

Braided almond bread is worth the effort

BY THE ASSOCIATED PRESS

The braided effect of this almond bread is impressive, but the recipe can easily guide you through the process of making it.

The taste is worth the effort: Almond paste and raspberries are a perfect pairing. Enjoy the braid at brunch, or slice and munch whenever hunger demands.

If you make two braids, the second would make a great gift to take to a picnic or party. Although it has a summery air, this is a welcome treat any time of year.

ALMOND RASPBERRY BRAID

Total time about 3 1/2 hours, including waiting for the dough to rise — so kitchen time is less

4 Tablespoons butter
1/3 cup milk

- 1 packet active dry yeast (check expiration date)
- 1/4 cup warm water (between 100°F and 110°F)
- 1 teaspoon sugar, plus 1/2 cup sugar
- 2 eggs
- 1/2 teaspoon salt
- 2 teaspoons grated lemon peel
- 1 teaspoon ground cardamom (optional)
- 3 cups bread flour (see note)
- 2/3 cup raspberry preserves
- 7-ounce package almond paste
- 1 egg white, room temperature

Put the butter and milk in a small dish and melt in the microwave.

Sprinkle the yeast and 1 teaspoon of sugar into the warm water and whisk until dissolved. Let stand for 10 minutes or until the mixture is bubbly and has

close to doubled in volume.

In the food processor fitted with the plastic dough blade, add butter-milk mixture, 1/2 cup sugar, eggs, salt, lemon peel and cardamom. Pulse a few times to mix well.

Add the flour and the yeast mixture a bit at a time, pulsing. The dough is mixed when it pulls away from the side of the bowl and forms a ball. If the dough is too sticky and refuses to form a ball, add 1 tablespoon of flour at a time until it responds.

Turn the dough onto a floured work surface. Knead about 4 minutes or until dough feels soft and elastic.

Oil a bowl big enough to allow the dough to double in size. Form the dough into a ball and place in the bowl, turning the dough once so that the top also is coated with oil. Cover the bowl with wax

paper and a towel and let rise in a warm spot for 1 hour or until doubled in size.

Line a cookie sheet with parchment paper, or lightly grease it.

Punch down the dough. Flour your work surface and roll the dough into a rectangle about 10 inches by 14 inches. Transfer to the cookie sheet. With the back of a knife, mark the dough into three long lanes of equal size.

To make the strips that will be braided, cut the two outer lanes into angled strips a little more than 1 inch wide. (Scissors are easier than a knife for cutting the strips.)

Spread the raspberry preserves down the center lane. Slice the almond paste into thin "coins" and lay over the preserves. Braid the strips, giving a gentle pull to keep the braid neat: Begin braid by folding one end over itself about 1/3 inch,

to keep the preserves from leaking out. Next fold the left strip over the center lane to cover the middle; take the opposite right strip to fold over the first strip. Repeat the strips, folding left to right down to the end, tucking the last two strips across each other and under, to end.

Let your Almond Raspberry Braid rest for another 30 minutes to rise.

Preheat oven to 350°F, with rack in middle.

Beat 1 room-temperature egg white with 1 teaspoon water. Brush onto the braid.

Bake for about 30 minutes or until golden brown and braid sounds hollow when tapped.

Makes about 10 brunch servings.

Recipe from *Andre Frost Inc.*
More almond paste recipes on the Net at: <http://www.odense.com>

Chicken Salad Chapala is packed with lively flavors

BY THE ASSOCIATED PRESS

This quick and easy recipe for Chicken Salad Chapala has a name that keys you to its style — Chapala is both a lake and a town in Mexico.

Just a few ingredients go into the lively combination that gives the dish its character: Cooked shredded chicken and canned beans are time savers; zucchini and bell pepper are part of the basic salad; interesting extras include crunchy tortillas and juicy mango. Finally, a honey-cumin vinaigrette gives a top

layer of flavor.

Any canned or dry-packaged beans may be used to substitute for those suggested in the recipe. The tortilla wedges may be made 3 or 4 days in advance; store them at room temperature in an airtight container.

The end result is both full of taste and low in fat.

