



**Apfelfannkuchen:** Eating this Apfelfannkuchen, a German apple-filled pancake, is like enjoying a buttery baked apple, an airy soufflé and an egg custard, all at once.

## Apple sweetens this pancake

The Apfelfannkuchen is a German apple-filled pancake that puffs up like a pillow. This huge pancake is cooked on top of the stove in a deep, cast iron skillet.

Turning it can be hard without practice. To eliminate this challenge, this version is made starting on top of the stove, then finished in the oven, so turning it is not necessary. Eating it is like enjoying a buttery baked apple, an airy soufflé and an egg custard, all at once.

**"APFELFANNKUCHEN" — PUFFED APPLE PANCAKE**

- 2 Golden Delicious apples, pooled, cored and sliced
- 1 tablespoon fresh lemon juice
- 6 tablespoons sugar, divided
- 1 tablespoon apple juice or water
- 2 eggs
- 1/2 cup reduced fat (2 percent) milk
- 1/2 cup flour
- 1/2 teaspoon vanilla
- 1 tablespoon unsalted butter
- 2 teaspoons confectioners' sugar

Preheat the oven to 425° F. In a bowl, toss the apple slices with the lemon juice.

Spray a medium cast iron skillet or other heavy, oven-proof pan generously with cooking spray. Place 2 tablespoons of the sugar, the apple juice and apples in the pan and set it over medium-high heat. Cook the apples, stirring occasionally, until they are slightly softened and caramelized in places, about 7 minutes. Set aside.

In a medium bowl, whisk together the eggs, milk, remaining 4 tablespoons sugar, flour and the vanilla. The batter will be slightly lumpy. Mix in the warm apple slices.

Add the butter to the skillet. Heat until the butter melts. Swirl the pan to evenly coat the bottom with butter. Pour in the apple batter and let cook for 1 minute over medium-high heat without disturbing it.

Place the skillet in the oven. Bake until the pancake is slightly puffed. When done, it will be dark brown around the edges and pale but dry in the center. Sprinkle the pancake with the confectioners' sugar. Cut into wedges and serve.

Each of the six servings contains 128 calories and 4 grams of fat.

Recipe courtesy of Dana Jacobi for the American Institute for Cancer Research. AICR's Internet Web address is <http://www.aicr.org>

# Break your nightly 'fast' with these easy recipes

Here's a kid-pleasing recipe, followed by a breakfast sandwich. See related story on Taste front.

### Egg EYEBALLS

For each serving, use:

- 1 egg, hard boiled, shell removed
- 1 turkey sausage patty (we used the Turkey Store patties)

Preheat oven to 375° F. Wrap sausage patty around egg so that it completely covers the egg. Place eggs in baking dish and bake for approximately 30 minutes, until sausage is browned and cooked through.

Remove from oven. Place on paper towel to drain. Slice in half and position on plate with yoke side up as two eyeballs.

**Nutritional information per serving:** Calories, 162; protein, 11.6 grams, fat, 12 g, sodium, 271 mg, carbohydrates, 1 g. Percentage of calories from fat: 68.

### THE "COUNT"

(AN ADAPTATION OF THE MONTE CRISTO SANDWICH)

- 4 slices whole wheat bread (we used Healthy Choice Soft Honey Wheat)

- 1 egg
- 4 slices Canadian Bacon (or sliced ham or turkey)
- 2 slices Kraft Free American Singles Cheese

Olive oil spray

Peel crust off of bread slices. Beat egg in a shallow bowl. Heat a non-stick griddle to medium and spray with olive oil. Lay two of the slices of bread on a plate and place a piece of cheese and two slices of Canadian bacon on each. Cover each sandwich with the other slices of bread. Using a fork, crimp edges together so that the slices are sealed with the cheese and bacon inside.

Dip the sandwiches in the egg to coat both sides. Then place on griddle until browned. Flip and brown the other side. Serve immediately. Makes two sandwiches.

Note: You can freeze sandwiches and microwave one minute on high for an individual meal on the run. We suggest turning the sandwich packet every 15 seconds during cooking and making certain the egg is thoroughly cooked.

**Nutritional information per serving:** Calories, 193; protein, 18 grams; fat, 6 g; sodium, 614 mg, carbohydrates, 19 g, percentage of calories from fat, 26.

Recipes courtesy of HDS Services.

## WHAT'S COOKING

Send items for consideration in Cooking Class Calendar to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or e-mail [kabramczyk@aol.com](mailto:kabramczyk@aol.com)

**Pressure Cooking** — Toula Patsalis, author of The Pressure Cooking Cookbook, will provide information on how to handle, operate and cook with a pressure cooker, including how to prepare vegetable soup with sausage bits, chicken with arborio rice and peppers and South Pacific bread pudding with pineapple sauce.

Sessions are scheduled for the Kitchen Glamor stores at 6:30 p.m. Tuesday, March 14, at the Novi Town Center (southeast of the Novi Road exit at I-96); Thursday, March 16, at the Orchard Mall on the northeast corner of Maple and Orchard Lake roads in West Bloomfield; and Friday, March 17, at the

Rochester store in the Great Oaks Mall at Walton and Livemore. Call (800) 641-1252 for information.

**Pizza and stuff** — Larry Galbraith will instruct baking sessions at 11 a.m. on Saturdays, pizza and calzones, March 15; sticky buns and coffee cakes, March 25; and bread and bagels, April 1, at the Kitchen Glamor store in the Great Oaks Mall at Walton and Livemore in Rochester. Call (800) 641-1252 for information.

**Culinary Recipes** — Chef Dave Schneider, instructor from the Macomb Community College culinary arts program, joins the Kitchen Glamor stores to share tips and techniques about the Culinary Arts Olympics to be held in Europe. Schneider will teach how to prepare roasted garlic potato leek soup, roast pork loin with gorgonzola and walnut crust, duchess potatoes with shiitake

mushrooms. Sessions are scheduled for 6:30 p.m., Tuesday, March 21, at the Novi Town Center (southeast of the Novi Road exit at I-96); Thursday, March 23, at the Orchard Mall northeast corner of Maple and Orchard Lake Road in West Bloomfield and Friday, March 24, at the Rochester store at Great Oaks Mall at Walton and Livemore. Call 1-800-641-1252 for information.

**Crostini and Pasta** — Joanne Weir, former chef of the famed Chez Panisse and author of "Weir Cooking," will appear at 1 p.m. Wednesday, March 22 at the Kitchen Glamor store at the Novi Town Center (southeast of the Novi Road exit at I-96), to show how to prepare crostini with feta and hot red pepper, farfalle pasta with olives, capers, tomatoes and mozzarella, and chewy chocolate walnut tart.

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# Job Fair 2000

Burton Manor Livonia Wednesday March 29 11 a.m. - 6 p.m.

Here is a great opportunity to check out a new job. You'll be able to talk to recruiters from all over the metropolitan area who are eager to discuss a new career or a career change with you.

You'll have access to a wide range of jobs—from retail to the professions—and you'll meet a lot of friendly people who are

Interested in you and your career goals. JobFair 2000 is absolutely FREE.

Larry Goldsmith, The Job Coach, will be on hand to help you with your resumé and give you valuable interview advice.

Mark your calendar and plan to be in Burton Manor on the 29th!

There's a new career waiting for you at one of these area businesses:

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