

WHAT'S COOKING

Send items for consideration in What's Cooking to Ken Abramczyk, Observer Newspapers, 38251 Schoolcraft, Livonia MI 48150, or e-mail kabramczyk@aol.com

Vegetarian Cooking - Lenore Yellows 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 the principles of macrobiotics, from 7:30 to 9 p.m., Tuesday, May 30. Baum also teaches a beginning cooking series of four classes from 6-9 p.m. on Mondays in June. Other June classes from 6 to 9 p.m. on Wednesdays include: pressure cooking, June 7; Mid-east favorites, June 14; cold pasta salads, June 21, and delicious vegetables, June 28. Call (248) 478-4455.

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 M-Fit 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) 975-4387, 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) 482-4448 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) 482-4448 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 again on Aug. 14 and 16. Call (734) 482-4448.

Cooking Basics with MacInnes - Dust off your food processor and plug in your mixer for this class at Schoolcraft College from 5:30 to 9:30 p.m. on Wednesday, June 14. Students will learn the great potential of the equipment you have, but may be hesitant to use. Learn to make homemade pasta dough, pizza dough, mayonnaise and pie crust without measuring up your countertop. Call (734) 482-4448.

Cook fish - Seafood can be a challenge to any cook. Learn a variety of cooking and flavoring methods at this class from 6 to 10 p.m. on Tuesday, June 27 and Thursday, June 29, at Schoolcraft College. Learn what to look for (and smell) when visiting the fish market. Call (734) 482-4448.

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.

Do your kids 'get the Blues?' They can win prizes in contest

Children who love their "mac and cheese" in the blue box will have their chance to win prizes in the Kraft Macaroni & Cheese "I Want the Blues" contest. Kraft is coming to the Detroit area in search of 12 crowd "cheesers" who will win a \$10,000 college scholarship, a family trip and a car and get to appear on more than 1 million packages of the famous blue box. At each event, kids can enter the "I Want the Blues" contest, meet the dinosaur mascot, Cheesaurus Rex, and his "Cheeseleaders" and win prizes playing Kraft Macaroni & Cheese games. Entries will be divided into three age groups: 4-6, 7-9 and 10-12. In each age group, there will be four winners (one written, one video and two drawings) for 12 Blue Box Kids. All entries will be judged on creativity, originality and appropriateness to contest themes. In addition to the 12 grand

prize winners this year, there are honorable mention prize packages that will be awarded to 48 entrants. This prize includes a year's supply of Kraft Macaroni & Cheese (48 boxes), an honorable mention certificate and an "I'm a Blue Box Kid" T-shirt. Children, ages 4 through 12 as of July 31, 2000, can enter through any written entry, such as a poem, jingle or story no more than 100 words, creating a drawing on a 8 1/2-by-11-inch piece of paper or creating a video entry by performing through acting, singing, dancing or any other manner. Maximum length of the video is two minutes and entry must be submitted on a standard VHS cassette videotape. The new video category gives kids the flexibility to show off their talents for the camera and "cheese it up" in front of the camera by singing, acting, dancing or showing any other way

they can to express their Kraft Macaroni & Cheese blues. To receive a copy of the contest rules, send a self-addressed stamped envelope to P.O. Box 468022, Lawrenceville, GA 30042-8022. The contest ends July 31, 2000. The winner will be announced in February 2001. For information, visit www.thecheesiest.com or call 800-288-4024. Children can enter the contest at the following locations: Livonia: Busch's, 37083 Six Mile Road, 4-6:30 p.m. Friday, June 2. Orion Township: Kroger, 3097 Baldwin, 11 a.m.-1:30 p.m. Saturday, June 3; and Kroger, 460 N. Lapeer, 4-6:30 p.m. Westland: Meijer, 37201 Warren, 11 a.m.-1:30 p.m. Saturday, June 10. Northville: Meijer, Haggerty and Eight Mile, 4-6:30 p.m., Saturday, June 10.

Cookbooks offer tips on grilling

BY THE ASSOCIATED PRESS Along with the classic grilling cookbooks, some new titles are vying for attention as the backyard cooking season gets under way. Each of the three reviewed briefly below features an individual approach, a different range of flavors and influences. "Grilling: Where There's Smoke There's Flavor" (DK Publishing, \$19.95), by Eric Treuille and Birgit Erath, is a large-format tome lavished with glossy color photos, that may be better for armchair browsing than carrying out to the yard. But it's good value, packed with information about grills, tools and techniques. Photo spreads give practical coaching on how to clean a squid, chop a lobster in half, peel a garlic clove and grate fresh ginger, among other tricky chores.

