

# Pork medallions enhanced with mustard and shallots

# Author promotes vegetarian recipes

Here are recipes from "Lenore's Natural Cuisine: Your Essential Guide to Wholesome, Vegetarian Cooking" by Lenore Baum, who teaches at her cooking school in Farmington Hills. See Taste front for a review of the cookbook.

### SPAGHETTI WITH GINGERED BROCCOLI

- 1 pound semolina spaghetti
- 1 bunch broccoli, stems peeled and diagonally sliced, florets separated
- 1 teaspoon toasted sesame oil
- 1 1/4-inch piece fresh ginger, peeled and cut into matchsticks
- 3 large garlic cloves, minced
- 1 tablespoon shoyu or more to taste (available at natural foods stores)

Fill a large stock pot with five quarts of water. Bring to a boil. Cook spaghetti until al dente, according to package directions. Gently pour cooked spaghetti into a colander in the sink. Rinse until cold. Leave in colander.

Meanwhile, steam broccoli until barely fork-tender, about 2 minutes. Set aside. In a large, nonstick skillet or wok, heat oil. Sauté ginger and garlic 1 minute. Add spaghetti. Sauté until lightly golden, 3-5 minutes. Season with shoyu to taste.

Add broccoli. Mix gently. Cover and heat through

before serving, about 2 minutes. Yields four servings.

### TABOULI

- Salad:**
- 3 cups water
  - 1 teaspoon unrefined sea salt
  - 2 cups coarse bulgur
  - 2 cups cucumber, seeded and cut into 1/4-inch pieces
  - 4 cups fresh parsley, minced
  - 1 cup scallions, thinly sliced
- Dressing:**
- 1/2 cup fresh lemon juice
  - 1/4 cup extra-virgin olive oil
  - 2 large garlic cloves, minced
  - 1 tablespoon shoyu (or more to taste)
  - 3 tablespoons fresh mint, minced (optional)

Bring water to boil in a 4-quart pot. Add salt and bulgur. Simmer covered 15 minutes. Transfer to a large bowl. Fluff with a fork and allow to cool.

Meanwhile, in a small bowl, whisk together dressing ingredients. Add remaining salad ingredients and dressing to bulgur. Mix gently.

Refrigerate at least one hour before serving. Keeps refrigerated three days at most.

### WHAT'S COOKING

**Send items for consideration in Cooking Class Calendar to Ken Abramczyk, Observer Newsopener, 36261 Schoolcraft, Livonia, MI 48150, or e-mail kabramczyk@oe.homecomm.net**

**Coffee cakes and stuff** - Larry Galbraith will teach a session at 11 a.m. on bread and bagels, April 1, at the Kitchen Glamor store in Great Oaks Mall at Walton and Livernois in Rochester. Call (800) 641-1252 for information.

**Vegetarian Cooking** - Lenore Yalissove Baum, author of Lenore's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking, conducts vegetarian cooking classes at Lenore's Natural Cuisine, 22899 Inkster, Farmington Hills. Baum has scheduled a session on soups for 6:30 p.m. Wednesday, March 29, a lecture on menu planning 7:30-9 p.m., Tuesday, April 4, and Seltan (wheat meal) 6-9 p.m. Wednesday, April 5. Call (248) 478-4455.

**Tea Party** - Instructor Linda Kay Drysdale will take participants to the wonderful world of tea. She will offer suggestions for tea sandwiches, petit fours and mini fruit tarts at Kitchen Glamor

stores. Sessions are scheduled for 6:30 p.m. Tuesday, March 28, at the Novi Town Center (southeast of the Novi Road exit at I-96) and Thursday, March 30, at the Rochester store at Great Oaks Mall, Walton and Livernois.

**Easter Eggs** - Learn how to make panoramic Easter eggs with sugar, royal icing and an egg mold with Audrey Edwards at a three-hour class set for 11 a.m. Saturday, April 1, at Kitchen Glamor, at the Novi Town Center (southeast of the Novi Road exit at I-96), and Saturday, April 15, at the Rochester store in Great Oaks Mall at Walton and Livernois. Call (800) 641-1252 for information.

**Passover Gathering** - Sephardic Jews have a common Spanish heritage. When the Jews left Spain at the end of the 15th century, they took their cooking traditions with them. Passover foods from France, Turkey and Greece can include rice and beans, usually not found on Eastern European Passover menus. Spicy appetizers, savory salads and side dishes and honey-filled desserts will be demonstrated by Annabelle Cohen at 1 p.m. Sunday, April 2,

at Kitchen Glamor in Orchard Mall, Maple and Orchard Lake Road in West Bloomfield.


**Spring Holiday** - Teri Ellwell, caterer and cooking instructor, will show how to prepare a dinner party with balanced flavors. Participants will see how to prepare beef tenderloin stuffed with spinach, cheese and roasted red peppers, accompanied with cabernet-infused potatoes and raspberry hazelnut torte. Sessions are 6:30 p.m. Tuesday, April 4, at the Kitchen Glamor at the Novi Town Center (southeast of the Novi Road exit at I-96), and Thursday, April 6, at the Rochester store at Great Oaks Mall, Walton and Livernois.

