



Tuna kebabs: The combined flavor of basil and olive oil in this marinade is strong enough that fifteen minutes of marinating is sufficient.

WHAT'S COOKING

Send items for consideration in *What's Cooking* to Ken Abramczyk, Observer, Newspapers, 36251 Schoolcraft, Livonia MI 48150, or e-mail kabramczyk@oe.homecom.net

Vegetarian Cooking - Lenora Vollsoe Baum, author of *Lenora's Natural Cuisine, Your Essential Guide to Wholesome Vegetarian Cooking*, conducts vegetarian cooking classes at Lenora's Natural Cuisine, 22899 Inkster, Farmington Hills. Baum has scheduled sessions 6-9 p.m. on a model spring dinner, Monday, May 22. Learn the principles of macrobiotics, June 14; cool pasta salads, June 21, and delicious vegetables, June 28. Call (248) 478-4455.

Outdoor Grilling - The secrets of successful grilling of poultry, seafood and vegetables will be demonstrated at Schoolcraft College in this two-day class offered through Continuing Education Services. Learn to infuse your own oils and vinegars to prepare unique and flavorful marinades and salad dressing. A variety of salad dishes will be demonstrated using mixed garden greens, fruits and pastas. The class is scheduled from 5 to 10 p.m. for Wednesday and

Thursday, May 24 and 25. Call (734) 462-4448 for information.

Classic and Contemporary Sauces - Dress up any plate and add flavor to all your dishes with this course at Schoolcraft College offered on Wednesdays for two weeks starting May 31. From breakfast to dinner, appetizers to snacks, classic and contemporary sauces create elegant and exciting finishing touches. This course will start with very basic sauces used in all French cuisine and move on to lighter, modern versions. You will never need packaged sauces again. Call (734) 462-4448 for information.

Herbs and Spices - Herbs and spices have many uses for enjoyment and good health. Peter Stark of Renaissance Acres and the Michigan Culinary Team will show quick and easy recipes to incorporate herbs and spices into favorite foods 6-8 p.m. Wednesday, May 31, and Wednesday, June 7, at the demonstration kitchen of the East Ann Arbor Health Center, 4260 Plymouth Road in Ann Arbor. Call Nicole Goyarts at (734) 975-4397, ext. 236, to register. Class fee is \$20 for individuals, \$35 for couples.

Pastries and Desserts - Through demonstration and hands-on experience, the student will learn how to construct pies, tarts, cakes, tortes and French pastries in this course offered on Mondays at Schoolcraft College for three weeks starting June 5. Pastries and desserts presented are designed for the person who loves to entertain at home. Call

(734) 462-4448 for information.

Wines of the World - This class offered at Schoolcraft College will introduce the student to the great variety of wines and wine regions of the world. An ever-increasing worldwide variety of wines is available today. This five-week class offered on Mondays starting on June 5 will highlight these wines with tastings. You must be 21 years old to register for this class. Call (734) 462-4448 for information.

Food service sanitation - Designed for owners and managers of food service establishments, this course prepares students for final examinations administered by the Educational Foundation of the National Restaurant Association and by the Michigan Department of Health. The two-day course at Schoolcraft College from 8 a.m. to 5 p.m. costs \$275 and will be offered Monday and Tuesday, June 12 and Aug. 14 and 15. Call (734) 462-4448.

Dietary program - Four out of five children at the age of 10 are afraid of being fat. Beverly Price, a registered dietitian and exercise physiologist, has information on how you can implement programs on eating disorder awareness and prevention at your school. Price operates Living Better Sensibly, a private nutrition practice in Farmington Hills that offers programs for individuals and corporations. For information, call (248) 639-9424.

Kebabs served with a twist

You can make a classic quartet with tuna, adding the biggest cherry tomatoes you can find, onion wedges and cucumber, and string up these kebabs.

The marinade, which keeps the fish moist as it cooks, features Asian flavors, pungent basil and mellow olive oil. The combined flavor is strong enough that fifteen minutes of marinating is sufficient. (This is less time than it takes to soak bamboo skewers, if you prefer wood to metal skewers.)

To further keep the lean tuna moist while grilling, cut the cucumber in crescents and needle the fish between a cucumber crescent and a wedge of onion, which protects the tuna from excess heat. Someone has called extra portions "intentional leftovers." You definitely want leftover brochettes, given how their flavors meld after they sit overnight. In fact, you can make the whole batch far enough ahead to serve later - the taste improves at room temperature. As for those leftovers, serve them off the skewer on a bed of chopped romaine lettuce for an outstanding, chunky, grilled tuna salad.

6-inch piece cucumber, peeled
8 large cherry tomatoes
1 medium red onion, halved vertically and cut in 1/2-inch crescents
1/2-inch crescents

Preheat a gas grill or broiler.

In a glass or other non-reactive bowl, combine the lime juice, soy sauce, garlic, basil, pepper flakes, pepper and oil. Add the tuna chunks to the marinade, turning to coat them. Set aside to marinate 15 minutes at room temperature.

Halve the cucumber lengthwise, scoop out the seeds and cut each half crosswise into 8 crescents.

Assemble the kebabs using four metal or 10-inch (well-soaked) bamboo skewers. Slip a cucumber piece almost to the bottom of a skewer. Add a tuna chunk. Slip on a 2-3 layer onion crescent, followed by a tomato. Repeat with more cucumber, fish, onion and tomato. Finish the kabob with a final cucumber crescent, turned towards the onion. In the same way, make up 3 more skewers.

Broil the kebabs 3 minutes. Turn and cook until the fish is firm to the touch and the vegetables browned, another 2 to 3 minutes. Do not overcook or the tuna will be dry. Serve either hot or at room temperature.

Nutritional Information: Makes 4 servings, each containing 171 calories and 6 grams of fat.

Recipe courtesy of Dana Jacobi for the American Institute for Cancer Research. AICR offers the AICR Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m., Monday-Friday. This free service allows you to ask a registered dietitian questions regarding diet, nutrition and cancer. AICR's Internet Web address is <http://www.aicr.org>.

TUNA KEBABS

- Marinade**
1/3 cup fresh lime juice (about 2 limes)
1 tablespoons reduced sodium soy sauce
1 garlic clove, minced
2 tablespoons chopped Thai or Italian basil leaves
1/4 - 1/2 teaspoon red pepper flakes
1/4 teaspoon freshly ground pepper
1/4 cup extra virgin olive oil
- Kebabs**
1 lb. fresh tuna, cut in 12 chunks

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