



Favorite fava: Rosemary's warm, pungent, pine-like flavor complements a variety of foods, especially lamb, chicken, potato, eggplant, bean, zucchini and tomato dishes. Mix the herb with fava beans and garlic to create this dish.

Rosemary offers pine-like flavor

The year 2000 is the year of rosemary. This favorite herb, used in cooking, medicine and cosmetics for thousands of years, was named the "Herb of the Year" for 2000 by The International Herb Association. It was chosen for its broad spectrum of uses, many of which are related to health and well-being.

Rosemary is believed to have cancer-fighting capabilities, and may also protect against Alzheimer's disease and heart disease. Its strong antioxidant properties may contribute to rosemary's health-enhancing potential.

Native to the Mediterranean region, rosemary was once worn in garlands around the heads of Greek students who believed the herb would improve their memory. Rosemary's warm, pungent, pine-like flavor complements a variety of foods, especially lamb, chicken, potato, eggplant, bean, zucchini and tomato dishes.

Crush or mince fresh or dried rosemary leaves before adding them to soups or stews. Try making rosemary bread, a traditional Italian favorite. Add rosemary to marinades with garlic for grilling eggplant and mushrooms, or use a sprig of rosemary to impart flavor to grilled fish. Since the flavor of this herb is very strong, be sure to use it sparingly.

Rosemary is a key ingredient in numerous herb and spice mixtures. Try a combination of ground rosemary, mustard seeds, cumin seeds, fennel

seeds, black peppercorns, cloves and thyme as a rub for poultry or fish. Or, prepare a mixture of ground dried rosemary, thyme, oregano, basil, sage and fennel seed with ground dried orange and lemon zest. This can be sprinkled on steamed vegetables, fruit salads, lentils and other grain- and bean dishes.

GARLUCKY FAVA BEANS

- 1 jar (10 oz.) fava beans, drained and rinsed*
- 1/2 cup fat-free Italian dressing
- 1 clove garlic, chopped
- 1 medium onion, chopped
- 2 teaspoons fresh rosemary, chopped
- 1 teaspoon fresh oregano, chopped
- 2 medium tomatoes, seeded and chopped
- 1/4 cup fresh savory, chervil or parsley, chopped

In a large bowl, combine beans, dressing, garlic, onion, rosemary, oregano and tomatoes.

Let stand at room temperature for 20 minutes. Stir in savory (or chervil or parsley) and serve.

Nutritional information: Each of the six servings contains 124 calories and less than one gram of fat.

*Substitute lima beans for fava beans if you desire.

Recipe courtesy of the American Institute for Cancer Research.

WHAT'S COOKING

Send items for consideration in *What's Cooking to Ken Abramczyk, Observer Newspapers, 36261 Schoolcraft, Livonia MI 48150, or e-mail kabramczyk@oe.humecomm.net*

Vegetarian Cooking - Lenore Yallowe 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 teaches a beginning cooking series. She also instructs a class on delicious vegetables from 6 to 9 p.m. on Wednesday, June 28. Call (248) 478-4455 for information on classes.

Vegetarian class - Becoming vegetarian has gone mainstream. Millions are learning that it increases lifespan and reduces disease. A Vegetarian 101 class offers a short video, fact sheets, vegetar-

ian starter kit, food samples and much more. The two-hour class is scheduled for 11 a.m. Saturday, July 1, at the Livonia Sandburg Library. Class fee is \$5.

Weight Watchers - Weight Watchers is hosting a summer open house. Visit any Weight Watchers location in June, July or August and participate in a free introductory meeting. Also receive a "Shape of Summer" booklet filled with recipes and tips. If you join you will receive more than half-off your registration and first meeting fee. For information, call 1-888-3FLORINE.

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) 462-4448.

World of Flavors - Spice up your palate with marinades, dry rubs, herbs, spices and infusions. Learn to create a wide variety in your food in this class at Schoolcraft College 9 a.m.-1 p.m., Saturday, July 8. Flavors will come from numerous international traditions and cuisines, applicable to meat, fish and vegetables. Call (734) 462-4448.

Basic essentials - This class at Schoolcraft College will introduce people to the essential staples to add flair to every meal at sessions on Wednesday, July 12, and Wednesday, July 19. You will learn what items to keep on hand, where to purchase them and how to use them in a variety of recipes. Call (734) 462-4448.

Chili cookoff - If you like spicy food, the hottest ticket in town this summer is

the fourth Unsanctioned Chili Cookoff scheduled for Saturday, July 22, at the Wayne County Fair. The Fairgrounds are located at I-94 and Belleville Road (Exit 190). Take the westbound service drive past the Cracker Barrel Restaurant to Quirk Road and make a right turn. The fairgrounds are 1/4 mile further. Fair dates are July 18 through July 23. Contest rules and applications are now available. Space is limited. Call Kay at (734) 697-9376 or Jill at (734) 525-7799 for more information or to request registration forms.

Eastern Market - Tour historic Eastern Market with master Chef Kevin Gawronski from Schoolcraft College as your guide. Gawronski will introduce you to local and exotic food products and allow free time for shopping. The class will return to Schoolcraft to challenge

the chef to a cooking demonstration using products found at the market. Class will meet at 8 a.m. at the corner of Russell and Winder streets in Detroit. Call (734) 462-4448 for more information.

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 preventing 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) 539-9424.

Fruit curds can be versatile, using raspberry or lemon

BY THE ASSOCIATED PRESS

Lemon curd is a traditional spread and cake or tartlet filling. But in her new cookbook, "From My Chateau Kitchen (Clarkson Potter, \$45)," Anne Willard gives an alternative version of the recipe that uses raspberries.

Both raspberry and lemon curd are easy to make, and the spreads have many uses. Curd may also be used as a topping for servings of vanilla ice cream, or on warm scones or crisp ginger cookies.

RASPBERRY OR LEMON CURD

1 pint container raspberries, about 2 cups (see note for lemon)

1/2 cup butter

1/2 cup sugar
4 eggs, lightly beaten

Puree the raspberries in a food processor and put them in a pan with the butter and sugar. Heat gently, stirring constantly, until the ingredients are melted and combined. Let them cool to tepid, then stir in the eggs.

Set the pan back on the heat and continue to cook over very low heat, stirring all the time, until the curd thickens enough to coat the back of the spoon, 20 to 25 minutes. Don't let the curd cook too fast or get too hot as it will curdle.

Work the curd through a sieve to remove the seeds (or zest from lemons, if used). Makes 2 cups.

Note: for the lemon curd, replace the raspberry puree with the grated zest and juice of 4 large

lemons and cook the curd less - 10 minutes is probably enough.

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CORRECTION NOTICE

In our June 25* insert, we advertised the PC game "Icewind Dale." The game is now tentatively scheduled for release on Friday, June 30*. We are offering rainchecks for the game until it is released.

We apologize for this inconvenience.

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An Orange A Day Keeps The Doctor Away

Scientists in Denmark have discovered a common substance in apples and citrus fruit which enhances the immune system. The substance is known as pectin, and it works like a natural biochemical signal, activating the life processes of white blood cells.

Research done at New Nordic's laboratories in Denmark and results from other international laboratories such as the Max Planck Gesellschaft in Germany and the Kitasato Institute in Japan, demonstrates how a particular form of pectin, called modified citrus pectin, can activate human natural killer cells, T cells and macrophages.

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