

Try roasted asparagus for Passover

BY THE ASSOCIATED PRESS

Any dish without meat or milk is known as "pareve" and may be eaten with either meat or dairy dishes in accordance with Jewish dietary laws.

Vegetables, simply prepared, fall into the category. Spinach is particularly popular during Passover because its color evokes the spring season. Asparagus also is a harbinger of spring. This recipe for Roast Whole Asparagus is adapted from "Red, White and Greens," by Faith Willinger. It is included in "The New York Times Passover Cookbook" edited by Linda Amster (William Morrow & Co., \$25) which has more than 200 holiday recipes from top chefs and writers.

The lemon and orange enhance the delicate flavor of the asparagus.

WHOLE ROAST ASPARAGUS

1 pound fresh asparagus of medium thickness

- and uniform size, trimmed and peeled, if necessary
- 2 to 3 tablespoons olive oil
- Salt and freshly ground pepper
- 2 tablespoons fresh lemon juice
- 1 tablespoon orange juice

Place the asparagus in a single layer in a large nonstick skillet and drizzle with 1 tablespoon of olive oil. Shake the pan to coat the asparagus with the oil and place over medium heat. Cook the asparagus, shaking the pan every few minutes to brown evenly. Lower the heat and continue cooking until asparagus is tender, about 10 to 15 minutes (time may vary, depending on size of asparagus). Test by poking asparagus stems with a toothpick or knife. Season with salt and pepper to taste. Drizzle with 1 to 2 tablespoons of olive oil. Combine the lemon juice and orange juice and sprinkle over the asparagus. Serve immediately. Makes 3 to 4 servings.

Carrot dish can be served for Seder

BY THE ASSOCIATED PRESS

"We'd as soon eat an entree without a vegetable and starch as a stack of pancakes without butter and syrup."

In other words, no Passover Seder is complete without a couple of veggies and at least one or two starches. Carrots With Honey, Fruit and Nuts is among 160 recipes in "The Second Avenue Deli Cookbook," by Sharon Lebewohl and Rena Bulkin (Willard, \$24.95).

Abe Lebewohl's 10-seat East Village deli, run by his family since his death in 1996, remains a New York institution. For more than a half-century, it has rescued many Jewish families from the kitchen by catering Passover Seders, bar mitzvahs, weddings and other festivities.

CARROTS WITH HONEY, FRUIT AND NUTS

- 1 1/2 pounds carrots, peeled and sliced into 1-inch sticks, about 3/8-inch wide
- 2 tablespoons butter or margarine
- 8 pitted prunes, chopped into 1/2-inch pieces

- 1/2 cup raisins
- 3/4 cup coarsely chopped pecans or walnuts
- 1/4 cup honey
- 1 teaspoon finely grated lemon rind
- 1 tablespoon sugar
- 1/2 teaspoon salt

Place carrots in a saucepan, cover with water and bring to a boil. Reduce heat, and simmer for 15 minutes. While carrots are simmering, melt butter in a large skillet and sauté prunes, raisins, and nuts on moderate heat for 2 minutes, stirring constantly. Drain carrots and return them to saucepan. Add fruit-nut mixture, honey, lemon rind, sugar and salt and stir to thoroughly combine. Cook 2 more minutes, stirring frequently. Serve hot.

Makes 6 servings.

NOTE: If you grease your measuring cup with vegetable oil, the honey will slide right out.

Scones, cake celebrate Easter holiday

BY THE ASSOCIATED PRESS

A pot of coffee, a pitcher of juice and an Easter basket brimming with scones is a cheerful wake-up call on Sunday morning. Lemon Cake can be served for dessert later that day.

COCONUT ALMOND SCONES

- 3 1/2 cups unbleached flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon grated lemon rind
- 2 ounces (1/2 stick) butter
- 7 ounces almond paste, chilled
- 1 cup flaked sweetened coconut
- 1 cup coconut milk
- 1 egg
- 1 teaspoon almond extract
- 1 egg, lightly beaten with 1 tablespoon water

Preheat oven to 375 F.

Grease and flour a large cookie sheet, or line the sheet with parchment paper.

In a large bowl, sift the flour with the sugar, baking powder, baking soda and salt. Add the lemon rind. Using two knives or a food processor, cut the butter into flour mixture until the butter is evenly incorporated and there are no large chunks. Grate the almond paste and mix it into the flour mixture with 1/2 cup of the flaked coconut.

In a medium bowl, beat the coconut milk, egg and almond extract until well combined. Add the dry ingredients and beat with a spoon until the dough pulls away from the sides of the bowl and forms a ball. Knead 5 or 6 turns to get a nice consistency. The dough should be firm enough to roll out but still delicate, not stiff or dry.

On a lightly floured surface roll the dough out to a 3/4-inch thickness. Using a 2 1/2-inch-diameter cookie cutter, cut out the scones and place on prepared cookie sheets about 2 inches apart. Brush with the egg wash and sprinkle with the remaining 1/2 cup of coconut.

Bake for 18 minutes, or until they are a light golden brown and spring back to the touch.

Makes about 22 scones.