CHICKEN SALAD CHAPALA

(Preparation time 20 to 25 minutes)
Vegetable cooking spray

- 4 flour tortillas (8-inch)
- 1 1/2 ounces chicken breast, cooked, shredded or cubed
- 15-ounce can pinto or red kidney beans, or 1 1/2 cups cooked dry-packaged pinto or red kidney beans, rinsed, drained
- 15-ounce can black beans or 1 1/2 cups cooked dry-packaged black beans, rinsed, drained
- 1 cup cut mango
- 1 medium zucchini, cut in half, sliced
- 1/2 cup chopped red bell pepper
- 1/4 cup chopped green onions

and tops

Honey-Cumin Vinaigrette (recipe follows)

8 cups torn salad greens

Prepare Honey-Cumin Vinaigrette. Preheat oven to 375°F.

Cut each tortilla into 6 wedges; spray tops with cooking spray. Bake on cookie sheet at 375°F until browned and crisp, 5 to 8 minutes; reserve.

In a bowl, combine chicken, beans, mango, zucchini, bell pepper

per and green onions; pour Honey-Cumin Vinaigrette over and toss.

Arrange salad greens on serving plates and spoon chicken salad over; garnish with reserved tortilla wedges. Makes 6 servings (about 1 cup each).

HONEY-CUMIN VINAIGRETTE
1/2 cup orange juice
1 or 2 tablespoons olive oil, to taste

1 tablespoon honey
2 or 3 teaspoons lime juice, to taste
1/4 teaspoon ground cumin

Mix all ingredients together well.

Makes about 2 1/2 cups.

Nutrition information per serving: 343 cal., 7 g fat, 49 g carbs., 564 mg sodium, 27 g protein, 10 g dietary fiber, 46 mg chol.

(Recipe from *Bean Education and Awareness Network.*)

Make room for veggies on the grill

By J.M. HIRSCH
ASSOCIATED PRESS WRITER

(AP) — Move over, meat, and make room on the grill for great vegetables.

Grilling season is well under way, but that doesn't mean you have to default to the same old burgers, steaks and dogs, even tofu varieties. The flavors of vegetarian fare blossom just as nicely over an open flame.

Start with a vegetarian favorite — marinated portobello mushrooms, which are often called vegetarian steaks for their meaty texture. Eat them like a burger on a bun, or cut into thick

slices and toss with sesame seed oil and soba noodles.

Corn-on-the-cob also is great on the grill. Some cooks suggest soaking the husked ears of corn in water for up to an hour before grilling. This step can be avoided if the corn is basted during cooking, which takes 15 to 20 minutes over a medium flame.

For a great baste, whisk together 1/2 cup olive oil, 2 tablespoons lemon juice and several tablespoons of diced fresh herbs (try rosemary and lavender). For even grilling, be sure to turn the corn each time you baste.

Don't forget pizza. The grill

gives the crust a smoky, crunchy touch. Because the dough cooks quickly on the grill, it's best to precook the vegetables on the stove.

There also is marinated tofu, of course, but grilling it can be a challenge, as most tofu isn't tough enough to hold together. Here are two quick fixes.

First: Switch to pre-baked tofu. Because this variety of tofu is much denser, it easily holds up to the rigors of outdoor cooking. Or use a fish grilling rack, which clamps delicate fish between two mesh paddles.

Buttermilk bread quick and easy

See related story on Taste front.

BUTTERMILK QUICK BREAD

- 1 cup whole wheat flour, sifted
- 1/2 cup all-purpose flour, sifted
- 1/2 cup cornmeal
- 2 tsp. baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon dill weed
- 1 teaspoon fresh oregano, basil and thyme, finely minced, or 1/2 teaspoon dried
- 1 1/4 cups buttermilk
- 1 egg, slightly beaten
- 2 Tablespoons honey
- 2 Tablespoons canola oil
- 1 Tablespoon sesame seeds

Preheat oven to 350°F. Spray the interior of a 8-inch by 4-inch loaf pan with a vegetable oil spray.

In a bowl, combine all the dry ingredients except for the sesame seeds.

In a separate bowl, combine buttermilk, egg, honey and oil; stir into flour mixture just until blended. Spoon batter into the baking pan. Sprinkle sesame seeds over the top.

