

Seasonal dishes showcase Michigan strawberries

See related story on Taste front.
 Chef Josef Foreman of Giacomo's Fine Italian Dining in Clarkston has provided the following recipes. The restaurant serves fried strawberries regularly. The salad and salsa are offered as specials.

In a bowl mix together the flour and butter. Add the egg and brandy. Add enough milk to make a smooth batter.

Beat the egg white until stiff and then fold this into the batter. Heat the oil to 375°F. Dip the berries into the batter and fry until golden. Drain on paper towels, sprinkle with powdered sugar and serve. Makes four servings.

FRAGOLINI FRITTI (FRIED STRAWBERRIES)
 1 pound strawberries, cleaned
 1/2 cup sugar
 1/2 cup sweet liqueur such as Maraschino
 1/3 cup All-purpose Flour
 1 egg
 2 tablespoons unsalted butter, softened
 1/2 cup milk
 1/2 cup Brandy
 Powdered sugar
 Mix the sugar with the liqueur and add the berries. Mix well and let sit for about one hour.

together chili and remaining salsa ingredients. Salsa may be made several hours ahead and chilled, covered. Makes four servings.

SPINACH STRAWBERRY SALAD
 6 ounces cleaned and trimmed fresh spinach
 2 tablespoons vegetable oil
 2 tablespoons red wine vinegar
 1/4 teaspoon salt
 1/4 teaspoon pepper
 2 cups thickly sliced strawberries
 1 small thinly sliced red onion
 1 tablespoon toasted sesame seeds
 Tear spinach into bite-sized pieces and put in a salad bowl.
STRAWBERRY VINAIGRETTE
 In a food processor or blender add 1 cup strawberry slices, oil, vinegar, salt and pepper and puree until smooth. If not using immediately cover and refrigerate. Add to spinach and toss lightly. Add strawberries and onion and toss lightly. Sprinkle with sesame seeds.

Chicken and nutty noodles ready in just 30 minutes

By The Associated Press — Asian noodles can be an interesting starting point for a creative cook to produce something rather special — in next to no time.

This recipe for chicken with Japanese noodles is a suggestion from *Cooking Light* magazine's May issue, and calls for a total cooking time of about 30 minutes.

You can find the noodles and Asian condiments in many supermarkets' special sections, as well as in Asian grocery stores.

Note that the chicken breast tenders called for are ideal for hectic schedules.

They don't need to be cut or trimmed, and the smaller pieces cook more quickly than chicken breast.

The peanut sauce gives the dish a rich and satisfying taste, although a serving has only a little more than 10 grams of fat.

The dish tastes good served at room temperature, too, or cold.

Add a touch of warm water to loosen up the noodles if you serve it cold.

Broccoli would be a suitable accompaniment, with Asian slaw as a pleasant side dish (recipe follows).

CHICKEN AND NOODLES WITH PEANUT SAUCE

- (Total preparation and cooking time 30 minutes)
- 5 ounces uncooked Japanese curly noodles (chucka sobo)
 - 1/2 cup fat-free, less-sodium chicken broth
 - 1/3 cup hoisin sauce
 - 1/4 cup creamy peanut butter
 - 2 tablespoons rice vinegar
 - 2 tablespoons ketchup
 - 1/4 teaspoon crushed red pepper
 - 2 teaspoons dark sesame oil
 - 1 pound chicken breast tenders
 - 11 1/2 cups red bell pepper strips
 - 1 tablespoon bottled ground fresh ginger
 - 1 teaspoon bottled minced garlic
 - 1/2 cup chopped green onions
- Cook noodles according to package directions; drain.
- Combine broth, hoisin sauce, peanut butter, rice vinegar, ketchup and red pepper in a bowl; stir well with a whisk.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add the chicken;

sauté 4 minutes. Add bell pepper; sauté 3 minutes. Remove from heat. Combine chicken mixture and noodles in a large bowl.

Heat 1 teaspoon oil in pan over medium heat. Add ginger and garlic; cook 15 seconds. Stir in broth mixture; cook 30 seconds, stirring constantly. Add the broth mixture and 1/4 cup green onions to noodle mixture; toss well. Sprinkle with 1/4 cup green onions.

Makes 5 servings (of 1 cup each).

Nutrition information per serving: 353 cal., 10.9 g total fat (2 g saturated fat), 28.5 g protein, 36 g carbs., 2.3 g fiber, 53 mg chol., 663 mg sodium.

ASIAN SLAW

- 1 tablespoon sugar
 - 3 tablespoons rice vinegar
 - 1 tablespoon low-sodium soy sauce
 - 2 teaspoons dark sesame oil
 - 4 cups mixed shredded cabbage and carrot (coteslaw)
- Combine sugar, vinegar, soy sauce and sesame oil. Pour dressing over cabbage and carrot, and toss to coat. Chill until ready to serve.
- Makes 5 servings.

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