

AMERICAN INSTITUTE FOR CANCER RESEARCH

Berry delicious: *Fresh strawberries, egg whites and strawberry jelly will sweeten the summer.*

Send items for Taste calendar at least two weeks in advance of event to Ken Abramczyk, Taste Editor, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150.

KITCHEN WITCH
The Kitchen Witch, 134 E. Main in Northville offers cooking classes, including one about Italian cooking from Ernesto's Trattoria with Chef Robert Gascoigne, who instructs 7-9 p.m. Tuesday, June 5. Gascoigne will prepare and demonstrate tortellini, arabiata, julienne sauté, cabbage salad with genoa salami and bruschetta with roma tomatoes, fresh herbs and mozzarella. Learn about throwing your own tea party with Michele Bommarito as she shares recipes for tea sandwiches, scones and petit fours 7-9 p.m. Wednesday, June 6. Cost is \$10. A reservation is necessary. Fees are \$30 for each class. Call (428) 348-0488 for information.

CONTINUING EDUCATION
Schoolcraft College, 18600 Hag-
gerty in Livonia, now offers the
following Continuing Education
classes in the culinary arts
department.

Students can fax, walk-in or mail and, for repeat students, they can now phone-in, to register for any of these classes. For more information, call 734-462-4448.

Refreshing smoothies, cool coffee coolers, delicious ice cream drinks and many luscious fruit drinks will lower your temperature and help keep you cool this summer. Learn how to make these and others that will cool you off and make a splash the next time you entertain family or guests at this class taught 6-9 p.m. Wednesday, June 27. Class fee is \$50, and for seniors \$40.

MAIN ENTREES
This two-day course, taught by Chef Jeff Gabriel is scheduled for 5:30-9:30 p.m. Wednesday.

June 6, and Thursday, June 7,
and will instruct the students in
the art of roasting, braising,
sautéing and grilling meat, fish
and poultry.

Through demonstration and hands-on experience, students will appreciate the art of cooking the main entree. Complementary side dishes will be demonstrated as well as tasted. Students can create holiday meals to take home. Class fee is \$160, for seniors, \$128.

This course is designed for the busy person who would like to create elegant meals using simple techniques with products from local supermarkets. The chef will demonstrate many dishes including soups, salads, entrees and simple desserts. There will be substantial tastings of dishes prepared and recipes will be shared. Taught by Chef Gabriel, the class meets 9 a.m. to 1 p.m. Saturday, June 9. Class fee is \$70, for seniors, \$56.

Strawberries are an excellent addition to any meal – and not just for dessert. Add them to cereal, non-fat yogurt or salads. For an elegant fruit salad, combine strawberries with blueberries, oranges and melon, add a dressing of orange juice and honey, then finish with a sprinkling of chopped fresh mint leaves. Make a berry smoothie for a quick breakfast drink "to go." Combine frozen strawberries with a banana and a little orange juice in a blender and

Make strawberry ice cream sandwiches with your kids by mixing sliced strawberries with plain or vanilla yogurt, spreading the mix in between two graham crackers, and then placing the sandwiches in the freezer until firm.

Adults can enjoy the traditional richness of strawberry pie, minus the extra calories and fat, with this airy version that

ensures the best of both worlds -
nutrition and good taste.

1/2 cup superfine sugar
1/4 teaspoon cream of tartar
4 large egg whites (1/2 cup) at room temperature*
1-1 1/2 pints rinsed and hulled small strawberries
1/3 cup strawberry jelly

Make meringue shells the day before filling. Preheat oven to very low heat (200 to 275 degrees).

Sift sugar with cream of tartar. Beat whites with electric beater, first at low speed until frothy, then at high speed until stiff but not dry. Slowly add sugar mixture, beating until stiff and glossy.

Spoon mixture into 6 individual
tart pans coated with spray canola

oil. (Alternately, shape meringue with spoons into free-form nests on non-stick baking sheets sprayed with oil.) Bake until dry.

and crisp but uncolored, 1 to 2 hours, depending on oven heat and size of shells. *

Shut off oven and allow shells to cool inside, preferably overnight. Carefully remove shells from pans (if used) and store in air-tight containers until ready to serve.

