

Unstuffed cabbage streamlines an old, robust favorite

BY DANA JACOBI
CORRESPONDENT

Who makes the stuffed cabbage in your family? This robust dish inhabits the souls of those with roots in Eastern Europe, where cabbage dishes fuel people through harsh winters. But the aroma of this dish is so charismatic, and the taste so nurturing, that it draws people from all ethnic backgrounds.

Stuffed cabbage dishes may be alternately celebrated as traditional and despised as a food of desperation and poverty. But anyone can appreciate the endless squabbles over whose recipe is best, the possibilities as legion as the tons of cabbage grown across Europe, from Austria, Hungary, Poland and Romania, through Russia and on to Uzbekistan.

Just as Italian-Americans argue over whose ragù is best, my grandmother, of Austrian heritage, argued to the end with her Russian friend about using raisins and lemon juice rather than sugar and vinegar for the sweet-and-sour balance essential to good stuffed cabbage.

She was a vegetarian for awhile and used brown rice for stuffing. You can't imagine the scornful remarks this version drew from our Hungarian, pork-loving neighbors. But I came to like this light, lean ver-

sion and occasionally still make it.

However, the long cooking process — blanching and separating the cabbage leaves, making the filling, tucking it into the cabbage, layering the rolls in a big pot, getting the sauce just right, then slow cooking — was not for me. I started experimenting with alternatives. Initially, I hollowed out the whole cabbage and stuffed it, as some cooks traditionally do. That was still too much work. Layering the cabbage and filling like lasagna didn't create the right texture and flavors. Finally, something between braising and stewing produced the right result. Best of all, it takes less than an hour, so I make it whenever the craving hits.

UNSTUFFED CABBAGE

Cooking oil spray
1 carrot, thinly sliced
1 celery rib, thinly sliced
1 large onion, finely chopped
12 oz. lean ground turkey
1 cup tomato sauce
1/2 cup unsweetened applesauce
1/2 cup fat-free, reduced-sodium chicken broth, or water
2 tablespoons wildflower honey
2 tablespoons white vinegar
1 lb. green cabbage, quartered, cored and cut in 1/4-inch strips



Unstuffed Cabbage takes less than an hour to make and is a tasty alternative to stuffed cabbage.

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2 cups cooked brown rice
Salt and freshly ground black pepper, to taste

Coat bottom of large Dutch oven or pot with cooking spray. Set over medium-high heat. Sauté carrot, celery, onion and turkey until lightly browned, about 8 minutes, stirring occasionally.

Mix in tomato sauce, applesauce, broth (or water), honey, vinegar and cabbage. Cover, reduce heat and simmer until cabbage is soft, about 30 minutes, stirring occasionally.

Add more liquid if necessary to keep mixture from burning. Stir in rice. Season to taste with salt and pepper.

Cover and simmer until rice is heated through, about 5 minutes.

Serve immediately. This dish can be stored, covered, in refrigerator up to 3 days. Gently reheat chilled dish before serving.

Makes 8 servings.

Per serving: 189 calories, 4 g. total fat (1 g. saturated fat), 28

g. carbohydrate, 10 g. protein, 3 g. dietary fiber, 293 mg. sodium.

"Something Different" is written for the American Institute for Cancer Research (AICR) by Dana Jacobi, author of *The Joy of Soy*, and recipe creator for AICR's *Stopping Cancer Before It Starts*.

Asian cuisine tops my list of favorites

BY MICHAEL TROMBLEY
CORRESPONDENT

When I think of my favorite ethnic cuisines, I think of Asian food. This is not a trend for me, but a sensible style of food to enjoy.

Just the other day, I enjoyed a lettuce chicken wrap as an appetizer and a spicy shrimp and peanut entrée loaded with

fresh peppers, broccoli, and fresh water chestnuts. Both were bursting with flavor and because they were cooked so quickly, they maintained great nutritional value.

The meal was so plentiful that I ate what I could and brought home the rest for the next day. This was pleasing to me because I knew it was made fresh. It was cooked that day without much oil so it didn't have unnecessary calories. The meal contained no bleached flour so I was getting a healthy, natural meal that was easy to digest and loaded with flavor.

I have studied the diets of many different cultures. Clearly there are advantages of an Asian diet, which is high in soy products, sesame seeds, fish and fresh vegetables. I love fresh products and when you go to an Asian market you will find seafood so fresh that you can eat it raw.

