

Recipes from page B1

ture. Layer apple slices and drizzle with 1/4 cup of the caramel sauce. Gently spread with remaining batter. Top with reserved streusel crumb mix.

Bake 10 minutes. Sprinkle with remaining 1/2 cup pecans. Bake 45 minutes or until cake tester inserted in center comes out clean. Drizzle with remaining caramel sauce. Cool one hour. Remove from pan. Makes 10 to 12 servings.

Recipe courtesy of Family Features Editorial

DOUBLE BLUEBERRY MUFFINS

Prep: 15 minutes
Bake: 20 minutes

- 1 1/3 cups flour
- 1/3 cup sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/3 cup butter or margarine, melted
- 3/4 cup fresh or frozen blueberries
- 1 egg
- 1 1/2 cup Post Selects Blueberry Morning cereal
- 1 cup milk

Heat oven to 400 degrees Fahrenheit.

Mix flour, sugar, baking powder and salt in large bowl. Beat egg in a small bowl, stir in milk and butter. Add to flour mix; stir just until moist. Batter will be lumpy. Stir in cereal and blueberries.

Spoon batter into greased or paper-lined muffin pan, filling each cup 2/3 full. Bake 20 minutes or until golden brown. Serve warm. Makes 12 muffins.

Recipe courtesy of Family Features Editorial

EASY ORANGE WAFFLES WITH HONEY-ORANGE SYRUP

4 cups Bisquick

- 2 2/3 cups milk
- 4 tablespoons vegetable oil; or shortening, melted
- 2 tablespoons orange peel, grated
- 2 eggs
- 1 1/2 cups nuts, finely chopped

HONEY-ORANGE SYRUP

- 2 cups honey
- 6 tablespoons orange juice
- 6 tablespoons butter or margarine

Beat baking mix, milk, oil, orange peel, and eggs with hand beater until smooth. Stir in nuts. Pour batter from cup or pitcher onto center of hot waffle iron. Bake until steaming stops. Remove waffles carefully. Serve with Honey-Orange Syrup. Yield: six 9-inch waffles. To make Honey-Orange Syrup: Heat honey, juice and butter just until warm.

Source: <http://secret-cookies.freeyellow.com/recipes>

SUPERFAST, SUPERGOOD VEGETARIAN PIZZA

- 1 tablespoon olive oil
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 1/2 teaspoon dried crushed red pepper flakes
- 16-oz. baked cheese pizza crust, such as Boboli
- 14-oz. jar mushroom pizza sauce
- 3 large cloves garlic, minced
- 4 oz. mozzarella, shredded
- 1/2 cup oil-packed sun-dried tomatoes; drained, thinly sliced
- 1/3 cup Parmesan cheese, grated

Preheat oven to 450 degrees Fahrenheit. Heat oil. Add zucchini, yellow squash and red pepper;

sauté until veggies are almost tender, about 5 minutes. Place pizza crust on baking sheet. Spread mushroom sauce over. Sprinkle with garlic, then mozzarella. Top with squash mixture and tomatoes. Sprinkle with Parmesan. Bake pizza until cheese melts and crust is crisp, about 13 minutes.

Source: <http://secret-cookies.freeyellow.com/recipes>

BANANA CREPE

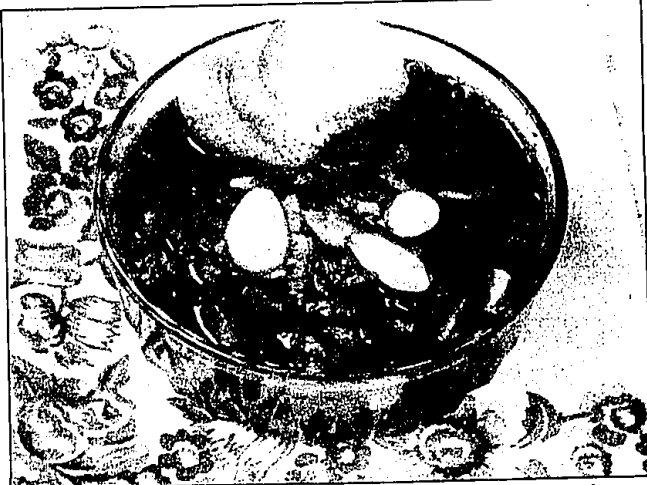
- 1 cup all-purpose flour
- 1/4 cup confectioners' sugar
- 2 eggs
- 1 cup milk
- 3 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/4 cup butter
- 1/4 cup packed brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 cup half-and-half cream
- 6 bananas, halved lengthwise
- 1 1/2 cups whipped heavy cream
- 1 pinch ground cinnamon

