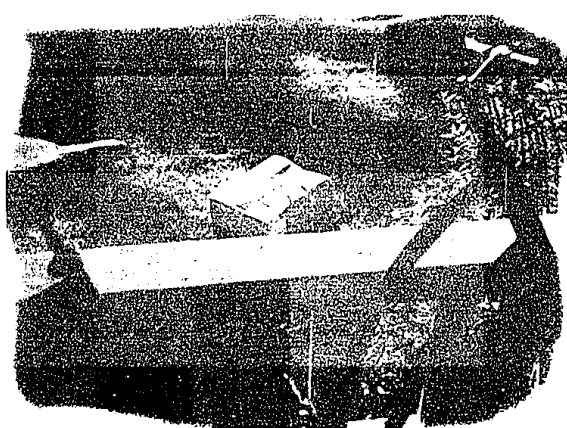
Entries must be received by Friday, February 25, 2000.
Mail forms to: HomeTown Heroes™ Awards—THE VOLUNTEER PLACE
c/o 114 Orchard Lake Rd., Pontiac, MI 48341 or Fax to (248) 652-7112

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Just call one of the numbers here and we'll get things rolling:

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OAKLAND COUNTY: 248-901-2716

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