When you think of flavors, it is amazing how many flavors you can achieve with Asian style cooking. You can have a spicy dish, seasoned with garlic, cayenne pepper and Thai hot peppers, or something more mild and delicate, flavored with cilantro.

The pungent ginger, and the wonderfully strong flavors of horseradish with dijon are also popular in Asian dishes.

Fresh vegetables including carrots, peppers, green beans and especially radishes are also important. The large white Asian radish with its crisp, juicy, white flesh is known in the U.S. by the Japanese name, daikon. The Sakurajima variety can weigh as much as 60 pounds. Raw

daikon can be grated, sliced, diced, or sliced to add its crunch and zip to relishes and salads. For salads, thin-sliced daikon is especially useful with carrots and toasted sesame seeds or sesame oil. Stir-fried daikon slices, strips, or cubes are turnip-sweet. Daikon in miso soup is mild and delicious. To prepare, simply peel the skin as you would a carrot and cut into whatever style your recipe idea calls for.

Here's a recipe for one of my favorite Asian-influenced shrimp and scallop dishes. It is chock full of flavor and healthy ingredients. Try the daikon radish as one of the vegetables in the stir fry. Enjoy!

HERB CRUSTED SHRIMP AND SCALLOPS

Serves 2
3 cups cooked rice, prepared and kept warm
2 cups of your favorite vegetable mixture, cut into bite-size pieces
6 or more jumbo shrimp, peeled and de-veined
6 or more jumbo scallops
sesame oil for stir fry
Herb crust:
1 cup finely ground bread crumbs
1 tablespoon fresh cilantro
1 tablespoon fresh chives
1 tablespoon fresh basil
1 ounce olive oil
1 tablespoon chopped fresh garlic
salt and pepper, to taste
Ginger-Soy Sauce:
1/2 cup soy sauce
2 tablespoons lemon juice
1 tablespoon fresh garlic
1 tablespoon chopped fresh ginger
2 tablespoons water
1 tablespoon fresh coriander

Coat scallops and shrimp with herb crust and bake at 350 degrees, until done, approximately 10 minutes. Mix the sauce together in a bowl and reserve. Stir fry the vegetables in a hot pan with a little sesame oil. Cook, briefly, just until vegetables are al dente. Plate the meal first with rice, then top rice with vegetables.

Next place the shrimp and scallops, coating with sauce, or serve the sauce on the side and dip seafood into it.

A resident of Northville, Chef Michael Trombley is a Certified Executive Chef and works at the Golden Mushroom in Southfield.

Blend apples with chicken this fall

AP — When autumn comes around so do apples in a variety of colors, textures and sweetness.

Eating them as a snack or as part of a dessert is expected but adding them to a main course can give an entrée a zing of flavor. This recipe from the October issue of Real Simple magazine blends the season's most plentiful fruit with basic chicken and onions.

CHICKEN SAUTÉED WITH APPLES

4 boneless, skinless chicken-breast halves

1 tablespoon olive oil
1 firm apple, such as Braeburn, cored, halved and cut into 1/2-inch slices
1 cup apple juice
1 large onion, thinly sliced
1 garlic clove, minced
1/2 teaspoon dried thyme leaves
1/2 teaspoon salt
2 tablespoons Dijon mustard

Place each chicken breast half between 2 sheets of waxed paper and pound with a meat mallet until about 3/4-inch thick.

Heat the oil in a large skillet over medium-high heat and sauté the chicken until golden, about 3 minutes per side. Add apple slices, apple juice, onion, garlic, thyme and salt. Cover and simmer 6 to 8 minutes or until the chicken is fork-tender. Remove the chicken, apple slices and onion to a serving platter and keep warm.

Bring the sauce to a boil for about 5 minutes or until slightly reduced.

Whisk in the mustard. Pour the sauce over the chicken and serve.

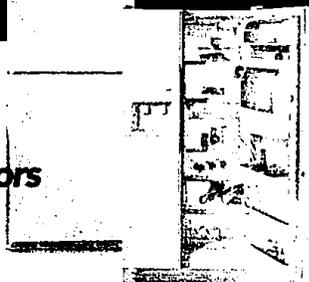
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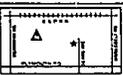
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