Sift flour and powdered sugar into a mixing bowl. Add eggs, milk, butter, vanilla and salt; beat until smooth. Heat a lightly greased, 6-inch skillet. Add about 3 tablespoons batter. Tilt skillet so that batter spreads to almost cover the bottom of skillet. Cook until lightly browned; turn and brown the other side. Repeat process with remaining batter, grease skillet as needed.

Melt 1/4 cup butter in a large skillet. Stir in brown sugar, 1/4 teaspoon cinnamon and nutmeg. Stir in cream and cook until slightly thickened. Add half the bananas at a time to skillet; cook for 2 to 3 minutes, spooning sauce over them. Remove from heat.

Roll a crepe around each banana half and place on serving platter. Spoon sauce over crepes. Top with whipped cream and a pinch of cinnamon.

Source: <http://lbrunch.all-recipes.com>



Berry perfect: Spread gingersnaps with cream cheese topped by strawberry chutney for a springtime treat.

Strawberries from page B1

salads, or put in a blender with milk or plain, low-fat yogurt for a breakfast smoothie.

A bowl of just-washed berries makes a good after-school snack for children. (They taste best served at room temperature.) Or try this sweet-tart strawberry chutney over cream cheese on a gingersnap — perfect for a springtime afternoon tea.

STRAWBERRY CHUTNEY

- 1/2 cup golden raisins
- 2 teaspoons fresh ginger root, minced and peeled
- 1/3 cup firmly packed dark brown sugar
- 1/2 teaspoon curry powder
- 1/2 cup strawberry preserves

- 1 medium navel orange, peeled and chopped
- 1/2 cup wine vinegar
- 1/2 cup fresh orange juice
- 4 cups whole strawberries, hulled and sliced
- 1/2 cup sliced almonds

In a large, non-aluminum saucepan, combine all ingredients except strawberries and almonds and bring to a boil. Cook uncovered over medium heat, stirring frequently, for 15 minutes or until slightly thickened and syrupy.

Add strawberries, reduce heat and simmer, uncovered, 10 minutes or until thickened, stirring occasionally.

Remove mixture from heat and stir in almonds. Spoon chutney into serving bowl. Cover and chill for at least 1 hour before serving.

Makes about 2 1/2 cups of chutney, or 10 1/4-cup servings.

Per serving: 140 calories, 3 g. total fat (less than 1 g. saturated fat), 30 g. carbohydrate, 2 g. protein, 1 g. dietary fiber, 14 mg. sodium.

AICR offers a Nutrition Hotline (1-800-843-8114). Open 9 a.m. to 5 p.m. ET, Monday-Friday, this free service allows you to ask a registered dietitian questions about diet, nutrition and cancer. The American Institute for Cancer Research is the only major cancer charity focusing exclusively on the link between diet, nutrition and cancer. AICR's Web address is www.aicr.org.

Wine from page B1

For example, cabernet sauvignon is grown at 3,200 feet, malbec at 3,500 feet and chardonnay at 4,000 feet elevation. Cabernet requires a warm climate and chardonnay a cooler climate. We recommend the Terrazas Reserve Malbec \$16 and the Gran Cabernet Sauvignon \$45.

Trumpeter wines will pleasantly surprise you for the quality-price ratio. Cabernet sauvignon, chardonnay, merlot and malbec are available for \$10.

Nicholas Catena is a partner in this venture. Remember his name because it seems that everything he touches turns to gold! Bodegas Norton was founded in 1895, but its modern era began in 1989 when it was purchased by Austrian businessman, Gernot Langes-Swarovski. Norton has 3,120 acres of estate vineyards planted from 2,300 to 3,600 feet elevation in the Andes foothills. The torrontes and malbec are exceptional values at \$10, while the reserve malbec is a step up.