Bake 45 to 60 minutes or until a toothpick inserted into the center comes out clean. Remove from oven and cool slightly. Turn out and cool completely on a wire rack.

Makes about 15 slices, each containing 161 calories and 4 grams of fat.

Recipe provided by the American Institute for Cancer Research

SOUTHFIELD PUBLIC SCHOOLS Middle School Advance Learning Camp LEARNING QUEST 2002

REGISTRATION:
Now — June 24, 2002
After June 24, 2002,
students will be charged an
additional \$25.00 late fee.

DATES:
June 24 — July 28, 2002
*No classes on July 4 and 5, 2002
8:30 a.m. — 12:30 p.m.
Southfield Lathrup
High School
19301 W. Twelve Mile Road,
Lathrup Village, MI 48078
248-746-7240 or 248-746-8988

COST:
\$270 Residents
\$320 Non-Residents
Certified Check or
Money Orders Only
John W. English
Administrative Building
24661 Lahser
Southfield, MI 48034
Attention: Dr. Irma Hamilton
Supervisor of Secondary
Education

Certified check or money order
should be made payable to
Southfield Public Schools and
must be included with the
application form.

**NO CASH OR PERSONAL
CHECKS WILL BE ACCEPTED.**
For further information
please contact Dr. Irma
Hamilton at 248-746-8988

Southfield Public Schools is offering a new and exciting Advanced Learning Summer Camp for interested academically talented students currently in grades 6-8 entitled "Learning Quest".

- **LITERARY EXPLORATION & PUBLICATION**
Students will be able to review, examine and explore various literary styles to create and publish their own personal literary piece.
- **MATHEMATICAL COMPUTATION AND ENGINEERING DESIGN**
Students will utilize advanced mathematical skills and engineering ingenuity to design and create an engineering project.
- **SCIENTIFIC AND MEDICAL MAGIC**
Students will be introduced to and explore the chemical, environmental, physical and biological sciences. They will become familiar with utilizing the scientific method in their investigative research.
- **APPLIED BUSINESS AND COMPUTER APPLICATIONS**
This course will expose students to the principles of business and marketing. They will also use the computer to create a business plan of their choice and design a web page to market their project.
- **ADVANCED CREATIVE TECHNIQUES IN MUSIC, ART, DANCE**
Students will be exposed to advanced techniques in Music, Art and Dance. They will have the opportunity to create an artistic extravaganza utilizing the techniques learned for a culminating performance.
- **ADDITIONAL COMPONENTS**
Students will engage in hands-on, experiential based activities. Cooperative learning teaming and differentiated instruction will be implemented to enhance the learning environment. There will be field trips to a college/university, business and/or a medical facility.

~ ALSO AVAILABLE ~
- **SUMMER ACCELERATED ENRICHMENT ACADEMY (Grades 3-5)**
June 24 — July 26 — Five-Week Session
8:30 — 11:30 a.m. \$260.00
LOCATION:
McIntyre Elementary • 19600 Saratoga Boulevard
Dr. Mardella Alexander 248-746-8565
(Off Evergreen, North of 11 Mile Road)



WESTBORN MARKET ANNIVERSARY

**Fresh
GROUND
ROUND**
99¢ lb.

**Man & Mom
SPARE
RIBS**
\$1.89 lb.

**Homestyle
POTATO
SALAD**
69¢ lb.

ROSES
\$5.99
5 stems

**HOT DOG &
HAMBURGER**
2/\$3

**Texas
WHOLE SEEDLESS
WATERMELON**
\$2.99
each
16-24 lb average

**Southern
PLUMP & SWEET
BLUEBERRIES**
2 pints/\$3

**Georgia
SWEET
CORN**
0/\$1

69¢ 2 liter
deposit

PEPSI & DIET PEPSI!
VERNORS & DIET VERNORS



LIVONIA
Middlebelt & 9 Mile
734-254-1000

BERKLEY
Woodward & 11 Mile
248-247-1000

DEARBORN
Michigan Ave/Oakwood
313-274-8100

**JOHAN KLAUS
PIESPORTER**
3/\$10
750 ML