Recipes cover meat, seafood, poultry, vegetables, sauces and salads; there are helpful notes on seasonings and other ingredients and on putting menus together. Treuille and Erath are London-based food professionals. Treuille, chef and cooking school director, learned to cook in his native France; Erath, German-born, travels the world as a spice trader. "Red Sage: Contemporary American Cuisine" (Ten Speed Press, \$40), by Mark Miller, is named for Miller's popular Red Sage restaurant in Washington, D.C. The book's recipes are distinguished by Miller's style, a sophisticated blend of Southwestern culinary tradition with modern techniques. Dishes for the backyard cook to try range from Barbecued

Beef Quesadillas, and Grilled Smoky Mesquite Flank Steaks, to Chile-Glazed Grilled Squab. For dessert, try Campfire-Baked Pineapple Upside-Down Cake. Note: Recipes in the book do not deal only with outdoor grilling. "Pacific Grilling" (Chronicle, \$18.95 paperback), by Denise Kelly, is subtitled "Recipes for the fire from Baja to the Pacific Northwest." Kelly, food writer, points out that grilling is a way of life for the whole West Coast. Out there, he says, "it seems that just about everybody grills just about anything anytime." Kelly's choices include Grilled Prawns or Scallops With Thai Cilantro Sauce, Ahi Steaks With Miso-Sesame Crust, and Grilled Pork Chulettes With Lime-Tequila Marinade. Plus a "traditional" California Burger With Big Bopper Tomato Topper.

Food Network TV visits Novi

See live cooking demonstrations and wine seminars by your favorite Food Network TV personalities from noon to 4 p.m. Sunday, June 4, at the Novi Expo Center. Food Network Live will be hosted by Bill Boggs, host of the show "Bill Boggs Corner Table." It will feature Food Network personalities Mario Batali, David Rosenberg, Curtis Aikens, Jill

Cordes and Chez Ray. Guests can sample dishes from restaurants, including Capers Steak by the Ounce, Carl's Chop House, Damato's, Health Masters, Innovative Food Concepts, King's Court Castle, Local Color Brewing, Michael's Granola, Not Food, Panpered Chef, Premier Smokehouse, Safes, Union Street Saloon, Vie De France, Yamazaki and Wimpy's Bar &

Grill. Live music and a cooking competition with the area's top chefs will be featured. Visitors have a chance to win prizes. Tickets are \$20. They are available at Farmer Jack and \$2 off with a Farmer Jack Bonus Savings Club card or you can call 1-800-949-CHEF. There is a \$3.50 service charge per ticket on phone orders.

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Asparagus

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chase makes about 4 1/2 cups sauce. Two pounds makes a generous 8- or 9-inch pie. Rhubarb freezes well. Just cut it up and freeze in a moisture-proof freezer container or bag. You will be able to enjoy the homegrown rhubarb all year.

Dandelion greens

Dandelion greens can also be eaten. However, make sure that the plant has not been treated with weed killer or fungicides. The greens that you buy in the store have been cultivated for eating. Dandelion greens have a little bit of a bitter taste, something similar to chloery. If you have found some "safe" dandelion greens, pick them before the yellow flower develops. Dandelion greens do contain calcium, fiber and various other minerals so they are good for you, but you need to find those that are safe to eat.

Asparagus, rhubarb and dandelion say "spring" to everyone. Spring gives us new flavors and fresh garden produce that never taste quite as good as those first few picked.

Lois M. Thieleks 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.

Yo! Students!

Need a job this summer?

If you're looking for something to do this summer, like mowing lawns, babysitting—whatever, we'll run your ad totally FREE from MAY 25, through June 15, 2000.

That's right! No charge. Just call us with your ad, which in five lines or less, should tell our readers:

- what kind of job you'd like
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Please fax your ad, if possible, to 734-953-2232. Otherwise, give us a call at one of the numbers below and Good Luck!

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www.oeonline.com

Employers: Check our classified section (classification 532) during May and June to find a student to help you this summer!

This newspaper hereby offers the opportunity for young persons seeking employment to list their first names only, job skills, and telephone and/or pager numbers. However, we assume no responsibility for the nature of jobs offered or negotiations between applicants and prospective employers. These are the responsibility of the parties involved.