For something special try the Privada \$18, a blend of malbec, merlot and cabernet sauvignon. Elsa wines are produced by Bodegas Valentin Bianchi farming 750 acres in the cool elevation of San Rafael, south of Mendoza. The white wines are fresh, crisp and floral. The cool climate gives the red grapes a longer growing season which benefits the flavor and complexity.

Catena Zapata is the best wine producer in Argentina. The state-of-the-art winery, located at 3,100 feet above sea level, is modeled after a Mayan-inspired pyramid that dominates the countryside. For two decades Nicolas Catena Zapata and his team of winemakers and grapegrowers have studied the microclimates of Mendoza's high altitude vineyards between 3,000-5,000 feet elevation. In 1894, 113 clonal selections of malbec were observed. The five best were selected for planting because they produce small berries, concentrated fruit and ripe tannins. Catena wines are in limited supply but are available locally at Merchant's Fine Wines in Royal Oak and Vilago Corner in Ann Arbor.

The Heide is a Troy resident who writes about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (734) 953-2047, mailbox 18548.

Mother's Day Buffet
11 a.m. - 3 p.m.
LIVE MUSIC
Featuring

- Chicken Piccata Royale
- North Atlantic Salmon • Roast Striploin of Beef
- Potato Au Gratin Herbed Wild Rice
- Green Beans Almondine

Please Call
248-350-2000 ext. 2
Adults \$21.95
Seniors \$18.95
Children under 10 \$12.95
Children under 6 complimentary
Prices Subject to 6% Michigan State Tax and 10% House Gratuity

EMERALD SUITES HOTEL
28875 Franklin Rd., Southfield, MI 48034
Phone (248) 358-3355

Mother's Day

Leg of Lamb
Tenderloin
Scallops
Breakfast Meats
Plus Numerous
Other Selections
Including Sweet Table

Brunch
1:00-5:00
Live Jazz by
The Steve Adams Trio
22.95 Adults
15.95 under 12

Dinner
5:00-9:00
Regular Dinner Menu
With Specials

visit our website: www.theexcalibur.com

28875 Franklin Rd., Southfield, MI 48034
Phone (248) 358-3355

Got an idea for a story?
E-mail us at jhubred@oe.homecomm.net

Luxury Senior Apartment Homes

Visit us during our
OPEN HOUSE
Sunday, May 5th
from 12:00 - 6:00 p.m.

Refreshments
Complimentary lunch
Register to win a trip for two
at Mackinac Island!

Royal Oak
Waltonwood of Royal Oak
Assisted Living
1500 West Chatham Mile Road
(248) 549-6400
www.waltonwood.com

- Beautiful studio and one bedroom apartment homes
- Selection of services available
- Courtesy transportation
- Daily social events and activities
- Excellent location
- So much more!

WALTONWOOD
Redefining Retirement Living

Assisted Living

SINGH
Senior Living

www.waltonwood.com

exhibition
BIRMINGHAM
a gallery tour

Friday,
May 17, 2002
6 p.m. - 9:30 p.m.
Downtown Birmingham
Admission: FREE

For more information and an event map, contact Downtown Birmingham Principal Shopping District at 248-433-3550

Volunteer docents will provide directions and information about the galleries and their exhibits.

- Free trolley service will shuttle visitors throughout town.
- Meet artists and learn about their work.
- Many galleries will provide food and refreshments.

Observer & Eccentric! **POYE HOUR**
Sponsored by Observer & Eccentric Newspapers, Poye Associates LLC, Your Detroit Magazine & Downtown Birmingham
Hosted by Downtown Birmingham Art Galleries and the Cultural Council of Birmingham/Bloomfield

- Anderson Gallery
- Artspace II
- Avenue Gallery
- Bloomfield Fine Arts
- Cowboy Trader
- David Klein Gallery
- Elizabeth Stone Gallery
- Gallery Birmingham
- Gallery Nikko
- Habatat Galleries
- Hill Gallery
- Mettall Studio
- Posner Gallery
- Robert Kidd Gallery
- Sandra Collins Gallery
- The Halsted Gallery
- Yaw Gallery