Just before serving time, cut strawberries lengthwise in halves. Melt jelly in microwave and pour just enough into bottom of shells to thinly cover. Arrange berries vertically in shells, stem-side down, in a circular pattern with cut sides facing inward. Spoon melted jelly over berries to form thin film of glaze. Serve immediately. Makes 6 servings.

Nutritional information per serving: 113 calories, 0 g. fat (0 g. saturated fat), 25 g. carbohydrate, 3 g. protein, 1 g. dietary fiber, 46 mg. sodium.

Recipe courtesy of American Institute for Cancer Research.

Spring CLEARANCE
SAVE UP TO **50% OFF**
CHECK OUT THE SAVINGS!

Michaels

THE ARTS AND CRAFTS STORE®

ALL Spring "Silk" Floral

- Floral Coordinators Collections
- Spring Sensational Stems
- Regional Favorites
- Spring Floral Includes bushes, gardenias, orchids, stems, cardinals, peonies and more.

50% OFF
On Everyday Price

Veritas® & Weston® Gallery Photo Frames
Hundreds of 2"x3" to 8"x10" styles.

30% OFF
On Everyday Price

Select Floral Stem Collections

- Magic Moments
- Yeranda
- Coastal Garden

50% OFF
On Everyday Price

"Silk" Summer Flowering Hanging Baskets
\$14.99 Reg. \$19.99

4-ft. "Silk" Flax Trees
\$14.99 Reg. \$19.99

Framed Art

- City Art
- Crystal Art
- Porcelain

30% OFF
On Everyday Price

Whirly Wreaths
42" tall wreath with a vibrant bloom about 12" wide.
\$5.99 Reg. \$7.99

7-Pack 7" Scented Tapers
7-Pack 10-Hour Scented Votives
\$104.00 each
\$1.39 Reg. \$1.99

ALL Plaster Pedestals
Flowers and ready-to-use pedestals.
30% OFF
On Everyday Price

ALL Spring Collection Home Collection Ribbon
50% OFF
On Everyday Price

Xyron® 510 Laminator, Label, Magnet & Sticker Maker
Reg. \$14.99
\$7.99

Decorative Edge Scissors
2 for \$3
Reg. \$1.99 each

2-oz. Apple Barrel Acrylic Paint
\$5.99 Reg. \$7.99

Open Stock Artist's Brushes & Artist's Fabric Paints
25% OFF
On Everyday Price

YARN

- Perfect Match® Reg. 1.99
- Red Heart® Super Saver Reg. 2.17

1.88
each

Fashion Apparel
Includes sweat shirts, tank tops, and vests.
2.99
each

ALL Coin Collecting Kits, Folders, & Accessories
25% OFF
On Everyday Price

ALL Kids' Books
20% OFF
On Everyday Price

MICHAELS CUSTOM FRAMING COUPON

50% Off Moulding

Your Custom Frame Moulding

One Week Only!
Valid on Custom Frame Order Frames
Sunday, June 3 Through Saturday, June 9, 2001

We're The **WORLD'S LARGEST Custom Framer!**
Customize by material with any other options with no charge to select!
Couples need to be completed at time of purchase. One kit per customer. While quantities last. Some restrictions may apply. See store for details.

MICHAELS STORE COUPON

40% Off Any One Regular Priced Item

One Week Only!
Coupon Valid June 3 Through June 9, 2001

No coupon on services and fees. Coupon must be presented at time of purchase. May be used for any one regular priced item. Excludes gift certificates, clearance items, and some specialty items. Some restrictions may apply. See store for details. Coupon good on one regular priced item. Some restrictions may apply. See store for details.

Prices Good June 3 - 9, 2001

Sunday 10AM-7PM
Mon-Sat 9AM-9PM
Example where prohibited by law

Over 20,000 Art Prints on-line at www.michaels.com

www.michaels.com

For nearest location call TOLL FREE
1-800-MICHAELS
(1-800-642-4235)

All prices and ad coupons are not valid on purchases made on michaels.com. All credit cards may not be accepted at all stores. Selection and regular prices may vary. Transportation, photographic and printing services are subject to completion at the time of service. Due to the seasonal nature of our imported products, quantities may be limited, and there may be no stock to select. We warrant the right to have quantities. Offer good only in the U.S.A.