

Her chicken soup is the 'Ultimate'

BY KEELY WYGONIK
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Carolyn Silverstein of Franklin won first place in Temple Kol Ami's Ultimate Chicken Soup Contest on Friday, Feb. 25 at the temple in West Bloomfield.

Chill Joe Wuuk and Chef Curtis Bellinger of Westland placed second, and John Gallagher of Gross Pointe Woods placed third.

Finalists included MaryAnn Leduc-Yeo and Jennifer Rosenberg-Lopatin of West Bloomfield; Sylvia Bernstein, West Bloomfield; Gene Ferraciano, Clio; Franca Ray, Royal Oak; Sandra Bagnini, Clarkston; and Jayo Cooper, West Bloomfield.

Be sure to look for the prize-winning recipes in next week's edition of Taste. We'll also tell you more about these soups, and explain why they're so special.

Silverstein will be featured on Keith Famie's "Adventures in Cooking" on WDIV-TV 4 and received a deluxe soup pot from Kitchen Glamor. Second prize was dinner for two at Restaurant Di Modesta in Southfield; third prize was a cookbook from Kitchen Glamor.

On March 22, Silverstein's "Ultimate" soup will be served to 500 people at the Capuchin Soup Kitchen in Detroit.

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and pears to ripen at room temperature, then refrigerate. Ripe oranges sometimes undergo a process known as re-greening. This occurs when a ripe orange pulls some green chlorophyll from its stem and leaves back into the peel. Such greenish oranges are extra ripe and thus often sweeter than other oranges.

Pink grapefruit is pink because it contains more beta-carotene than white grapefruit. Beta-carotene is the nutrient that turns into vitamin A inside your body.

When refrigerated, grapefruit will keep for up to four months.

Take advantage of the delectable selection of fresh fruits and vegetables that are found in the market all year round due to great transporta-

tion and storage facilities. Nutritionally, they are unbeatable — low in calories yet bursting with flavor.

It is recommended that we eat five a day of fruits and vegetables, not only for their nutrients, but for the fiber, too.

They add color and texture and are very versatile in meal planning. Store them correctly so that when you are ready to eat or serve them, they are still top quality.

Lois M. Thieleke of Birmingham is an Extension Home Economist for the Michigan State University Extension — Oakland County. For answers to food questions, call the hot-line (248) 858-0904.

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Vegetables cook well over coals

Here's some more recipes for the grill from Weber-Stephen Products:

- GRILLED VEGETABLE STACKS**
- 2 medium eggplants, sliced into 1/4-inch rounds
 - 1 medium yellow squash, sliced into 1/4-inch rounds
 - 1 medium zucchini, sliced into 1/4-inch rounds
 - 2 medium tomatoes, sliced into 1 1/2 inch rounds
 - 1/2 cup extra-virgin olive oil, plus additional for brushing vegetables
 - 2 1/2 tablespoons red wine vinegar
 - 1 tablespoon coarsely chopped fresh parsley
 - 1 tablespoon coarsely chopped fresh basil leaves
 - 1/4 cup diced red bell pepper
 - Salt and freshly ground pepper

Sprinkle eggplant slices with salt and layer in a colander. Weigh down with a plate and set aside to drain for 20 minutes. Brush salt off eggplant with paper towel and pat dry.

Lightly brush all vegetables with oil, then grill over medium heat, turning once, until tender and slightly charred, about 30 seconds per side for tomatoes, and 2-3 minutes per side for eggplant, squash and zucchini.

In a medium bowl, whisk together 1/2 cup oil, the vinegar, parsley and basil. Season to taste with salt

and pepper. To assemble stacks, place one eggplant slice on a plate, then top with a tomato slice, a second eggplant slice, a squash slice and a zucchini slice. Repeat process to use up all vegetables, then drizzle vegetable stacks with dressing and top with diced red peppers. Serves 6.

- GRILLED PEPPERED PORK CHOPS**
- 1 jar (8 ounces) marinated artichoke hearts
 - 1 teaspoon hot pepper sauce
 - 8 boneless pork chops, 3/4-inch thick
 - 1 1/2 cups diced tomatoes
 - 1/2 cup chopped bottled roasted sweet red peppers
 - 1/4 cup sliced ripe olives
 - 1 small jalapeño pepper, seeded and finely chopped

Drain artichoke hearts, reserving marinade. Stir together reserved marinade and hot pepper sauce. Place chops in a shallow baking dish. Pour the pepper sauce mixture over chops; turn chops to coat. Marinate in refrigerator for 30 minutes, turning chops occasionally. Drain chops, discarding marinade. Meanwhile, to prepare relish, chop artichoke hearts and combine with tomatoes, red peppers, olives and jalapeño. Set aside.

Place chops on the grill on medium heat and cook for 3-4 minutes, turn chops and grill for 3-4 minutes until done. Serve the relish with the pork chops. Serves 6.

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breasts at Vic's Market in Beverly Hills or lobster tails and Australian lamb chops from Costco.

The crab and salmon patties, made with lowfat yogurt, need tin foil under them when grilling," because they are so tender," Richards said. Richards recommends calling and ordering them early because they disappear quickly.

Richards also prepares turkey burgers and turkey sausage. He received Moroccan spices from a friend and enjoys using them on occasion. "You sprinkle a little on top of chicken, turkey or fish, and it's very flavorful," Richards said.

Simeon Carter of Beverly Hills writes that he uses his gas grill 350 days a year. He grills poultry, meat and fish, vegetables, Yukon gold potatoes, tomatoes, onions and peppers. He microwaves and salmon patties, two minutes, cools them, then slices them into three pieces. He coats them with garlic-infused vegetable oil and grills them.

Here are grill recipes from readers

Here's two recipes for the grill from readers:

- GORDON JOHNSON'S SESAME CHICKEN**
- 4 boneless, skinless chicken breasts
 - 2 tablespoons low-sodium soy sauce
 - 2 tablespoons lime juice
 - 4 tablespoons honey
 - 4 tablespoons sesame oil
 - 2 teaspoons ginger
 - 1 clove garlic or 1 teaspoon garlic powder
 - 1 teaspoon cilantro
 - 2 tablespoons parsley
 - Sesame seeds
- Rinse chicken breasts and pat dry with paper towel. Mix all ingredients except sesame seeds until the honey is dissolved. Reserve small amount for basting. Completely coat chicken breasts with mix-

ture. Allow to marinate for at least two hours. Preheat grill. Place chicken breasts on grill. Baste with reserve marinade and sprinkle sesame seeds on chicken. When chicken is about half-done, flip and sprinkle sesame seeds on cooked side.

Note: Boneless chicken breasts generally take 10 to 13 minutes to cook on the grill.

- MARILYN MILLER'S SALMON**
- Salmon filets
 - Cooking spray
 - Black pepper
- Cut a large piece of tin foil. Spray middle lightly with olive oil cooking spray so skin will not stick to foil. Place salmon skin down on foil and spray a little "I Can't Believe It's Not Butter" with a sprinkling of pepper. Serve with vegetables.

Read our Sports Section

Curator named at University of Michigan library

ANN ARBOR, Mich. (AP) — Jan Longone has been named curator of American culinary history at the University of Michigan's Clements Library.

Longone is founder and owner of the Wine and Food Library in Ann Arbor, the nation's oldest culinary antiquarian bookshop. She also has been a visiting

resource and curator at the Clements. Longone will work at developing the library's diverse culinary holdings into a collection.

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