Recipe from: *Andre Prout Inc.*

LEMON CAKE WITH LEMON FILLING AND LEMON BUTTER FROSTING

- For the cake:**
- 2 cups all-purpose flour
 - 2 teaspoons baking powder
 - 1 teaspoon salt
 - 1/2 cup vegetable shortening or 1/2 cup (1 stick) butter or margarine, softened
 - 1 1/4 cups sugar
 - 3 large eggs
 - 1 teaspoon vanilla extract
 - 1 cup milk

Preheat oven to 350 F. Grease and flour two 8-inch round cake pans.

In a medium bowl stir together flour, baking powder and salt.

In a large bowl, using an electric mixer at medium speed, beat shortening and sugar until light and fluffy, about 5 minutes. Add eggs, 1 at a time, beating well after each addition. Beat in vanilla. Reduce speed to low; add flour mixture alternately with milk, beginning and ending with flour mixture. Beat just until smooth, scraping bowl frequently with spatula.

Spoon batter into prepared pans and bake about 30 minutes, or until toothpick inserted in the center of the cake comes out clean. Cool in the pans on wire racks 10 minutes. With small knife, loosen layers from sides of pans; invert onto wire racks to cool completely.

For the Lemon Filling:

- 3 large lemons
- 1 tablespoon cornstarch
- 6 tablespoons butter or margarine
- 3/4 cup sugar
- 4 large egg yolks

Grate 1 tablespoon of lemon peel. Squeeze lemons to make 1/2 cup of juice. In a 2-quart saucepan, with a wire whisk, mix cornstarch and lemon peel and juice until smooth. Add butter and sugar. Heat to boiling over medium heat. Boil 1 minute, stirring constantly.

In a small bowl, beat egg yolks lightly. While still beating, add a small amount of hot lemon mixture. Pour the egg mixture into the saucepan, beating the hot lemon mixture rapidly. Reduce heat to low; cook, stirring constantly, 5 minutes, or until thick (do not boil).

Pour mixture into medium bowl. Press plastic wrap onto surface to keep skin from forming as it cools. Cool to room temperature. Refrigerate 3 hours, or up to 3 days.

Makes about 1 cup.

For the frosting:

- 1 package (16 ounces) confectioners' sugar
- 1/2 cup (1 stick) butter or margarine, softened
- 2 tablespoons fresh lemon juice
- 1 teaspoon grated lemon peel
- 2 tablespoons milk or half-and-half

In a large bowl, with electric mixer at medium-low speed, beat confectioners' sugar, softened butter, lemon juice and lemon peel until smooth and blended. Beat in 1 to 2 tablespoons of milk as needed for easy spreading consistency. Increase speed to medium-high; beat until light and fluffy.

Makes about 2 1/2 cups.

To assemble: With a long serrated knife, split each cake layer in half horizontally, making 4 layers. Place 1 layer, cut side up, on a cake plate. Spread half of the lemon filling up to 1/4 inch from the edge. Top with another layer, cut side down, and spread with 1/2 cup frosting. Repeat with remaining 2 layers and filling. Frost side and top of cake with remaining frosting. Refrigerate cake until serving time.

Makes 12 servings.

Recipe from: "Good Housekeeping Baking" (Hearst Books, \$30)

Do you need a good food storage chart?

"How long can I keep food?" This is probably the most commonly asked question on the food and nutrition hotline, says Sylvia Treitman, home economist.

"People are very concerned about food storage times both for safety reasons and quality concerns," Treitman said. The Food and Nutrition Hotline helps peo-

ple decide if a food item is still safe and good to eat.

"The Food Keeper" is a publication developed by the Food Marketing Institute and Cornell University and is available to help consumers with the safe handling and storage of food. The chart organizes foods into fresh, frozen, canned and specialty items and gives specific

storage times for each item. To receive a copy, simply mail a check for \$2.75 to the Michigan State University Extension Department, 1200 N. Telegraph Road, Pontiac, MI 48341.

The Food and Nutrition Hotline at (248) 858-0904 is open 8:30 a.m. to 5 p.m. Monday through Friday.



Air conditioner kaput?

Pre-season Sale.

Now is the ideal time to purchase a new air conditioning system. Take advantage of our pre-season sale and save up to \$250 off or six months same as cash on a new Bryant air conditioner. Call today, offer expires April 30, 2000.

Expert service. Rapid response. Remember the name: Flame.



1-888-234-2340

With approved credit. Dealer offer expires April 30, 2000. Excludes contracts prior to April 10, 2000.



Happy Easter and Passover from all of us at Joe's Produce!

For you this week at Joe's Produce we have a beautiful display of blooming plants including:
 Easter Lilies • Azaleas • Mums
 Tulips • Hyacinths
 Salads Made Fresh Daily
 Fruit, Vegetable & Cheese Trays for Your Holiday Get-Togethers



33152 W. Seven Mile
 Livonia, Michigan 48152
 (248) 477-4333

Effective Monday, April 17th we will be open Mon.-Sat. 9:00 a.m. - 8:00 p.m. and Sunday 9:00 a.m. - 5:00 p.m.