**Easter Candy** - Audrey Edwards will demonstrate how to prepare hard candy suckers, an Easter egg shaped candy dish, salt water taffy and marshmallows dipped in caramel, rolled in pecans and coated in chocolate. Sessions are scheduled for Friday, April 7, at Kitchen Glamor at the Novi Town Center (southeast of the Novi Road exit at I-96) and Saturday, April 8, at the Rochester store at Great Oaks Mall, Walton and Livernois.

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See related Cooking Conquests column on Taste front.

### SHRIMP PERNOD

- 18 shrimp, peeled and deveined (16-20 per pound size)
- 3 teaspoons olive oil
- 2 large shallots, diced
- 1 large garlic clove, diced
- 1/3 cup Pernod or any anise flavored liqueur
- 1 cup heavy cream
- 1 cup sour cream
- Salt and pepper to taste

Heat oil in sauté pan, add shrimp, and cook for three minutes on medium heat.

Add the shallots and garlic and sauté a few minutes longer. Add the Pernod to de-glace the pan. Add the heavy cream and sour cream. Allow to reduce on low heat until thickened. Serves six as an appetizer.

• Wonderful served with wild rice or angel hair pasta.

### PORK MEDALLIONS WITH MUSTARD SHALLOTS AND CAPERS

- 2 pounds pork tenderloin, trimmed and sliced 1/2-inch thick
- 2 teaspoons fresh cracked black pepper
- 1/4 cup olive oil (5 tablespoons)
- 1/2 pound of shallots, thinly sliced
- 1-1/2 cups dry white wine
- 1-1/2 cups Crème Fraîche
- 2-1/2 tablespoons drained capers
- 1-1/2 tablespoons whole grain mustard
- 1-1/2 teaspoons anchovy paste
- 1 teaspoon fresh lemon juice
- Salt to taste

Preheat oven to 200°F. Place platter in oven to warm. Rub pork medallions with pepper and set aside for 15 minutes.

Heat 1 tablespoon olive oil. Without crowding the pan with medallions, sauté them 1-1/2 to 2 minutes on each side. Transfer the pork to the warmed platter. Repeat with another 2 tablespoons oil and the remaining meat.

Place the pork in the oven. Add the remaining oil to the pan and when it begins to smoke, add the shallots. Sauté until browned (about 3 minutes). Add the wine and de-glace the pan, scrape up any browned pieces from the bottom. Bring to a boil and reduce by half - about 3 minutes.

Stir in Crème Fraîche, capers, mustard, anchovy paste and lemon juice.

Continue cooking 5-6 minutes on medium heat. Add the pork and any accumulated meat juices to the sauce and stir to coat. Serve at once.

A small baked apple, steamed broccoli and wide egg noodles would complement the tangy pork nicely. Yields four to six servings.

### VEAL SCALOPPINI (3 - 4 SERVINGS)

- 1-1/2 pounds veal
- 3 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons olive oil or (1-1/2 tablespoons oil plus 1-1/2 tablespoons clarified butter)
- 1/2 pound mushrooms, thinly sliced
- 1/2 cup onion, minced
- 1/8 cup garlic, minced
- 3/4 cup dry white wine
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley, chopped
- 1/4 tablespoon fresh tarragon
- 2 teaspoons room temperature butter

Pound each piece of veal until 1/8 to 1/4 inch thick. Dredge in flour seasoned with salt and pepper. Shake off excess.

Sauté in a hot skillet, a few pieces of veal at a time until golden brown. Set the meat aside in the oven until all of the veal is cooked. Add the remaining hot oil in the pan and sauté until the vegetables are tender but not browned. Add the wine, lemon juice, parsley and tarragon, and simmer for about 5 minutes. Whisk in the butter - adjust the seasonings. Place the cutlets on individual plates or a platter.

Top with the sauce - serve with lemon wedges, steamed rice and sugar snap peas or asparagus. Yields three to four servings.

Recipes courtesy of Chef Carol Haskins.

# Pistachios add to pasta salad

BY THE ASSOCIATED PRESS  
Linda West Eckhardt and Katherine West DeFoyd, authors of "Stylish One-Dish Dinners" (Doubleday, \$25), urge home cooks to serve simple dishes like this to guests.

### WARM PENNE AND PISTACHIO VEGETABLE SALAD

- 8 quarts water
- 3 tablespoons salt, plus additional to taste
- 1 pound penne pasta
- 2 medium carrots, cut into julienne
- 2 medium yellow squash, cut into julienne
- 12 sliced mushrooms
- 12 cherry tomatoes, halved
- 4 green onions with tops, cut into 1-inch lengths
- 3/4 cup shelled and coarsely chopped pistachios (reserve a handful of whole nuts for garnish)
- 1/2 cup loosely packed parsley leaves
- 1/4 cup white wine vinegar
- 1/2 cup extra-virgin olive oil

In a large pasta pot, bring the water to a boil. Add 3 tablespoons of salt and the penne and cook for 6 minutes. Add the carrots, squash and mushrooms and boil for 2 minutes.

Drain and transfer pasta and vegetables to a bowl. Add cherry tomatoes, green onions, chopped pistachios, parsley leaves, vinegar, olive oil, and salt and pepper to taste.

Toss well and garnish with whole pistachios. Serve at once. Makes 4 servings.

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